

## **Test Content Outline** **Effective Date: December 23, 2015**

### **Adult-Gerontology Primary Care Nurse Practitioner Board Certification Examination**

There are 200 questions on this examination. Of these, 175 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 175 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.

<b>Category</b>	<b>Domains of Practice</b>	<b>No. of Questions</b>	<b>Percent</b>
I	Foundations of Advanced Practice Nursing	51	29%
II	Professional Roles	51	29%
III	Independent Practice	73	42%
<b>Total</b>		<b>175</b>	<b>100%</b>

## I. Foundations of Advanced Practice Nursing (29%)

### A. Advanced Pathophysiology

*Note: Each item written addresses at least one of the age groups noted below.*

- |               |               |
|---------------|---------------|
| 1. Adolescent | 4. Middle-Old |
| 2. Adult      | 5. Oldest-Old |
| 3. Young-Old  |               |

*Knowledge of:*

1. Physiology, pathogenesis, clinical manifestations, and etiology of altered physical/psychological health/disease states
2. Impact of genetics on health states, risk for disease, and clinical management of health disease states
3. Impact of aging on health states, function, and clinical management of health disease states

*Skills in:*

4. Differentiating between normal and abnormal physiologic changes associated with development and aging
5. Analyzing the relationship between normal physiology and pathology
6. Analyzing the complex relationships of multimorbid pathologies
7. Synthesizing and applying current evidence-based knowledge regarding pathological changes in disease states
8. Analyzing physiologic and psychological responses to illness and treatment modalities

### B. Advanced Pharmacology

*Note: Each item written addresses at least one of the drug agents noted below.*

- |                       |                                |
|-----------------------|--------------------------------|
| 1. Anti-infective     | 7. Genitourologic/reproductive |
| 2. Antineoplastic     | 8. Immunologic                 |
| 3. Cardiovascular     | 9. Musculoskeletal/analgesic   |
| 4. Endocrine          | 10. Neurologic                 |
| 5. Eye, ear, and skin | 11. Psychiatric                |
| 6. Gastrointestinal   | 12. Respiratory                |

*Knowledge of:*

1. Pharmacotherapeutics, pharmacokinetics, pharmacodynamics, pharmacogenetics of broad categories of drugs
2. Impact of aging on pharmacological regimens selection
3. Patient motivations for seeking prescriptions
4. Potential supports and barriers for patient adherence to prescribed regimens

5. The effects and interactions associated with drugs (e.g., side effects, drug-drug interactions, drug-food interactions, adverse effects)
6. The risks and implications of polypharmacy

*Skills in:*

7. Analyzing the relationship between pharmacological agents and physiologic/pathologic responses
8. Analyzing the relationship between multimorbidities and pharmacological agents

C. Advanced Physical Health Assessment

*Note: Each item written addresses at least one of the body systems noted below.*

- |                                       |   |
|---------------------------------------|---|
| 1. Head, eyes, ears, nose, and throat | 7. Neurological (including psychiatric) |
| 2. Respiratory                        | 8. Endocrine                            |
| 3. Cardiovascular                     | 9. Hematopoietic                        |
| 4. Gastrointestinal                   | 10. Immune                              |
| 5. Genitourinary/Reproductive         | 11. Integumentary                       |
| 6. Musculoskeletal                    |   |

*Knowledge of:*

1. Components of history, physical, mental, and functional assessments across the aging continuum
2. Components of psychosocial assessments (e.g., community, environmental, family, caregivers)
3. Signs and symptoms of common physical and psychological illnesses
4. Patient-specific physical examination considerations and adaptations (including age, cognition, function)

*Skills in:*

5. Obtaining a comprehensive and/or problem-focused health history
6. Performing advanced techniques of a physical exam (e.g. cardiac, gynecologic, orthopedic)
7. Conducting a risk assessment of the patient
8. Correlating assessment findings with underlying pathology or physiologic changes across the aging continuum
9. Evaluating the patient's ability to function in societal roles (e.g., employee, parent, student)
10. Integrating subjective and objective patient findings to develop a comprehensive patient profile

D. Population Health

*Knowledge of:*

1. General principles and theories of health promotion
2. Population-based health policy
3. Environmental, global, and social determinants of health
4. General principles of epidemiology

*Skills in:*

5. Applying clinical prevention strategies (e.g., immunizations, disaster preparedness, health screenings) to at-risk populations
6. Evaluating the effectiveness of clinical prevention interventions
7. Advocating for equitable and efficacious preventive services and policies for specific populations (e.g., frailty, at-risk populations)
8. Identifying modes of transmission and implementing interventions to minimize the spread of disease

E. Considerations for Diverse Populations

*Knowledge of:*

1. Cultural competencies (including common beliefs, values, practices, and behaviors that influence the perception of their health and health-related behaviors)
2. Influence of aging, socioeconomic status, culture, gender, ethnicity, and spirituality on the mental and physical health of the individual and family in various health care settings
3. Patient-centered care

*Skills in:*

4. Incorporating individual, cultural, ethnic, and spiritual preferences, values, and beliefs into health care in a non-biased and respectful manner

**II. Professional Roles (29%)**

A. Translational Science

*Knowledge of:*

1. Research process
2. Principles of evidence-based practice

*Skills in:*

3. Integrating evidence, clinical judgment, research, and interprofessional perspectives using translational processes to improve patient outcomes and practice
4. Critiquing meaningful evidence for practice (including identifying gaps in evidence for practice, patterns of behavior, and outcomes)

B. Legal and Ethical Issues/Scope and Standards/Regulation

*Knowledge of:*

1. Bioethical and legal issues in practice (e.g., informed consent/assent, guardianship, decisional capacity, surrogate decision making, patient privacy, confidentiality, research participation, treatment futility)
2. Role, scope, and standards of the adult-gerontology primary care nurse practitioner

*Skills in:*

3. Identifying and referring situations beyond scope of practice
4. Complying with regulatory guidelines (e.g., reimbursement regulations, reporting of communicable disease and abuse/neglect)
5. Applying bioethical principles to issues related to the care of patients, populations, and systems
6. Evaluating the bioethical consequences of decisions
7. Documenting in accordance with regulatory processes and payor systems

C. Quality Improvement and Safety

*Knowledge of:*

1. Methods, tools, performances measures, quality improvement models, culture of safety principles, and standards related to quality

*Skills in:*

2. Monitoring, analyzing, and prioritizing outcomes to improve quality of clinical practice
3. Identifying actual or potential failures in processes and systems that lead to unfavorable outcomes
4. Implementing quality improvement initiatives (including peer review, safety, error reduction, self-monitoring, use of technology)
5. Minimizing risk to patients and providers at the individual and systems level

D. Leadership, Advocacy, and Inter-Professional Communication and Collaboration

*Knowledge of:*

1. Leadership concepts, including interprofessional communication, collaboration, and coordination (e.g., group dynamics, negotiation, conflict resolution, safe and healthy work environments, team building, mentoring)

*Skills in:*

2. Communicating and collaborating with other professionals to manage and coordinate patient-centered care across systems
3. Identifying opportunities to improve practice environment, patient outcomes, or policy
4. Advocating for the needs of patients and their families
5. Advocating for the role of the nurse practitioner

E. Health Policy

*Knowledge of:*

1. Interdependence between policy and practice (e.g., health care economics, health disparity, globalization, organizational structure, federal health care policies)

*Skills in:*

2. Advocating for policies that improve health
3. Evaluating the impact of healthcare delivery/policy on patients, providers, other stakeholders, and the practice environment
4. Analyzing the implications of health policy across the aging continuum

**III. Independent Practice (42%)**

A. Advanced Care Planning

*Knowledge of:*

1. Theoretical frameworks related to health behavior change, development and aging, wellness/illness trajectories
2. Therapeutic relationships
3. Health literacy
4. Principles of palliative, respite, and hospice care
5. Impact of terminal illness trajectory on patient and family (e.g., caregiver burden/stress)

*Skills in:*

6. Educating the patient about diagnosis, prognosis, treatment options, and potential outcomes
7. Engaging the patient to identify goals of care
8. Identifying resources to enhance health and function (e.g., hospice, respite care, occupational therapy, physical therapy, psychiatric care)
9. Conducting crucial conversations (e.g., delivering bad news)

B. Health Promotion and Disease Prevention

*Knowledge of:*

1. Anticipatory guidance
2. Health behavior modification
3. Patient-specific primary, secondary, and tertiary prevention
4. Life transitions (e.g., retirement, role changes, care giving, sexuality, loss)

*Skills in:*

5. Conducting an age-/developmental-/life stage-appropriate wellness visit, including health promotion, disease prevention, psychosocial assessment, anticipatory guidance, and counseling
6. Ordering, performing, and interpreting appropriate screenings based on age and/or situation
7. Selecting interventions for the maintenance of health/wellness
8. Evaluating patient outcomes/response and modifying the plan of care
9. Utilizing innovative modalities for patient education and/or counseling

C. Illness/Disease Management

*Knowledge of:*

1. Clinical guidelines and standards of care
2. Risk, cost, and benefits of interventions
3. Illness, injury, disease management
4. Complications and multimorbidities as related to disease management
5. Effects of developmental stages and the aging process on disease management
6. Considerations for prescribing medications across the aging continuum (e.g., polypharmacy, potentially inappropriate drugs)
7. Common geriatric syndromes

*Note: Each item written for skill 9 below addresses at least one of the following drug agents.*

- |                              |                                     |
|------------------------------|-------------------------------------|
| 1. <i>Anti-infective</i>     | 7. <i>Genitourologic</i>            |
| 2. <i>Antineoplastic</i>     | 8. <i>Immunologic</i>               |
| 3. <i>Cardiovascular</i>     | 9. <i>Musculoskeletal/analgesic</i> |
| 4. <i>Endocrine</i>          | 10. <i>Neurologic</i>               |
| 5. <i>Eye, ear, and skin</i> | 11. <i>Psychiatric</i>              |
| 6. <i>Gastrointestinal</i>   | 12. <i>Respiratory</i>              |

*Skills in:*

8. Selecting nonpharmacological interventions for the management of illness, injury, and/or disease across the aging continuum
9. Selecting pharmacologic agents for the management of illness, injury, and/or disease across the aging continuum

10. Selecting appropriate interventions for the management of multimorbid conditions across the aging continuum
11. Engaging the patient and/or family in the management of illness, injury, and/or disease
12. Evaluating patient outcomes/response and modifying the plan of care accordingly

D. Diagnostic Reasoning and Clinical Decision Making

*Note: Each item written addresses at least one of the body systems noted below.*

- |  |  |
|--|--|
| 1. <i>Head, eyes, ears, nose, and throat</i> | 7. <i>Neurological (including psychiatric)</i> |
| 2. <i>Respiratory</i>                        | 8. <i>Endocrine</i>                            |
| 3. <i>Cardiovascular</i>                     | 9. <i>Hematopoietic</i>                        |
| 4. <i>Gastrointestinal</i>                   | 10. <i>Immune</i>                              |
| 5. <i>Genitourinary/reproductive</i>         | 11. <i>Integumentary</i>                       |
| 6. <i>Musculoskeletal</i>                    |  |

*Skills in:*

1. Selecting appropriate tests and procedures (e.g., laboratory, diagnostic)
2. Interpreting laboratory and diagnostic data
3. Synthesizing data from multiple sources (e.g., assessment, diagnostic, laboratory, screening, etc.) to inform clinical decision-making (e.g., need for further testing, verification of data, follow up, referral/consultation)
4. Establishing and prioritizing differential diagnoses
5. Synthesizing data from multiple sources to establish diagnoses and problem list

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