



Certifiably Great!

Why You Should Certify And How to Prepare

Rebecca Poliquin, BSN, RNC-NIC • Levine Children's Hospital • Charlotte, NC

Objectives

- Describe 2 key benefits for certification of bedside nurses
- Identify one common barrier for achieving certification
- Prepare a study plan to help yourself achieve certification
- List 2 available resources for nurses preparing for the certification exam

[Disclosure



I don't have anything to disclose



somee cards
user card



Why Certify?

- “Oh my gosh, Rebecca! I had a baby the other day...a heart baby. The doctors were rounding and for the *first time* I knew **exactly** what they were going to order, why they were ordering it, and what I needed to prepare for. It is incredible to feel so *confident* in my ability to care for my patients.” ~Jenny (9 years experience)
- “I can’t even explain the confidence boost. Just preparing for the test has been a huge help. I finally feel like I have the *right* to speak up and be heard.” ~Jean (23 years experience)
- “I love knowing that I **DO** know what I thought I knew!” ~Kristin (3 years experience)

The Research Says...

- Units with higher rates of certification often demonstrate:
 - Lower rates of hospital-acquired infections
 - Lower rates of central line-associated bloodstream infections
 - Less ventilator-associated pneumonia
 - Fewer pressure ulcers
 - Lower total fall rates (Kitto, 245)

- Equally important is the effect repeatedly demonstrated in a nurse's professional practice. Nurses who certify report:
 - A heightened sense of preparedness
 - An increase in confidence in their skills and knowledge base
 - Greater desire to continue to learn, grow, and advance
 - A feeling of validation and credibility (Vanairsdale, 130)

What About Public Perception?



Ok...So Why Doesn't Everyone Do It?

- It's too expensive.
- I don't know how to study for it.
- I'm not going to get anything for it.
- I don't have time to study.
- I'm already a great nurse.
- It's too hard to maintain.
- Tests give me diarrhea.

A Look at the Tests

	CCRN Neonatal	RNC-NIC	RNC-LRN
Eligibility	2 years with 1,750 hours of direct care (875 hours in the preceding year) <i>or</i> 5 years with 2,000 hours of direct care (144 in the preceding year)	At least 2 years <i>and</i> 2000 hours experience in the specialty	At least 2 years <i>and</i> 2000 hours experience in the specialty
Content	Clinical Judgment (80%) Professional Caring and Ethical Practice (20%)	General Assessment (48%) Pathophysiology (44%) Psychosocial (5%) Professional Issues (3%)	Mother/Fetus (15%) Newborn (59.5%) General Management (15%) Family Integration (8%) Professional Issues (2.5%)
Cost	\$340 initial \$200 renewal	\$325 initial \$100 renewal	\$325 initial \$100 renewal
Requirements for Renewal	100 hours of continuing education and 432 clinical hours in the previous 3 years	45 hours of continuing education in 3 years and completion of a reassessment	45 hours of continuing education in 3 years and completion of a reassessment

How to Prepare: Content

■ Begin with a *plan*.

- Candidate testing guides can be downloaded from www.aacn.org/~media/aacn-website/certification/get-certified/handbooks/ccrnexamhandbook.pdf and www.nccwebsite.org/resources/docs/NIC-Candidate_Guide.pdf
- Pick a date
- Establish a system-by-system timeline for your study of the exam materials

■ Focus on what matters.

■ Enjoy the process!

How to Prepare: Registration

- Visit the website and select “get certified”
 - For RNC, go to www.nccwebsite.org
 - For CCRN, go to www.aacn.org
- Follow the directions for registration and pay for your exam
- Allow up to 4 weeks for verification of eligibility
- *Watch your mail...*
- Pick a date that works for you within 90 days of authorization to test

How to Prepare: Strategies

- Use the 80/20 rule to decide how much time to spend on a topic
- Practice! Practice! Practice!
- Watch for the “trigger” words
- Try turning answers into true/false statements
- Don't leave *anything* blank
- Remember the “rules” of standardized tests:
 - Positive answers are more likely correct than negative answers
 - The most complete answer is most likely the right one
 - Answers should consider what is *generally applicable*
- Remember “po-dunk” and *that* report

How to Prepare: Testing

- You will get scrap paper...use it!
- For either exam, you have 3 hours. That's roughly 1 minute per question with time to review.
- You can mark questions and come back to them.
- Unless another question has given you a contradictory answer, **do not change your answer.**
- Remember, "It's a pilot question."
- This isn't your nursing school world...get more right than wrong.

[What We Do...]

- Nurses can register for a review class and *get paid for their time.*
 - Classes are 2 hours a week for 10 weeks
 - Class size is limited to 10 people
 - There is a day and a night offering each session
 - Review materials are provided
 - On the first day of class, participants are required to sign a contract agreeing to test within 30 days of completion

What is the Cost?

- For one participant:

- 20 hours of paid time (~\$480)
- Reimbursement for passing (\$325)
- Associated fees (instructor time, review materials, printing) (~\$125)

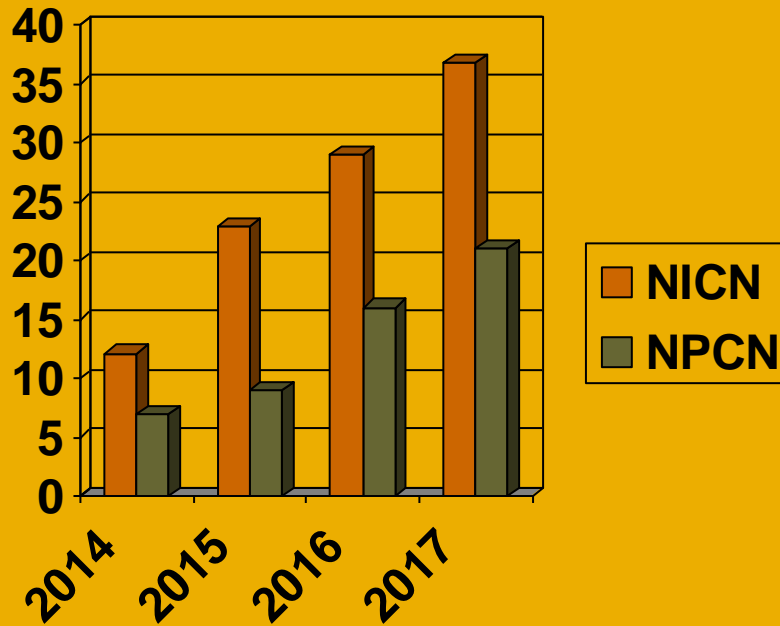
Total ~\$930

- For one patient:

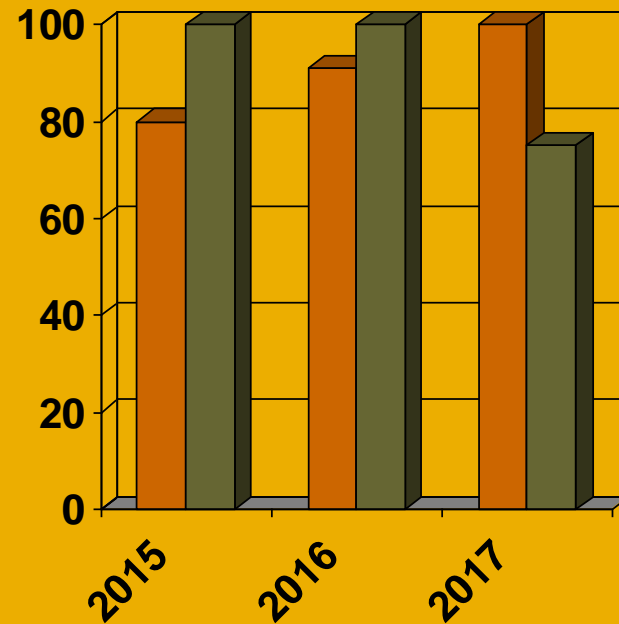
- CLABSI – average of \$55,646 and 19 additional days (Goudie)
- VAP – average of \$39,828 and 13 additional days (Kollef)
- Average cost per day in the NICU – >\$3,500 (Muraskas)

Got Data?

Certification Rates



Exam Pass Rates



Failure to Test – 10%

Ready to Collect Some Letters?!

- <http://coursewareobjects.elsevier.com/objects/elr/AACN/certification4e/review/index.htm> (600 practice questions)
- **STUDY RESOURCES (from the NCC 2017 Candidate Guide)**
 - Blackburn, Maternal, Fetal, & Neonatal Physiology, Elsevier, 2013
 - Fanaroff, et al., Klaus & Fanaroff's Care of the High-Risk Neonate, Elsevier-Saunders, 2015.
 - Fraser, Acute Respiratory Care, NICU, Ink, 2012.
 - Gardner, et al., Neonatal Intensive Care, Mosby Elsevier, 2016.
 - Gleason, et al., Avery's Diseases of the Newborn, Elsevier Saunders, 2012.
 - Goldsmith, et al., Assisted Ventilation of the Neonate, 6th ed., Saunders Elsevier, 2017.
 - Gomella, Neonatology, 7th Ed., Lange, 2013.
 - Guido, Legal and Ethical Issues in Nursing, Pearson, 2014.
 - Orkin, et al., Hematology of Infancy and Childhood, Saunders, Elsevier, 2015.
 - Polit, et al., Essentials of Nursing Research: Appraising Evidence for Nursing Practice, LWW, 2013.
 - Remington, et al., Infectious Diseases of the Fetus and Newborn Infant, Saunders, Elsevier, 2016.
 - Simpson, et al., Perinatal Nursing, LWW, Philadelphia, 2014.
 - Stark, et al., Cloherty and Stark's Manual of Neonatal Care 8th ed., Lippincott, Williams & Wilkins, Philadelphia, 2017.
 - Tappero, et al., Physical Assessment of the Newborn, NICU, Ink, 2015.
 - Verklan, et al., Core Curriculum for Neonatal Intensive Care Nursing, Saunders Elsevier, 2015.
 - Walsh, et al., Perinatal and Pediatric Respiratory Care, Saunders, Elsevier, 2010.
 - Yaffe, et al. Neonatal and Pediatric Pharmacology, Therapeutic Principles in Practice, LWW, 2011.

Bibliography

- Goudie, A., Dynan, L., Brady, P. W., & Rettiganti, M. (2014). Attributable Cost and Length of Stay for Central Line-Associated Bloodstream Infections. *Pediatrics*, 133(6). doi:10.1542/peds.2013-3795d
- Kitto, S., Grant, R., Chappell, K., & Lundmark, V. (2017). The Relationship Between Specialty Certification of Individual Nurses and Outcomes. *JONA: The Journal of Nursing Administration*, 47(5), 245-247. doi:10.1097/nna.0000000000000473
- Kollef, M. H., Hamilton, C. W., & Ernst, F. R. (2012). Economic Impact of Ventilator-Associated Pneumonia in a Large Matched Cohort. *Infection Control & Hospital Epidemiology*, 33(03), 250-256. doi:10.1086/664049
- Muraskas, J., MD, & Parsi, K., JD, PhD. (2008). The Cost of Saving the Tiniest Lives: NICUs versus Prevention. *Virtual Mentor*, 10(10), 655-658. doi:10.1001/virtualmentor.2008.10.10.pfor1-0810
- Vanairsdale, S. (2017). How Specialty Certification Influences Professional Practice. *JONA: The Journal of Nursing Administration*, 47(3), 129-130. doi:10.1097/nna.0000000000000452
- www.aacn.org
- www.nccwebsite.org