

Test Content Outline
Effective Date: July 1, 2019

Pain Management Nursing
Board Certification Examination

There are 150 questions on this examination. Of these, 125 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 125 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. *Note: The examples in parentheses are not all-inclusive and do not indicate importance.*

Category	Content Domain	Number of Questions	Percentage
I	Fundamentals of Pain	53	42%
II	Interventions	53	42%
III	Professional Practice	19	15%
TOTAL		125	100%*

* Total does not come to 100 because of rounding.

I Fundamentals of Pain

A. Science of Pain

Knowledge of:

1. Nociceptive and neuropathic pain
2. Acute, chronic, and persistent pain
3. Pain management models and theories
4. Physiologic mechanisms of pain (i.e., transduction, transmission, perception, and modulation)
5. Etiology of pain
6. Pain diagnoses and syndromes
7. Physiological and psychological effects of uncontrolled pain

B. Assessment

Knowledge of:

1. Pain descriptors and characteristics
2. Pain history
3. Pain assessment techniques, scales, and tools
4. Quality-of-life and functional ability
5. Coping mechanisms and support systems

Skill in:

6. Monitoring and reassessment of pain and functional status
7. Potential barriers to pain management
8. Risk assessment of substance use

II Interventions

A. Plan of Care

Skill in:

1. Patient-centered plan of care and treatment goals
2. Multimodal pain management strategies
3. Interdisciplinary collaboration

B. Pharmacological Treatment

Knowledge of:

1. Opioid analgesics
2. Non-opioid analgesics
3. Adjuvant medications
4. Herbs and supplements
5. Routes of administration

Skill in:

6. Medication safety and misuse
7. Medication conversion and equivalence
8. Side effect prevention and management

C. Non-Pharmacologic Treatment

Knowledge of:

1. Physical treatment modalities (e.g., exercise, massage, positioning, environment)
2. Cognitive and behavioral treatment modalities (e.g., psychotherapy, spirituality)
3. Complementary and integrative therapies (e.g., biofeedback, reiki, acupuncture, aromatherapy)

Skill in:

4. Safety considerations and potential complications

III Professional Practice

A. Education and Advocacy

Skill in:

1. Patient, caregiver, and family education
2. Therapeutic communication techniques
3. Cultural and other demographic considerations

B. Ethics and Regulatory Principles

Knowledge of:

1. Scope, standards, guidelines, and ethics

Skill in:

2. Crisis and emergency response