

Test Content Outline
Effective Date: December 23, 2015

Psychiatric-Mental Health 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.

Category	Domains of Practice	No. of Questions	Percent
I	Foundations for Advanced Practice Nursing	51	29%
II	Professional Role and Policy	70	40%
III	Independent Practice Competencies	54	31%
	Total	175	100%



I. Foundations for Advanced Practice Nursing (29%)

A. Advanced Pathophysiology, Neurobiology, and Neuroanatomy

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

- | | |
|---------------|---------------|
| 1. Infant | 5. Adult |
| 2. Preschool | 6. Young-Old |
| 3. School-Age | 7. Middle-Old |
| 4. Adolescent | 8. Oldest-Old |

Knowledge of:

1. Developmental physiology and normal etiology
2. Pathogenesis and clinical manifestation of altered health states
3. Advanced anatomy and physiology
4. Symptoms of normal and abnormal neurobiology

Skills in:

5. Analyzing the relationship between normal physiology and pathological phenomena produced by altered states
6. Analyzing responses to illness and treatment modalities
7. Assessing neurological function based on patient presentation
8. Interpreting findings from diagnostic testing
9. Identifying needs of individuals with system dysfunction

B. Advanced Pharmacology and Psychopharmacology

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

- | | |
|-----------------------|------------------------------|
| 1. Anti-infective | 7. Genitourologic |
| 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 of broad categories of medications
2. Pharmacokinetics and pharmacodynamics of broad categories of medications
3. Pharmacokinetics and pharmacodynamics of psychotropic medications

Skills in:

4. Analyzing the relationship between pharmacologic agents and physiologic/pathologic responses
5. Managing general pharmacologic agents for the management of general health problems in patients with psychiatric symptoms
6. Selecting psychopharmacologic agents for the management of symptoms

C. Advanced 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. Mental health disorders due to general medical conditions
2. General physical conditions associated with mental health disorders

Skills in:

3. Developing a comprehensive health assessment, including complete developmental/functional assessment, health history, family/genetic history, and review of systems
4. Performing a physical examination
5. Relating physical assessment findings to underlying pathology and psychopathology
6. Selecting and interpreting relevant diagnostic testing

D. Epidemiology/Risk Analysis

Knowledge of:

1. Prevalence of disorders or behaviors in diverse populations
2. Contributing risk factors and potential barriers to health promotion and disease prevention (e.g., socioeconomic, genetics, biological, environmental, community-specific variables)

Skills in:

3. Synthesizing epidemiological data to design and deliver evidence-based practice
4. Risk assessment

E. Patient-Centered Care

Knowledge of:

1. Recovery-oriented care
2. Trauma informed care
3. Cultural competencies and spirituality

Skills in:

4. Establishing and maintaining a therapeutic alliance
5. Assessing and enhancing health literacy of a patient
6. Incorporating patient ability, experiences, preferences, lifestyle, values, goals, rights, and responsibilities into care
7. Promoting resilience and recovery

F. Psychotherapy

Knowledge of:

1. Treatment modalities
2. Psychotherapy theories

Skills in:

3. Selecting evidence-based psychotherapies and treatment modalities

II. Professional Role and Policy (40%)

A. Leadership

Knowledge of:

1. Principles and concepts of interprofessional and intradisciplinary practice
2. Reflective thinking principles, concepts, and practices
3. Conflict resolution, negotiation, mediation, and professional civility
4. Political activism

Skills in:

5. Advocating for the value and role of the nurse practitioner
6. Fostering collaboration with multiple stakeholders to improve health care
7. Building and leading collaborative interprofessional care teams
8. Communicating within or across organizations

9. Advancing practice through the development and implementation of innovations incorporating principles of change

B. Quality Improvement and Safety

Knowledge of:

1. Quality improvement methods and measures

Skills in:

2. Using evidence for continuously improving quality of care and promoting a culture of excellence
3. Promoting a just culture and a culture of safety

C. Practice Inquiry

Knowledge of:

1. Evidence-based practice

Skills in:

2. Translating research into practice
3. Applying clinical investigative skills to improve health outcomes
4. Disseminating evidence from inquiry to diverse populations using multiple modalities

D. Health Policy and Advocacy

Knowledge of:

1. Interdependence of policy and practice
2. Health policy development

Skills in:

3. Advocating for social justice, improved access, quality, and cost-effective care
4. Analyzing ethical, legal, and social factors influencing policy development
5. Influencing health policies to ameliorate the impact of stigma on services for prevention and treatment of mental health problems, substance use, and psychiatric disorders

E. Technology and Information Literacy

Knowledge of:

1. Ethical and legal issues related to the use of information technology

Skills in:

2. Using information and communication technologies, resources, and principles of learning to teach and/or treat
3. Translating technical and scientific health information for complex decision making

F. Health Delivery System

Knowledge of:

1. Organizational practices

Skills in:

2. Analyzing organizational structure, functions, and resources to improve and sustain the delivery of care

G. Ethics, Legalities, and Scope and Standards

Knowledge of:

1. Current scopes and standards of practice
2. Regulations and guidelines related to the psychiatric and mental health nurse practitioner's practice

Skills in:

3. Integrating ethical principles in decision making and care delivery
4. Integrating legal principles in decision making and care delivery

III. Independent Practice Competencies (31%)

A. Health Promotion and Disease Prevention

Knowledge of:

1. Growth and development
2. Neuroprotective strategies

Skills in:

3. Performing a comprehensive risk assessment
4. Assessing for facilitators and barriers to care
5. Selecting individualized health promotion and disease prevention strategies
6. Implementing culturally responsive primary, secondary, and tertiary prevention activities
7. Providing patient-centered, anticipatory guidance and counseling

B. Advanced Psychiatric and Mental Health Assessment

Knowledge of:

1. Current diagnostic criteria (e.g., *Diagnostic and Statistical Manual of Mental Disorders*, *International Classification of Disease*)
2. Mental health and well-being
3. Psychopathology

Skills in:

4. Conducting a clinical interview
5. Performing a developmentally appropriate, comprehensive psychiatric evaluation
6. Performing a problem-focused psychiatric evaluation
7. Analyzing system alterations associated with mental health problems, psychiatric disorders, and treatment
8. Selecting and interpreting diagnostic and screening tools
9. Developing and prioritizing differential diagnoses
10. Case formulation, diagnosing, and treatment planning

C. Disorder and Symptom Treatment/Management

Knowledge of:

1. Evidence-based standards of care and current clinical practice guidelines

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:

2. Applying therapeutic communication strategies
3. Managing psychiatric emergencies
4. Managing patients in crises
5. Implementing evidence-based psychotherapies (including individual, groups, and families)
6. Developing and conducting psychoeducation
7. Recommending nonpharmacotherapeutics, including complementary and alternative treatments

8. Evaluating patient responses and modifying the treatment plan as necessary
9. Managing pharmacotherapeutics

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