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Adult Psychiatric and Mental Health Nurse Practitioner Board Certification

Test Content Outline - effective date: April 5, 2011

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	25	16.67%
II	Assessment/Analysis	48	32.00%
III	Planning	32	21.33%
IV	Intervention	31	20.67%
V	Professional Issues	14	9.33%
	Total	150	100%

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

Note 1: Life Span Areas

0. Non – age-specific
1. Adolescent (13 - 17 years)
2. Young Adult (18 - 30 years)
3. Adult (31 - 65 years)
4. Older Adult (Over 65 years)

Note 2: Body Systems and Problem Areas

0. Non-Specific
1. Mood Disorders
2. Anxiety Disorders
3. Psychotic Disorders, including Dementia and Delirium
4. Personality Disorders
5. Dual Diagnosis

I. Foundations (16.67%)

A. Theories and Models

Skills in:

1. Incorporating theories, concepts, and models related to nursing science, development, mental health, and psychotherapy into practice
2. Incorporating theories and models related to teaching/learning, systems and consultation into practice

B. Communication

Knowledge of:

1. Information technologies used in clinical management (e.g., web-based, electronic medical records, scholarly databases, patient education resources, telemedicine/telepsychiatry, teleconference)

Skills in:

2. Adapting communication while assessing and treating psychiatric illness considering client needs and preferences (e.g., age, gender, culture, ethnicity, development, education, spiritual)
3. Appropriately adjusting communication (e.g., nonjudgmental, non-threatening, empathic, neutral) based on analysis of client verbal and nonverbal responses while assessing and treating psychiatric illness

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II. Assessment/Analysis (32.00%)

A. Biopsychosocial Assessment

Knowledge of:

1. Biological considerations (e.g., neurology, comorbid medical conditions, age-related changes, gender differences, developmental disabilities, metabolic syndrome)
2. Advanced Psychopathology

Skills in:

3. Performing a biopsychosocial assessment, including mental status, review of system, and physical examination
4. Interpreting the results of a comprehensive biopsychosocial assessment
5. Using therapeutic communication to identify cultural, spiritual, and age factors that may influence treatment outcomes
6. Performing risk-factor analysis (patient, family, community) including trauma, suicide, homicide, violence, self-harm, substance use, treatment adherence, and life-threatening physical conditions
7. Analyzing client presentation using a holistic approach, including biological, cultural, epidemiological, community, and environmental characteristics necessary for diagnosis and treatment

B. Diagnostic Reasoning

Knowledge of:

1. Pharmacology, including psychopharmacology
2. Non-pharmacologic modalities
3. Advanced Pathophysiology

Skills in:

4. Selecting and/or ordering appropriate mental health screening tools, diagnostic and lab tests based on client risks, costs, benefits, and clinical guidelines
5. Interpreting results from mental health screening tools, diagnostic and laboratory tests
6. Differentiating presentations of psychiatric symptomatology from non-psychiatric health problems
7. Formulating differential diagnoses utilizing DSM multi-axial format

III Planning (21.33%)

A. Evidence-based Practice

Knowledge of:

1. Research utilization
2. Clinical guidelines and standards of care

Skills in:

3. Critiquing research findings
4. Incorporating evidence into advanced nursing practice

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B. Treatment Planning

Knowledge of:

1. Access to care issues

Skills in:

2. Establishing desired/expected outcomes of care consistent with the diagnoses in collaboration with the client
3. Developing plans of care based on accepted biopsychosocial theories and evidence based practices
4. Prioritizing interventions based on the severity and complexity of physical and mental health conditions
5. Facilitating access to ongoing care considering individual and community resources

C. Collaboration

Knowledge of:

1. Scope of practice
2. Roles and purpose of multi-disciplinary team members

Skills in:

3. Planning for psychiatric emergencies in collaboration client
4. Facilitating integrated multidisciplinary care to promote recovery processes, including relapse prevention, across the continuum of care
5. Appropriately referring/consulting regarding clients with complex issues

IV. Intervention (20.67%)

A. Clinical Interventions

Skills in:

1. Prescribing/recommending appropriate non-pharmacologic biopsychosocial interventions, (e.g., physical therapy, integrative modalities)
2. Performing psychotherapy
3. Prescribing appropriate pharmacological interventions considering client risks, costs, benefits, and clinical guidelines
4. Evaluating patient outcomes and modifying treatment plan appropriately (e.g., managing side effects, non-response, noncompliance)
5. Educating client regarding pharmacologic and non-pharmacologic interventions

B. Health Promotion

Knowledge of:

1. Access to clinical resources in the community
2. Change theory

Skills in:

3. Evaluating client's progress in health promotion/disease prevention activities
4. Developing a comprehensive plan for health maintenance/health promotion with clients (e.g., caregiver stress, life transitions)

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C. Emergency Management

Knowledge of:

1. Psychiatric hospital admission and discharge criteria (voluntary and involuntary e.g., harm to self or others, unable to care for self)
2. Duty to inform

Skills in:

3. Managing psychiatric conditions using the least restrictive alternatives
4. Coordinating involuntary commitments in collaboration with other health care providers
5. Admitting and discharging clients to and from the hospital in collaboration with the multidisciplinary team
6. Ordering interventions to protect self, client and others from dangerous behaviors during treatment (e.g. seclusion, restraints, pharmacologic)

V. Professional Issues (9.33%)

A. Legal

Knowledge of:

1. Regulatory, accreditation and professional standards, including documentation (e.g., mental health, advanced nursing practice, pharmacologic)

Skills in:

2. Evaluating the impact of issues of liability, regulations and legislation on advanced nursing practice (e.g., elopement, court mandated treatment, restraint and seclusion documentation)
3. Obtaining informed consent for treatment

B. Ethical

Knowledge of:

1. Peer review of self and other

Skills in:

2. Advocating for the protection of client rights (e.g., client self determination, access to care, confidentiality), psychiatric mental health advanced practice nursing, and issues related to mental health legislation
3. Incorporating ethical principles into advanced nursing practice (e.g., resolving ethical dilemmas, disclosure, patient/professional boundaries)

Last Update: September 2009