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## Gerontological Nurse Practitioner Board Certification Test Content Outline - effective date: March 1, 2010 Based on the 2008 NP Role Delineation Study

There are 175 questions on this examination. Of these, 150 are scored questions and 25 are pretest questions that are not scored. Pretest questions are used to determine how well these questions will perform before they are used on the scored portion of the examination. The pretest questions cannot be distinguished from those that will be scored, so it is important for a candidate to answer all questions. A candidate's score, however, is based solely on the 150 scored questions. Performance on pretest questions does not affect a candidate's score.

This Test Content Outline identifies the areas that are included on the examination. The percentage and number of questions in each of the major categories of the scored portion of the examination are also shown.

Category	Domains of Practice	No. of Questions	Percent
I	Foundations of Advanced Nursing Practice	50	33.33%
II	Clinical Assessment	46	30.67%
III	Clinical Management	54	36.00%
	<b>Total</b>	<b>150</b>	<b>100%</b>

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**Please note that the categories and subcategories throughout this test content outline are associated with major life span/problem areas as indicated in the following notes:**

**Note 1: Continuum of Aging**

1. Non-specific
2. Robust
3. Demented
4. Frail
5. End-of-Life

**I. Foundations of Advanced Nursing Practice**

**A. Communication**

Knowledge of:

1. Communication principles and techniques
2. Barriers to communication (e.g., age related sensory and cognitive changes)

Skill in:

3. Establishing rapport (e.g., trust, comfort)
4. Active listening
5. Recognizing and communicating urgent situations
6. Discussing difficult issues (e.g., poor prognoses, end-of-life treatment preferences, loss of independence, safety, driving, medications)

**B. Health Promotion/Prevention**

Knowledge of:

1. Nutrition (micro and macro nutrients)
2. Risk factors/stratification (including life style, safety, functional status)
3. Health promotion/prevention guidelines and resources (Healthy People 2010, Centers for Disease Control and Prevention [CDC], U.S. Preventative Health Services Task Force [USPHSTF], life-style modification, immunization schedules)

Skill in:

4. Conducting health screenings and risk analyses (e.g., genetics; epidemiology; past medical history; potential for falls, wounds, incontinence; nutrition, age-related surveillance, environmental exposures, injuries, driving, health behaviors, age-related occupational risks, mortality)
5. Providing anticipatory guidance
6. Individualizing health promotion care plan

**C. Influences on care**

Knowledge of:

1. The impact of age related changes (cognitive, functional, psychosocial)
2. Life transitions and adjustments
3. Socioeconomic factors (e.g., financial, housing/living arrangements, employment, educational level)
4. Cultural and spiritual considerations (e.g., health beliefs)
5. Psychosocial factors (e.g., caregiver stress; family interaction/support; isolation; violence, abuse and neglect)
6. Settings of Care

**D. Advocacy, Legal and Ethical issues**

Knowledge of:

1. Medical decision making (e.g., advanced directives, power of attorney, Informed consent/assent, guardianship, decision making capacity)
2. Ethical principles (i.e., autonomy, beneficence, nonmaleficence, and justice)
3. Patient rights
4. Malpractice

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Skill in:

5. Advocating for the rights and needs of older patients and their caregivers

E. Teaching/Guidance

Knowledge of:

1. Teaching/learning principles and strategies
2. Behavioral change principles
3. Learning barriers (e.g., cognition-, sensory- related changes, literacy)

Skill in:

4. Assessing need for information
5. Adapting educational materials/strategies to the older adult and/or caregiver (e.g., self-care, caregiver training)
6. Evaluating comprehension and learning

F. Scope and Standards of Practice of the Gerontological Nurse Practitioner

Knowledge of:

1. Scope of practice
2. Standards of practice

Skill in:

3. Identifying situations within/outside of scope of practice

G. Health care/public policy

Knowledge of:

1. Regulatory guidelines (Department of Aging and Disability Services, The Joint Commission, federal survey guidelines)
2. Reimbursement systems and regulations (e.g., Medicare, Medicaid, supplemental payers)
3. Federal policies related to access and delivery of care for older adults
4. Access to care issues (e.g., location, cost, health care disparities)

**II. Clinical Assessment**

A. Anatomy, physiology and pathophysiology

Knowledge of:

1. Anatomy and physiology (including age specific changes)
2. Pathophysiology

B. Health assessment across the aging continuum (e.g., robust, dementia, frail, end-of-life)

Knowledge of:

1. Geriatric syndromes (e.g., falls, incontinence, delirium, depression, dementia)
2. Sources of medical history information (e.g., patients, caregivers, institutional staff, clinical database)

Skill in:

3. Obtaining a comprehensive, focused, and/or interim health history
4. Performing a comprehensive and/or focused physical examination
5. Obtaining/Performing an appropriate functional history and examination (e.g., cognitive, functional, psychosocial)

C. Advanced diagnostic reasoning

Knowledge of:

1. Clinical tests and procedures (screening, diagnostic, and monitoring)

Skill in:

2. Using history and physical exam findings to order and determine appropriateness of testing across the aging continuum (e.g., robust, dementia, frail, end-of-life)
3. Analyzing data and interpreting results (including co-morbidities)
4. Developing a differential diagnosis list

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**III. Clinical Management**

A. Evidence Based Practice (including research utilization)

Knowledge of:

1. Clinical practice guidelines and best practices

Skill in:

2. Accessing research
3. Evaluating the quality of research
4. Translating evidence to modify practice (considering co-morbidity, estimated life expectancy; across continuum of aging and illnesses)
5. Evaluating one's own practice based on best available evidence

B. Epidemiology/disease control

Knowledge of:

1. Infectious disease control (e.g., host-organism-transmission)
2. Bioterrorism and disaster response management
3. Population based disease prevention

Skill in:

4. Preventing the transmission of infectious disease
5. Providing accurate information about community risk (considering care setting)
6. Documenting and reporting infectious disease

C. Clinical decision-making

Knowledge of:

1. Pharmacotherapeutics (including pharmacokinetic/pharmacodynamic changes in older adults, polypharmacy)
2. Clinical therapeutics (e.g., nonpharmacological, complementary and alternative therapies, rehabilitation and nutrition services)
3. Interdisciplinary team care
4. Transitions of care (e.g., medication reconciliation; information needing to be communicated to other health care provider concerning special care needs, goals of care, functional and cognitive status)

Skill in:

5. Prioritizing current and potential problems
6. Formulating a plan of care for the older adult (considering presenting signs and symptoms, mental health, comorbidities, syndromes, and degree of complexity, safety; follow-up, monitoring treatment)
7. Modifying health care risks
8. Clarifying the goals of care based on outcome expectation (e.g., cure, restoration, maintenance, comfort)
9. Coordinating care for the older adult (e.g., community resources, long-term care, hospice, day care, appropriate referrals)
10. Providing palliative and end-of-life care
11. Synthesizing and recording relevant patient information for the management plan (considering regulatory and reimbursement issues, privacy)

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