

Test Content Outline  
Effective Date: October 24, 2019

Psychiatric-Mental Health 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	Assessment and Diagnosis	27	22%
II	Planning	27	22%
III	Implementation	49	39%
IV	Evaluation	22	18%
<b>TOTAL</b>		<b>125</b>	<b>100%*</b>

*\*Total does not come to 100 because of rounding.*

## **I Assessment and Diagnosis**

### **A. Knowledge**

1. Developmental stages (e.g., Erikson)
2. Physiological causes of psychiatric symptoms (e.g., urinary tract infection, thyroid dysfunction)
3. Psychiatric disorders (e.g., thought, mood, neurocognitive, personality)
4. Coping and defense mechanisms (e.g., denial, rationalization, projection)

### **B. Skill**

1. Assessment tools and techniques (e.g., mental status exam, safety risk assessment, trauma history, diagnostic studies)

## **II Planning**

### **A. Knowledge**

1. Client-centered care (e.g., strengths-based, client-stated goals, support network)
2. Educational concepts (e.g., motivation, readiness to learn, group dynamics)
3. Cultural competence (e.g., gender identity, religious beliefs, ethnicity)

### **B. Skill**

1. Communication barrier management (e.g., cognition, literacy, language)
2. Treatment planning (e.g., SMART goals, interdisciplinary interventions, stakeholders)

## **III Implementation**

### **A. Knowledge**

1. Treatment modalities (e.g., recovery model, trauma-informed care, cognitive behavioral therapy)
2. Complementary interventions (e.g., mindfulness, relaxation, aromatherapy)

### **B. Skill**

1. Care coordination (e.g., handoff communication, community resources identification)
2. Therapeutic environment management (e.g., milieu, safety, structure)
3. Therapeutic communication (e.g., active listening, reflection)
4. Medication management (e.g., reconciliation, adverse reaction identification)
5. Psychoeducational group facilitation (e.g., stress management, relapse prevention)
6. Health promotion (e.g., self-care, tobacco cessation, substance use prevention)
7. Emergent situation and crisis management (e.g., behavioral, medical)

#### **IV Evaluation**

##### **A. Knowledge**

1. Intervention effectiveness (e.g., physical, psychiatric, behavioral)
2. Legal and ethical considerations (e.g., self-determination, informed consent, documentation)
3. Process improvement (e.g., quality variances, serious reportable events)

##### **B. Skill**

1. Outcome measurement (e.g., symptom reduction)

Last Updated: December 6, 2018