



American Board of Perianesthesia
Nursing Certification, Inc.



NEWS TO SHARE

Winter 2017

▶ Certified Nurses Day – a National Celebration!

March 19 is the day set aside to honor all Certified Nurses! Go to our website and download a free poster in various sizes to use in your unit, and have all certified nurses sign it.



www.cpancapa.org/news/events/

▶ Stay Connected on LinkedIn

LinkedIn has become an effective channel of professional networking and communications. ABPANC participates on LinkedIn with news and information about perianesthesia nursing certification.

Connect with us and stay on top of all that's new.

www.linkedin.com/company/abpanc

▶ Like Us on Facebook for All the Latest News

We have more than 3,200 friends on Facebook. Be the first to receive announcements and updates from ABPANC by liking us on Facebook.



Visit our page for photos, links and great information sharing.

www.facebook.com/abpanc

IN THE NEWS

CPAN® / CAPA® Spring Examination Dates

Encourage your colleagues to join more than 12,000 perianesthesia nurses who have become CPAN or CAPA certified and increase their own personal knowledge and skills for patient care, while enhancing the awareness and respect of our nursing specialty. We have many new resources to help them prepare for the exam.

Registration Window – Online	January 9 – March 27
Examination Administration Window	April 3 – May 30
Deadline for Rescheduling or Canceling Appointments	You may change your appointment up to 48 hours prior to your scheduled exam. Changes/cancellations not permitted within 48 hours.

Examination Fee – \$424. ASPAN members pay \$314.

ABPANC has changed its testing vendor to PSI Services LLC for delivery of the CPAN and CAPA exams. To change your appointment, visit www.psiexams.com or call 1-800-733-9267.

WHAT'S NEW

New CPAN® / CAPA® Study App!

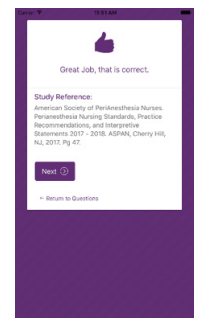
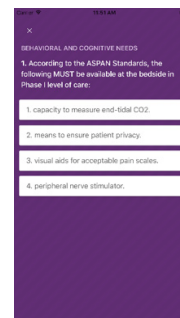
Practice reviewing study questions anytime, anywhere on your phone.

ABPANC has introduced a new mobile app with 25 CPAN and 25 CAPA study questions, plus a study reference for each question to help you prepare for the CPAN or CAPA certification exam.

Each question includes four multiple choice answers and you will instantly know if you've answered the question correctly, and may then review the question, retry, or move onto the next question.

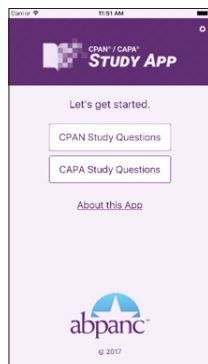


Learn your areas of strength and weakness, with this fun, easy-to-use app.



Study Tools to Help You Prepare for the Exam

ABPANC has developed a wide range of resources to help you study and prepare for the CPAN and CAPA exams. These free tools can be downloaded from the ABPANC website at www.cpancapa.org/resources/study-tools/



NEW Mobile App

25 CPAN and 25 CAPA study questions with multiple choice answers and a study reference for each question. Great user interface with the convenience of studying on the go for \$9.99.

Certification Candidate Handbook

You are strongly encouraged to read the *Certification Candidate Handbook* in its entirety. It contains important information about the CPAN® and CAPA® test blueprints, study references, registration, and test administration details. Available online for free.

Test Blueprints (Appendix C)

Complete listing of patient needs and related nursing knowledge that comprise the CPAN and CAPA examinations.

Study References (Appendix D)

All of the questions on the CPAN and CAPA exams are written and referenced using the 12 publications on Appendix D. These publications are the only references approved by ABPANC. Be sure to study from a variety of these references, as studying from one or two of these will not provide the depth and breadth of information required to pass.

12-week Study Plan

This comprehensive 12-week study plan organizes subject matter into topics that can be reviewed in approximately four hours per week. It outlines key areas of study and groups them into three Domains of Patient Needs – Physiological, Behavioral-Cognitive, and Safety – that comprise the CPAN/CAPA Test Blueprint.

Study Question of the Week

One CPAN and one CAPA study question posted each week on our website and Facebook page.

Practice Exams

ABPANC offers 4 CPAN and 4 CAPA practice exam forms designed to be representative of the types of questions seen on the actual CPAN® and CAPA® Examinations. Buy One, Get One Free, with 100 questions for \$50. After each question, you will learn if you answered the question correctly and at least one reference supporting the correct answer. **Earn 8 contact hours** for completing two practice exams.

Study Tips

These quick reference guides include many helpful study tips and answer some of the most common questions.

Free Webinars

Test Taking Strategies: this 20-minute webinar is full of useful tips for studying and taking the CPAN or CAPA exam.

Conquering Test Anxiety and Fear of Failure: this 30-minute webinar helps you identify and overcome symptoms of test anxiety and fear of failure.

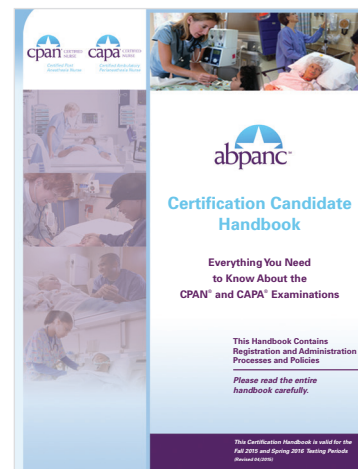
Mind Mapping Study Guide

A creative way to organize information to study for the exam, while mapping your own knowledge base and areas of need.



Certification Coach

For information about finding a CPAN or CAPA Certification Coach in your area, or for help forming study groups, contact zwilliams@proexam.org



2017 ASPAN National Conference – Indianapolis, April 30 - May 4

We look forward to seeing you at ASPAN Annual Conference in Indianapolis. Please stop by our ABPANC Exhibit Booth and pick up your ribbons and see what's new.



Be sure to register early for the CPAN/CAPA Celebration Luncheon to be held on Monday May 1 from 12:15 to 2:15 pm – seating is limited. All current and retired CPAN and CAPA nurses are invited. You won't want to miss our exceptional guest

speaker, David Glickman, "Funny is the New Serious: Changing Your Perspective to Produce Powerful Results." Earn .75 contact hours. 🏹

CPAN® / CAPA® Lectures of Interest

Learn How to Write CPAN/CAPA Examination Questions

Sunday 12:30 – 5:00

Join our team of item writers. Prior experience writing questions is not required. 4 contact hours. Email abpanc@proexam.org to register.

Certification Coaching: The Art of Mentorship

Monday 3:45 – 4:45

Do you want to learn more about inspiring excellence and developing others? In this presentation, you will learn effective leadership and coaching strategies and identify the key elements needed to be a successful coach. You will hear about how to become an ABPANC Certification Coach. 1 contact hour.

Why Be Certified? The Benefits and Value of CPAN/CAPA Certification

Tuesday 12:30 – 1:30

Are you considering certification and interested in hearing more about the advantages of being CPAN/CAPA certified? This interactive presentation will cover the advantages of being CPAN and CAPA certified, from the perspective of not-yet-certified nurses, certified nurses, managers of perianesthesia units and, most of all, patients and families! 1 contact hour.

Nuts and Bolts of CPAN/CAPA Certification – Using Effective Test-Taking Strategies!

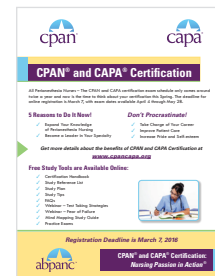
Wednesday 12:00 – 1:30

Do you suffer from fear of test-taking? This session provides information about exam registration and the testing experience aimed at improving test taking skills and reducing anxiety. Strategies to enhance your test-taking ability will be presented. 1.5 contact hours.

Visit www.aspan.org to register for these events and review other programs offered at annual conference. 🏹

Free Posters

Download, print and share free posters for your unit. We have posters to promote CPAN® and CAPA® Certification. Help us promote the value of certification and encourage your peers to get certified with friendly reminders about the upcoming registration deadlines.



Free Downloads at:

www.cpancapa.org/news/events/ 🏹

Send Us Your Photos

We need photos of certified nurses at work in your unit, to use in our annual music video. Our music video, played at the CPAN/CAPA Celebration Luncheon at ASPAN Conference, is always a highlight of the event. This year we want more photos than ever – please participate with a group photo of your unit. Email your photos in .jpg format to jeff@abpanc.com no later than March 15, 2016. Please include our photo release form found at: www.cpancapa.org/pdf/PhotoReleaseForm.pdf 🏹

Recertification Information

The recertification process is done completely online. Those individuals due for recertification should read the Recertification Handbook (www.cpancapa.org/recertification). Instructions were provided in the First Renewal Notice, sent to certificants by January 1st for the Spring 2017 Recertification Cycle.

All CPAN/CAPA Certificants due to recertify have already set up a user account in the online system: Use the Applications and Forms link found under Recertification on the ABPANC website to log in.

Certificants can log in and track their contact hours in the [Continual Learning Documentation Log](#), which functions as an "electronic filing cabinet." Make sure ABPANC has your up-to-date email and mailing address – contact ABPANC at **800-6ABPANC** or abpanc@proexam.org 🏹

Get Great Products at Great Prices at Our Online Store

We have many new items that you'll enjoy, enabling you to share your passion for perianesthesia nursing certification. We've selected quality products and priced them to be a good value. Check it out at www.cpancapa.org/store



Stethoscope - \$95

Exceptional sound quality combined with a beautiful hand-painted acrylic chest-piece. CPAN, CAPA or Dual logo.



Amethyst Bracelet - \$35

New updated style with a lariat enclosure that adjusts to fit practically any wrist with deep engraved heart-shaped silver pendant. CPAN, CAPA or Dual logo.

Your ABPANC Board Representatives to ASPAN Components

ABPANC Board members would welcome the opportunity to promote certification at your component meetings. You may contact your representative below:

Region One:

Celeste Jones-Lyon celeste.jones@abpanc.com

Region Two:

Zoni Gazy zoni.gazy@abpanc.com

Region Three:

Laura Williams laura.williams@abpanc.com

Jennifer Rice jennifer.rice@abpanc.com

Region Four:

Cidalia Vital cidalia.vital@abpanc.com

Region Five:

Vicki Yfantis vicki.yfantis@abpanc.com

Other Board Members Who May Attend

Component Meetings:

Annette Brancati annette.brancati@abpanc.com

Linda Lakdawala linda.lakdawala@abpanc.com

The 2016-2017 ABPANC Board of Directors

Linda Lakdawala, DNP, RN, CPAN, President

Vicki Yfantis, MSN, RN, CRNP, CPAN, President Elect

Stuart Smith, BS, SPHR, Secretary/Treasurer, Public Member

Annette Brancati, RN, CPAN

Maria "Zoni" Gazy, MSN, RN, CAPA

Celeste Jones-Lyon, BSN, RN, MHA, MBA, FACHE, CAPA

Jennifer Rice, BSN, RN, CPAN, CAPA

Cidalia Vital, MS, RN, CNL, CPAN

Laura Williams, MSN, RN, CPAN

Katrina Bickerstaff, BSN, RN, CPAN, CAPA ASPAN President and Ex-Officio Member of the ABPANC Board

Bonnie Niebuhr, MS, RN, CAE, ABPANC Chief Executive Officer and Ex-Officio Member of ABPANC Board

My Certification Story

See the newest section of our website where other CPAN and CAPA certified nurses have shared their own personal journey to certification. It's a warm and enjoyable read, check it out at:

www.cpancapa.org/benefits/my-certification-story/

Thank You for Your Continuing Support of

CPAN[®] and CAPA[®] Certification: Nursing Passion in Action[®]

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