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Family 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	Theoretical Foundations of Advanced Nursing Practice	37	25%
II	Professional Role	23	15%
III	Health Care Policy and Delivery	15	10%
IV	Clinical Assessment	30	20%
V	Clinical Management	45	30%
	Total	150	100%

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Please note that all areas of the test content outline are associated with major life span/problem areas as indicated in the following notes:

Note 1: Life Span Areas

1. Non – age-specific
2. Infant – birth to 2 years
3. Child – 3 to 10 years
4. Adolescent – 11 to 17 years
5. Adult – 18 to 65 years
6. Older Adult – Over 65 years
7. Child-bearing woman

Note 2: Problem Areas

1. Non-Specific
2. Head, eyes, ears, nose, and throat
3. Respiratory
4. Cardiovascular
5. Gastrointestinal
6. Genitourinary
7. Musculoskeletal
8. Neurological
9. Endocrine (including metabolic disorders)
10. Hematopoietic
11. Immune
12. Integumentary
13. Lymphatic
14. Infectious/ Communicable diseases
15. Physical function and mobility
16. Developmental delays/impairments
17. Learning disabilities
18. Acute and/or chronic pain
19. Nutrition/ hydration
20. Mental health
21. Cognitive status and decision-making capacity
22. Sexual and/or reproductive health
23. Cultural/ Spiritual
24. Substance Use/ Abuse
25. Violence, Abuse, or Neglect

I. Theoretical Foundations of Advanced Nursing Practice (25%)

A. Therapeutic communication

Knowledge of:

1. Communication styles
2. Motivational interviewing techniques

Skill in:

3. Active listening and interviewing
4. Establishing and maintaining rapport, trust, and comfort in a safe and confidential environment
5. Establishing therapeutic boundaries
6. Determining barriers and adapting communications to patient/family situations

B. Health Promotion

Knowledge of:

1. Health promotion concepts

Skill in:

2. Making appropriate health promotion recommendations (considering age, developmental level, health status, current guidelines, primary, secondary, and tertiary prevention strategies)

C. Growth and development/life stages of individuals and families

Knowledge of:

1. Growth and development theories/models
2. Family systems theories
3. Sexuality across the lifespan
4. End of Life issues and care

Skill in:

5. Conducting a developmental assessment
6. Working with family systems across the lifespan

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- D. Influences affecting care of individuals and families (psychosocial, socioeconomic, cultural/spiritual)
Knowledge of:
 - 1. Psychosocial influences (e.g., caregiver stress; social interaction/support; isolation; violence, abuse and neglect)
 - 2. Socioeconomic influences (e.g., financial, housing, employment, educational level, environmental)
 - 3. Cultural/Spiritual influences (e.g., spiritual practices, health belief/practices)
- E. Patient-Centered Education (individual, family, and group)
Knowledge of:
 - 1. Teaching principles and learning styles (including teaching strategies)
 - 2. Group dynamics
 - 3. Health literacy
Skill in:
 - 4. Assessing learning needs
 - 5. Providing education including anticipatory guidance
 - 6. Evaluating learning outcomes

II. Professional Role (15%)

- A. Scope and Standards of Advanced Practice Nursing
Knowledge of:
 - 1. Scope of practice
 - 2. Standards of practice
Skill in:
 - 3. Making appropriate referrals
- B. Safe Practice
Knowledge of:
 - 1. Standards of care
Skill in:
 - 2. Minimizing clinical errors and complications
 - 3. Promoting a safe work environment
 - 4. Evaluating clinical outcomes (e.g., continuous quality improvement, peer review)
- C. Advocacy, Legal and Ethical Issues
Knowledge of:
 - 1. Ethical principles of care
 - 2. Legal issues of care (e.g., advanced directives, power of attorney, emancipation, guardianship)
Skill in:
 - 3. Advocating for individuals and families
 - 4. Making ethical decisions
 - 5. Negotiating care considering patient/proxy right to choose/refuse
 - 6. Obtaining informed consent/assent

III. Health Care Policy and Delivery (10%)

- A. Regulatory and Reimbursement issues
Knowledge of:
 - 1. Reimbursement requirements (e.g., coding and billing, third-party payers)
 - 2. The impact of regulation, reimbursement and accreditation on practice

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- B. Access to care and health care policy (e.g., location, cost, health care disparities)
Knowledge of:
 - 1. Available resources for assessment, treatment and follow-up (e.g., transportation, services, financial assistance; for insured and uninsured)
 - 2. Available resources for therapeutic modalities
 - 3. Federal health care policies

- C. Documentation and Informatics
Skill in:
 - 1. Documenting in accordance with current regulatory processes and payer systems
 - 2. Accessing and releasing health care information in accordance to federal regulations (e.g., Health Information Portability and Accountability Act [HIPAA], confidentiality)
 - 3. Using informatics in clinical practice (e.g., electronic medical record, personal digital assistant [PDA], computer applications, Internet access, electronic prescription)

IV. Clinical Assessment (20%)

- A. Health assessment
Knowledge of:
 - 1. Anatomy
 - 2. Physiology
 - 3. Pathophysiology
 - 4. Genetics
 - 5. Mental Health
Skill in:
 - 6. Obtaining a comprehensive and/or problem-focused history
 - 7. Conducting a comprehensive and/or problem-focused examination (e.g., physical, mental health)
 - 8. Constructing a three generation genogram

- B. Risk analysis
Knowledge of:
 - 1. Health beliefs and behaviors (e.g., substance use/abuse, lifestyle, adherence, risk taking behaviors)
 - 2. Epidemiology
 - 3. Genetic predispositions
Skill in:
 - 1. Conducting a risk analysis (e.g., risk for unintentional injuries, travel, past medical history, environmental exposures, substance use/abuse, risk taking behaviors)

- C. Advanced diagnostic reasoning
Knowledge of:
 - 1. Screening and diagnostic tests including sensitivity and specificity (e.g., pap smears, imaging studies, electrocardiograms, pulmonary functioning tests)
 - 2. Co-morbidities and syndromes
Skill in:
 - 3. Selecting appropriate screening and/or diagnostic tests
 - 4. Analyzing and synthesizing assessment data
 - 5. Developing a differential diagnosis

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V. Clinical Management (30%)

A. Evidence Based Practice

Knowledge of:

1. Research methodology
2. Clinical practice guidelines
3. Epidemiology
4. Risk modification for presenting illness

Skill in:

5. Evaluating research and other forms of evidence
6. Integrating evidence based recommendations into practice

B. Advanced clinical decision-making

Skill in:

1. Formulating a plan of care (considering mental health, co-morbidities, syndromes, complexity, patient/family preference, cost, access to care, etc.)
2. Modifying plan of care based on clinical response

C. Pharmacotherapeutics (e.g., immunizations, medications)

Knowledge of:

1. Pharmacology

Skill in:

2. Managing conditions with pharmacological interventions (including prioritizing, prescribing and educating)
3. Evaluating the effectiveness of pharmacological interventions

D. Clinical therapeutics (e.g., procedures, nutrition, adverse effects)

Knowledge of:

1. Complementary and Alternative therapies
2. Nutrition
3. Clinical procedures and techniques (e.g., suturing, splinting, cryotherapy)

Skill in:

4. Managing conditions with non-pharmacological interventions
5. Evaluating the effectiveness of non-pharmacological interventions

E. Coordination of care

Knowledge of:

1. Available community resources
2. Continuity of care (e.g., transitional care, case management, palliative care)

Skill in:

3. Collaborating and consulting with other health care providers
4. Coordinating and evaluating follow-up care

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