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PNCB Content Outline
Discussion/Secrets to Success

Disclosures

Teresa Whited, DNP, APRN, CPNP-PC

Has no financial relationship with commercial interests

This presentation contains no reference to unlabeled/unapproved uses of drugs or products

Learning Objectives

- Upon completion of this review, the course attendee should be able to:
- Describe the major components of the PNCB test blueprint
- Explore the test make up of the PNCB test
- Delineate self care strategies to promote test taking success
- Describe test taking strategies that promote test taking success.

PNCB Exam

- Exam cost: **\$385** including **\$130 non-refundable registration fee**
- Must have final **official transcript** to complete application
- PNCB sends you an **approval and Scheduling notice**
 - **90 day** window to schedule
- 3 hours/**175** multiple choice questions
 - 25 questions unscored

PNCB Exam Content Outline/Test Blueprint



PEDIATRIC NURSING
CERTIFICATION BOARD

https://www.pncb.org/sites/default/files/resources/2018_CPNP-PC_Exam_Content_Outline_FINAL.pdf

Health Maintenance & Promotion	(30%)=45 test questions
Assessment & Diagnosis	(35%)=52 test questions
Management	(30%)=45 test questions
Professional Issues	(5%)=8 test questions



PNCB Exam Procedures



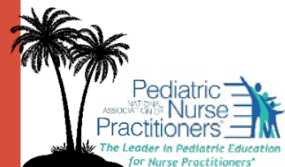
PEDIATRIC NURSING
CERTIFICATION BOARD

Audiometry
Cerumen Removal
Collection of skin and body fluid specimens
Fluorescein staining
Incision & Drainage
Rapid Tests (e.g., rapid strep)
Reduction of Nurse Maid's Elbow
Removal of Foreign Body
Removal of Sutures & Staples
Sexually transmitted infection testing
Spirometry/pulmonary function test
Umbilical cord cauterization
Visual Acuity
Wart removal

PNCB Exam Clinical Problems

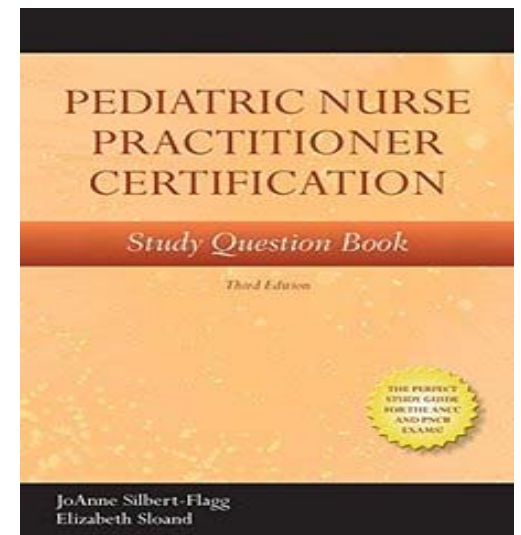
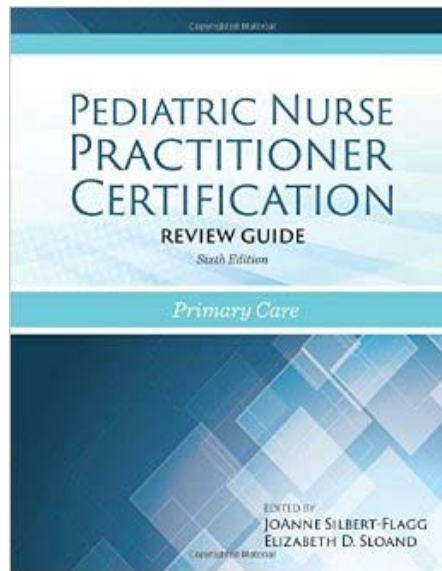
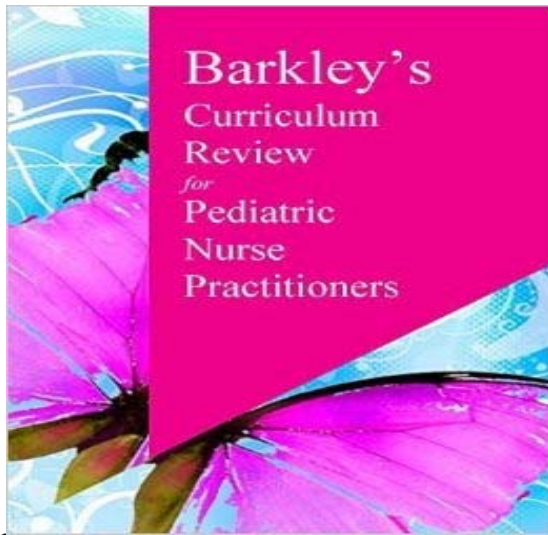


Rank Order	Clinical Problem
1	Head, Eyes/Ears/Nose/Throat
2	Dermatology
3	Allergy
4	Gastroenterology
5	Developmental/Behavioral/Mental Health
6	Pulmonology
7	Musculoskeletal
8	Nutrition
9	Infectious Disease
10	Urology/Nephrology
11	Neurology
12	GYN/Reproductive Health/Sexual Identity
13	Cardiology
14	Endocrinology
15	Pain
16	Hematology/Oncology
17	Environmental Health/ Toxicology
18	Immunology/Rheumatology
19	Genetics



Key to Success

Exposure to as many test questions as possible during your preparation!



Learning Style

- Think about the **type of learner** you might be:

Visual-
highlight/diagram

Verbal-write or
talk aloud notes

Auditory-verbally
record/group
study

Interpersonal
(group) vs
Intrapersonal (self)

Kinesthetic-
movement
associated with
memory

Use Your Study Skills

- What has been effective in the past?
 - Note **cards/flashcards**
 - Test **questions** (share with your group)
 - Any notes/Powerpoints/Outlines
 - Think about body systems or other system to **organize**
 - Prepare a **file or study table with the latest guidelines** (think when the test was written)
 - **Growth and development table**

Study Items

- Study
 - **Take questions**-study material you don't know
 - Study items such as development/growth
 - Consider making study tables
 - Study until night before
 - Only review key items day of exam if needed
 - Set a **schedule** of how you are going to study
 - Stick to it
 - **Daily review** of material
 - Set a **deadline** for stop

Test Taking/Question Analysis Strategies

- Mostly **Scenario based** questions
 - Only **one question** is presented at a time
 - Time feature to allow you to track your time
 - Think about number of questions and time period
 - **180 minutes divided by 175 questions=approximately 1 minute per question**
 - Some questions you will be significantly quicker than 1 minute
 - Don't worry about what others are doing
- **Write down information** at beginning of test while getting instructions/tutorial information
 - On White board



Test Taking /Question Analysis Strategies

- **Skip a question** and go back if unsure
 - May change answer as often as you wish prior to submission
- **Review** all questions at end if time allows
- Can **take a break** but no additional time is given for breaks.

Check PNCB's [Candidate Testing Handbook](#) for FAQs.
Info on what you can bring, scratch paper etc.

Types of Test Questions

- All questions are **multiple choice**
 - Can be presented in 2 formats
 - **Question Stem**-By how many months should a child develop the ability to walk independently?
 - **Incomplete sentence**-A child should be able to walk independently by_____ months of age?
 - Look at the stem and analyze what they are asking in the stem
 - In both scenarios, they are asking the same question of how many months?

What is being Asked?

- **What is being tested?**
 - **Action, assessment, teaching point, management?**
 - **What is described?**
 - **Is the focus on the child or the parent in the question?**
 - **Is the question focused on physiological or psychological issues?**

Key Words in the Stem

- Find the **Critical Words**
 - **Priority** words
 - First
 - Initial
 - Next
 - Best
 - **Negative** words
 - Avoid
 - Contraindication

Answer Choices

- There is always **one best answer**
- The rest are what are called distractors
 - Example:
 - A. 6 (distractor)
 - B. 12 (distractor)
 - C. 15 (correct answer)
 - D. 18 (distractor)

Example Question

- A 2 year old child has had cold symptoms x 1 week and in the last 24 hours has developed ear pain, poor sleep and poor appetite. The nurse practitioner suspects a secondary bacterial infection. What is the most likely causative organism?
 - **Try to think through this question. What is the question describing? Is this a bacterial or viral infection? What is the #1 cause of this illness?**

Example Question

- A 2 year old child has had cold symptoms x 1 week and in the last 24 hours has developed ear pain, poor sleep and poor appetite. The nurse practitioner suspects a secondary bacterial infection. What is the most likely causative organism?
 - A. Human Parvovirus
 - B. Staphylococcal aureus
 - C. Streptococcus pneumoniae
 - D. Coxsackie Virus

If you do not know the answer but you know you are looking for a bacteria then you automatically can eliminate A and D (viruses). Now you look between the final two answers. Staph=skin so it is streptococcus pneumoniae.

Go with what you know

- Analyze the stem for key words/what they are asking
 - Eliminate known wrong answers
 - **Go with first instinct unless sure**

Test anxiety

- It is a **physical and mental response**
 - Fear of negative consequences
 - Fear of failure
 - Can be mild to severe
- **Perceive the test as personal threat**
 - Inducing **fight or flight response**
 - Increased heart rate, diaphoresis, poor thought processes, uneasiness, negative thoughts, avoidance, motor nervousness
- Can occur prior to test or during the test

Test Anxiety

- **Increases with:**
 - High importance
 - High likelihood of failure
 - Closer to timing of test
 - Feeling unprepared
 - Other life stressors/time pressures

Test Anxiety and Self Care

- Things to identify:
 - Factors that related to your anxiety
 - **How** it affects you
 - **When** it affects you
 - **What** are **strategies** that help
 - Draw on past experiences
 - Learn new coping techniques



Things to reduce anxiety

- Good **nutrition** and **sleep** patterns
- Prepare well
 - **Study plan**
 - Schedule it
 - Create an **environment**
 - Turn off phone, internet blocking
 - Do not disturb time
 - Drinks and healthy snacks

Things to reduce Anxiety

- **Positive self talk**

- Write down positive messages
- Reflect on previous successes
- Put previous notes from others

- **Take time to relax**

- Plan study time but also plan down time
- Do things that relax you-walk, take a bath, leisure read etc.

Things to reduce Anxiety

- **Plan Ahead**

- Take a **practice drive** to the testing center
- Find your **IDs** and put them where you can find them
- If center is far away, consider staying the night before in **hotel**
- **Don't work** immediately prior to testing
- Do **relaxation** things the night before (good meal, sleep, etc)
- **Avoid** using medications or other things that are not in your usual routine
- If life happens, **reschedule!!**

Things to reduce Anxiety

- 24 hours before testing:
- **Plan an end** to your study time
 - Don't cram the night before
- Have **breakfast**
- Avoid **high caffeine drinks** (stay to your routine)
- Give **plenty of time** to reach destination
 - Time for checking in and relaxation prior to exam



Things to reduce Anxiety

- **Self awareness/Desensitization**
 - Describe your feelings
 - Write or speak those feelings
 - Utilized relaxation techniques to
 - During technique visualize the anxiety provoking stimuli
 - Repeat this technique until it no longer creates same anxiety
- If having **severe anxiety, may need to get help** from
 - Therapist/Psychologist/PCP

Managing Test Anxiety/Self Care

- Self Care

- **Mindfulness**

- Sit in a comfortable position and close your eyes
 - **Deep breathing/Controlled Breathing**
 - **In for 4 and out for 8**
 - Focus on the now-don't drift
 - Focus on telling yourself-I am (inhale) Relaxed (exhale)
 - Relaxation exercises
 - **Progressive relaxation** (close your eyes and focus on the now)
 - Start toes and work your way up (**inhale-flex, exhale-relax**)
 - Deep breathing and remain relaxed
 - When done, **stretch based on relaxation** and then whole body and open eyes.

Managing Test Anxiety/Self Care

- **Guided imagery** (close your eyes/focus on the now)
 - **Visualize a peaceful time or place**
 - What are things you **see**
 - What are things you **hear**
 - What are things you **smell**
 - What are things you **feel**
 - Stay relaxed and peaceful in that place
- Slowly allow yourself to become aware of the environment again