

# CPAN® / CAPA® Examination Study Plan

Candidates should prepare thoroughly prior to taking the CPAN and/or CAPA examinations. This Study Plan is based on the CPAN and CAPA Test Blueprints and a weekly learning experience of approximately four hours per week.

**All of the tasks and knowledge areas listed should be covered thoroughly.** A typical review period of time for study is approximately 3 months. This study plan is built around a 12-week schedule, and should be modified based on individual needs.

This time frame gives the candidate enough time to review study materials, focus on weak areas from the study plan, and build confidence needed to be successful on the CPAN and/or CAPA examination.



Additional Study Guide Resources are available at  
[www.cpancapa.org](http://www.cpancapa.org)

Domain	Week	Allotted Time	Tasks Addressing Perianesthesia Patient Needs	Knowledge Required to Meet Perianesthesia Patient Needs
<b>Physiological Needs</b> (Weeks 2-7)	Week 1	4 hours	<input type="checkbox"/> Pre-test using ABPANC practice exam. <input type="checkbox"/> Purchase/rent/borrow references from ABPANC's Study References List <input type="checkbox"/> Review results of Practice Exam and identify study focus areas.	<input type="checkbox"/> Review knowledge statements in CPAN/CAPA Test Blueprint <input type="checkbox"/> Identify knowledge gaps to better focus study areas
	Week 2	4 hours	<input type="checkbox"/> Respiratory system <input type="checkbox"/> Cardiovascular and peripheral vascular systems <input type="checkbox"/> Musculoskeletal system	<b>KNOWLEDGE REQUIRED TO MEET PHYSIOLOGICAL NEEDS OF PERIANESTHESIA PATIENTS:</b> <ol style="list-style-type: none"> <li>1. Nursing process</li> <li>2. Evidence-based practice</li> <li>3. Anatomy and physiology of body systems</li> <li>4. Growth and development across the lifespan</li> <li>5. Pathophysiology</li> <li>6. Normal and abnormal diagnostic values</li> <li>7. Acceptable deviations from normal physiologic states</li> <li>8. Comorbidities/potential complications</li> <li>9. Airway management</li> <li>10. Vital signs/hemodynamic monitoring</li> <li>11. Fluid and electrolyte management</li> <li>12. Thermoregulation</li> <li>13. Acute and chronic pain assessment and management</li> <li>14. Post-operative nausea and vomiting (PONV) and post-discharge nausea and vomiting (PDNV) assessment and management</li> <li>15. Physical assessment</li> <li>16. Positioning</li> <li>17. Pharmacological interventions</li> </ol>
	Week 3	4 hours	<input type="checkbox"/> Neurological system <input type="checkbox"/> Gastrointestinal system <input type="checkbox"/> Renal system	
	Week 4	4 hours	<input type="checkbox"/> Integumentary system <input type="checkbox"/> Endocrine system <input type="checkbox"/> Genito-urological and reproductive systems	
	Week 5	4 hours	<input type="checkbox"/> Hematologic and immune systems <input type="checkbox"/> Ophthalmological system/ otorhinolaryngology <input type="checkbox"/> Fluids and electrolytes	
	Week 6	4 hours	<input type="checkbox"/> Medications <input type="checkbox"/> Maintenance of Normothermia	

			<input type="checkbox"/> Physiological comfort (including but not limited to relief of pain, shivering nausea/vomiting, temperature control and positioning)	18. Anesthesia techniques (general, regional, moderate sedation, monitored anesthesia care (MAC), total intravenous anesthesia (TIVA)) 19. Anesthetic and reversal agents 20. Stages of anesthesia 21. Perianesthesia Continuum of Care (preadmission, day of surgery/procedure, Phase I, Phase 2, extended observation) 22. Surgical and procedural interventions 23. American Society Anesthesiologists (ASA) physical status classification system 24. Normal and abnormal physical response to surgery/procedure/anesthesia 25. Environmental factors affecting patient care (including, but not limited to, noise, temperature, air flow, latex, and equipment failure) 26. Alternative and adjunctive treatment modalities 27. Behavioral health considerations (including, but not limited to, addiction, autism spectrum disorders, depression, anxiety, bipolar disorder, and PTSD) 28. Multidisciplinary collaboration and referral 29. ACLS and PALS 30. MHAUS guidelines/protocol 31. ASPAN Standards 32. Regulatory, legal, and ethical guidelines (for example, Patient Bill of Rights, advance directives, informed consent, HIPAA, and the Americans with Disabilities Act) 33. Injury prevention 34. Infection prevention and control
	Week 7	4 hours	<input type="checkbox"/> Therapeutic environment (including but not limited to minimal interruption of normal regimen, preemptive interventions) <input type="checkbox"/> Anesthesia <input type="checkbox"/> Malignant Hyperthermia	

# Behavioral Health and Cognitive Needs (weeks 8-9)

## TAKE ABPANC PRACTICE EXAM TO ASSESS PROGRESS

Week 8	4 hours	<input type="checkbox"/> Patient/family/significant other diversity (including, but not limited to, age, sex, race, religion, national origin, ethnicity, disability, marital status, sexual orientation, and gender identity) <input type="checkbox"/> Provide and maintain patient privacy and confidentiality <input type="checkbox"/> Provide psychosocial support to patient/family/significant other (including, but not limited to, coping mechanisms, spiritual and emotional support, and facilitating visitation)
Week 9	4 hours	<input type="checkbox"/> Assess patient's/family's/significant others' ability to learn, learning style (including, but not limited to, kinetic, auditory, and visual), readiness to learn, and barriers to learning <input type="checkbox"/> Provide patient/family/significant other education and evaluate understanding related to the perianesthesia/procedural experience

- KNOWLEDGE REQUIRED TO MEET BEHAVIORAL HEALTH AND COGNITIVE NEEDS OF PERIANESTHESIA PATIENTS:**
1. Nursing process
  2. Evidence-based practice
  3. Growth and development across the lifespan
  4. Comorbidities/potential complications
  5. Acute and chronic pain assessment and management
  6. Pharmacological interventions
  7. Perianesthesia Continuum of Care (preadmission, day of surgery/procedure, Phase I, Phase 2, extended observation)
  8. Surgical and procedural interventions
  9. American Society Anesthesiologists (ASA) physical status classification system
  10. Normal and abnormal physical response to surgery/procedure/anesthesia
  11. Environmental factors affecting patient care (including, but not limited to, noise, temperature, air flow, latex, and equipment failure)
  12. Alternative and adjunctive treatment modalities
  13. Diversity (including but not limited to age, sex, race, religion, national origin, disability, marital status, sexual orientation, and gender identity)
  14. Psychosocial factors (including but not limited to coping styles, life situations, religious/spiritual, and culture)
  15. Teaching and learning theories
  16. Communication principles and techniques

				<ul style="list-style-type: none"> <li>17. Behavioral health considerations (including, but not limited to, addiction, autism spectrum disorders, depression, anxiety, bipolar disorder, and PTSD)</li> <li>18. Multidisciplinary collaboration and referral</li> <li>19. ASPAN Standards</li> <li>20. Regulatory, legal, and ethical guidelines (for example, Patient Bill of Rights, advance directives, informed consent, HIPAA, and the Americans with Disabilities Act)</li> <li>21. Measures to maintain privacy and confidentiality</li> </ul>
<b>TAKE ABPANC PRACTICE EXAM TO ASSESS PROGRESS</b>				
<b>Safety Needs</b> (weeks 10-12)	Week 10	4 hours	<ul style="list-style-type: none"> <li><input type="checkbox"/> Accepted national standards of perianesthesia nursing practice and applicable laws, guidelines, and regulations</li> <li><input type="checkbox"/> ASPAN Standards</li> <li><input type="checkbox"/> Immobility and/or positioning</li> <li><input type="checkbox"/> Adverse environmental influences (including, but not limited to, latex and/or equipment failure)</li> <li><input type="checkbox"/> Exposure to infectious diseases</li> <li><input type="checkbox"/> Protective safety devices and equipment</li> </ul>	<b>KNOWLEDGE REQUIRED TO MEET SAFETY NEEDS OF PERIANESTHESIA PATIENTS</b> <ul style="list-style-type: none"> <li>1. Nursing process</li> <li>2. Evidence-based practice</li> <li>3. Anatomy and physiology of body systems</li> <li>4. Growth and development across the lifespan</li> <li>5. Pathophysiology</li> <li>6. Normal and abnormal diagnostic values</li> <li>7. Acceptable deviations from normal physiologic states</li> <li>8. Comorbidities/potential complications</li> <li>9. Airway management</li> <li>10. Vital signs/hemodynamic monitoring</li> <li>11. Fluid and electrolyte management</li> <li>12. Thermoregulation</li> <li>13. Acute and chronic pain assessment and management</li> <li>14. Post-operative nausea and vomiting (PONV) and post-discharge nausea and vomiting (PDNV) assessment and management</li> </ul>
	Week 11	4 hours	<ul style="list-style-type: none"> <li><input type="checkbox"/> Appropriate resources and referrals (including, but not limited to, medical equipment, pharmaceutical care, spiritual services, nutritional education,</li> </ul>	

			<p>physical/occupational therapy, case management/social services, and language services)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Verbal and written instructions (including, but not limited to, preparations for procedures/surgery, potential complications, activity, diet, wound care, and post-discharge care)</li> <li><input type="checkbox"/> Pain management</li> <li><input type="checkbox"/> Medication reconciliation (including but not limited to, when to discontinue or resume; and interactions with prescriptions, over the counter medications, herbal supplements, alcohol, illicit drugs)</li> </ul>	<ol style="list-style-type: none"> <li>15. Physical assessment</li> <li>16. Positioning</li> <li>17. Pharmacodynamics/pharmacokinetics</li> <li>18. Pharmacological interventions</li> <li>19. Anesthesia techniques (general, regional, moderate sedation, monitored anesthesia care (MAC), total intravenous anesthesia (TIVA))</li> <li>20. Anesthetic and reversal agents</li> <li>21. Stages of anesthesia</li> <li>22. Perianesthesia Continuum of Care (preadmission, day of surgery/procedure, Phase I, Phase 2, extended observation)</li> <li>23. Surgical and procedural interventions</li> <li>24. American Society Anesthesiologists (ASA) physical status classification system</li> <li>25. Normal and abnormal physical response to surgery/procedure/anesthesia</li> <li>26. Environmental factors affecting patient care (including, but not limited to, noise, temperature, air flow, latex, and equipment failure)</li> <li>27. Alternative and adjunctive treatment modalities</li> <li>28. Discharge planning and criteria</li> <li>29. Diversity (including but not limited to age, sex, race, religion, national origin, disability, marital status, sexual orientation, and gender identity)</li> <li>30. Communication principles and techniques</li> <li>31. Behavioral health considerations (including, but not limited to, addiction, autism spectrum disorders, depression, anxiety, bipolar disorder, and PTSD)</li> <li>32. Multidisciplinary collaboration and referral</li> </ol>
	Week 12	4 hours	<ul style="list-style-type: none"> <li><input type="checkbox"/> Existing medical conditions (including, but not limited to, diabetes, COPD, hypertension, and OSA) on the current surgery/procedure</li> <li><input type="checkbox"/> Optimization of the healing process (including, but not limited to, nutrition, hydration, smoking cessation, and alternative therapies)</li> <li><input type="checkbox"/> Prevention of infection</li> <li><input type="checkbox"/> Measures to prevent complications</li> <li><input type="checkbox"/> The availability of resources for care in the home, including the presence of a responsible adult caregiver</li> <li><input type="checkbox"/> A safe home environment</li> </ul>	

			<input type="checkbox"/> Post-discharge assessment (follow-up contact)	<ul style="list-style-type: none"><li>33. ASPAN Standards</li><li>34. Regulatory, legal, and ethical guidelines (for example, Patient Bill of Rights, advance directives, informed consent, HIPAA, and the Americans with Disabilities Act)</li><li>35. Injury prevention</li><li>36. Infection prevention and control</li><li>37. Quality and risk management principles and guidelines</li></ul>
--	--	--	--	--

**TAKE ABPANC PRACTICE EXAM TO ASSESS PROGRESS**