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
<table>
<thead>
<tr>
<th>Domain</th>
<th>Week 1</th>
<th>Allotted Time</th>
<th>Tasks Addressing Perianesthesia Patient Needs</th>
<th>Knowledge Required to Meet Perianesthesia Patient Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>4 hours</td>
<td>□ Pre-test using ABPANC practice exam.</td>
<td>□ Review knowledge statements in CPAN/CAPA Test Blueprint</td>
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<td></td>
<td></td>
<td></td>
<td>□ Purchase/rent/borrow references from ABPANC’s Study References List</td>
<td>□ Identify knowledge gaps to better focus study areas</td>
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<td></td>
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<td>□ Review results of Practice Exam and identify study focus areas.</td>
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<td></td>
<td>Week 2</td>
<td>4 hours</td>
<td>□ Respiratory system</td>
<td>KNOWLEDGE REQUIRED TO MEET PHYSIOLOGICAL NEEDS OF PERIANESTHESIA PATIENTS:</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>□ Cardiovascular and peripheral vascular systems</td>
<td>1. Nursing process</td>
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<td></td>
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<td>□ Musculoskeletal system</td>
<td>2. Evidence-based practice</td>
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<tr>
<td>Physiological Needs</td>
<td>Week 3</td>
<td>4 hours</td>
<td>□ Neurological system</td>
<td>3. Anatomy and physiology of body systems</td>
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<tr>
<td>(Weeks 2-7)</td>
<td></td>
<td></td>
<td>□ Gastrointestinal system</td>
<td>4. Growth and development across the lifespan</td>
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<td></td>
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<td>□ Renal system</td>
<td>5. Pathophysiology</td>
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<td>Week 4</td>
<td>4 hours</td>
<td>□ Integumentary system</td>
<td>6. Normal and abnormal diagnostic values</td>
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<td>□ Endocrine system</td>
<td>7. Acceptable deviations from normal physiologic states</td>
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<td>□ Genito-urological and reproductive systems</td>
<td>8. Comorbidities/potential complications</td>
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<td>Week 5</td>
<td>4 hours</td>
<td>□ Hematologic and immune systems</td>
<td>9. Airway management</td>
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<td>□ Ophthalmological system/otorhinolaryngology</td>
<td>10. Vital signs/hemodynamic monitoring</td>
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<td>□ Fluids and electrolytes</td>
<td>11. Fluid and electrolyte management</td>
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<td>Week 6</td>
<td>4 hours</td>
<td>□ Medications</td>
<td>12. Thermoregulation</td>
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<td></td>
<td>□ Maintenance of Normothermia</td>
<td>13. Acute and chronic pain assessment and management</td>
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<td>14. Post-operative nausea and vomiting (PONV) and post-discharge nausea and vomiting (PDNV) assessment and management</td>
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<td>15. Physical assessment</td>
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<td>16. Positioning</td>
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<td>17. Pharmacological interventions</td>
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<td>Week 7</td>
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<tr>
<td>□ Physiological comfort (including but not limited to relief of pain, shivering, nausea/vomiting, temperature control, and positioning)</td>
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<tr>
<td>□ Therapeutic environment (including but not limited to minimal interruption of normal regimen, preemptive interventions)</td>
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<tr>
<td>□ Anesthesia</td>
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<td>□ Malignant Hyperthermia</td>
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| 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 8 | 4 hours | 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)  
Provide and maintain patient privacy and confidentiality  
Provide psychosocial support to patient/family/significant other (including, but not limited to, coping mechanisms, spiritual and emotional support, and facilitating visitation) | 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, kinetic, auditory, and visual), readiness to learn, and barriers to learning  
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 |  
| Week 9 | 4 hours | 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  
Provide patient/family/significant other education and evaluate understanding related to the perianesthesia/procedural experience |  |
<table>
<thead>
<tr>
<th>Safety Needs (weeks 10-12)</th>
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<tbody>
<tr>
<td><strong>Week 10</strong></td>
<td><strong>4 hours</strong></td>
<td></td>
<td>□ Accepted national standards of perianesthesia nursing practice and applicable laws, guidelines, and regulations</td>
<td>17. Behavioral health considerations (including, but not limited to, addiction, autism spectrum disorders, depression, anxiety, bipolar disorder, and PTSD)</td>
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<td></td>
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<td></td>
<td>□ ASPAN Standards</td>
<td>18. Multidisciplinary collaboration and referral</td>
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<td></td>
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<td></td>
<td>□ Immobility and/or positioning</td>
<td>19. ASPAN Standards</td>
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<td></td>
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<td></td>
<td>□ Adverse environmental influences (including, but not limited to, latex and/or equipment failure)</td>
<td>20. Regulatory, legal, and ethical guidelines (for example, Patient Bill of Rights, advance directives, informed consent, HIPAA, and the Americans with Disabilities Act)</td>
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<td></td>
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<td>□ Exposure to infectious diseases</td>
<td>21. Measures to maintain privacy and confidentiality</td>
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<td></td>
<td>□ Protective safety devices and equipment</td>
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**TAKE ABPANC PRACTICE EXAM TO ASSESS PROGRESS**

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<tr>
<td><strong>Week 10</strong></td>
<td><strong>4 hours</strong></td>
<td></td>
<td>□ Appropriate resources and referrals (including, but not limited to, medical equipment, pharmaceutical care, spiritual services, nutritional education,</td>
<td>KNOWLEDGE REQUIRED TO MEET SAFETY NEEDS OF PERIANESTHESIA PATIENTS</td>
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<td>1. Nursing process</td>
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physical/occupational therapy, case management/social services, and language services

- Verbal and written instructions (including, but not limited to, preparations for procedures/surgery, potential complications, activity, diet, wound care, and post-discharge care)
- Pain management
- Medication reconciliation (including but not limited to, discontinuing or resuming; and interactions with prescriptions, over the counter medications, herbal supplements, alcohol, illicit drugs)

<table>
<thead>
<tr>
<th>Week 12</th>
<th>4 hours</th>
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<tbody>
<tr>
<td>- Physical assessment</td>
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<td>- Positioning</td>
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<td>- Pharmacodynamics/pharmacokinetics</td>
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<tr>
<td>- Pharmacological interventions</td>
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<td>- Anesthesia techniques (general, regional, moderate sedation, monitored anesthesia care (MAC), total intravenous anesthesia (TIVA))</td>
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<td>- Environmental factors affecting patient care (including, but not limited to, noise, temperature, air flow, latex, and equipment failure)</td>
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<tr>
<td>- Alternative and adjunctive treatment modalities</td>
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<tr>
<td>- Discharge planning and criteria</td>
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<tr>
<td>- Diversity (including but not limited to age, sex, race, religion, national origin, disability, marital status, sexual orientation, and gender identity)</td>
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<tr>
<td>- Communication principles and techniques</td>
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<tr>
<td>- Behavioral health considerations (including, but not limited to, addiction, autism spectrum disorders, depression, anxiety, bipolar disorder, and PTSD)</td>
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<tr>
<td>- Multidisciplinary collaboration and referral</td>
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</table>

- Existing medical conditions (including, but not limited to, diabetes, COPD, hypertension, and OSA) on the current surgery/procedure
- Optimization of the healing process (including, but not limited to, nutrition, hydration, smoking cessation, and alternative therapies)
- Prevention of infection
- Measures to prevent complications
- The availability of resources for care in the home, including the presence of a responsible adult caregiver
- A safe home environment

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<tbody>
<tr>
<td></td>
<td>□ Post-discharge assessment (follow-up contact)</td>
<td>33. ASPAN Standards</td>
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<td>34. Regulatory, legal, and ethical guidelines (for example, Patient Bill of Rights, advance directives, informed consent, HIPAA, and the Americans with Disabilities Act)</td>
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<td>35. Injury prevention</td>
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<td>36. Infection prevention and control</td>
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<td>37. Quality and risk management principles and guidelines</td>
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TAKE ABPANC PRACTICE EXAM TO ASSESS PROGRESS