

CAPA® Exam Blueprint: Beginning Spring 2023

Anesthesia (Represents 20% of CAPA Exam)

Knowledge Topics	Testable Tasks
<p>Anesthesia techniques</p> <ul style="list-style-type: none"> • General • Regional • Local • Moderate sedation • Monitored IV sedation (MAC and TIVA) <p>Anesthetic and reversal agents</p> <p>Stages of anesthesia</p> <p>Anesthesia considerations for special populations</p> <ul style="list-style-type: none"> • Pediatric • Pregnant • Geriatric • Patients with pre-existing conditions 	<p>Educate the patient on pre-surgical processes</p> <p>Obtain and review clearance documents and diagnostic results</p> <p>Confirm patient identity, consent, and expected procedure</p> <p>Obtain and review patient medical and surgical history, allergies, and medications/supplements</p> <p>Prepare emergency and monitoring equipment</p> <p>Prepare and administer medications preoperatively</p> <p>Prepare patient for anesthesia</p> <p>Prepare and administer medications postoperatively</p> <p>Protect patient from injury caused by positioning, thermal sources, and extraneous objects</p> <p>Collaborate with the perianesthesia team</p> <p>Manage recovery from anesthesia</p> <p>Obtain laboratory specimens</p>

Physiology (Represents 16% of CAPA Exam)

Knowledge Topics	Testable Tasks
<p>Pathophysiology of body systems</p> <p>Physical assessment</p> <p>Physical responses to procedures and anesthesia</p> <p>Potential complications to pre-existing conditions</p>	<p>Conduct physical assessment</p> <p>Conduct pre-admission patient screening</p> <p>Take measures to maintain the patient's:</p> <ul style="list-style-type: none">• respiratory system• cardiovascular and peripheral vascular systems• neurological system• musculoskeletal system• gastrointestinal system• renal/genitourinary system• integumentary system• endocrine system• hematologic and immune systems• fluid and electrolyte levels• temperature

Perianesthesia Monitoring and Intervention (Represents 30% of CAPA Exam)

Knowledge Topics	Testable Tasks
<p>Normal and abnormal diagnostic results</p> <p>Vital signs and hemodynamic monitoring</p> <p>Complications with emergence</p> <p>Abnormal physiological conditions</p> <p>Injury prevention</p> <p>Thermoregulation</p> <p>Airway Management</p> <p>Fluid and electrolyte management</p> <p>Infection prevention and control</p> <p>Acute and chronic pain management</p> <p>Alternative and non-pharmacological treatment modalities (e.g., cold therapy, aromatherapy, relaxation techniques)</p> <p>Pharmacology, pharmacodynamics, and pharmacokinetics</p> <p>Interactions and incompatibility with medications or supplements</p> <p>Post-operative nausea and vomiting (PONV)</p> <p>Perianesthesia-specific emergencies</p>	<p>Evaluate and manage patient pain and comfort</p> <p>Evaluate patient sedation level</p> <p>Recognize and report abnormal findings</p> <p>Monitor patient response to:</p> <ul style="list-style-type: none"> • procedures • anesthesia and anesthesia-related medications • postoperative medications <p>Maintain the integrity of the patient's wound and tissue</p> <p>Intervene to prevent and address complications related to pre-existing conditions</p> <p>Assess, monitor, and maintain patient airway and respiratory status</p> <p>Monitor and maintain lines and drains</p> <p>Administer blood products and fluid resuscitation</p> <p>Protect the patient from:</p> <ul style="list-style-type: none"> • adverse environmental influences • exposure to infectious diseases • harm due to immobility and positioning <p>Recognize and respond to perianesthesia-specific emergencies</p>

Perianesthesia Care Considerations (Represents 25% of CAPA Exam)

Knowledge Topics	Testable Tasks
<p>Continuum and Transfer of Care</p> <ul style="list-style-type: none"> • Pre-admission • Pre-operative (Day of Surgery/ Procedure) • Post-anesthesia Phase I • Post-anesthesia Phase II <p>Individualized patient care</p> <ul style="list-style-type: none"> • Environmental factors (e.g., noise, temperature, air flow, latex) • Psychosocial factors (e.g., coping styles, developmental stage, religion/spirituality, culture) • Behavioral health factors (e.g., alcohol, tobacco, substance use, obesity) • Mental health factors (e.g., anxiety, depression, bipolar, PTSD, autism spectrum) <p>Patient and family planning and education</p> <ul style="list-style-type: none"> • Pre-admission • Day of procedure • Discharge instructions • Communication principles and techniques 	<p>Provide handoff communication across the continuum of care</p> <p>Prepare patient for safe transport across the continuum of care</p> <p>Collaborate with patient, caregivers, and healthcare providers to develop and implement multidisciplinary perianesthesia plan of care</p> <p>Protect the patient from harm through the use of protective safety devices and equipment</p> <p>Evaluate the effectiveness of patient and caregiver education</p> <p>Provide individualized patient and caregiver education and communication (e.g., based on developmental stage, ability to learn, readiness to learn, barriers to learning)</p> <p>Provide psychosocial support to patient and caregiver (e.g., coping, spiritual and emotional support, and facilitating visitation)</p> <p>Facilitate patient access to appropriate resources and referrals (e.g., medical equipment, pharmaceutical care, spiritual services, nutritional education, physical/occupational therapy, case management/social services, and language services)</p> <p>Provide patient and caregiver pre-admission education related to:</p> <ul style="list-style-type: none"> • medications and allergies • pre-operative preparation (e.g., bowel, skin care, NPO status, nutrition, medications, medical devices and equipment to bring) • the perianesthesia and procedural experience <p>Provide verbal and written patient and caregiver discharge education related to:</p> <ul style="list-style-type: none"> • medications and pain management • wound and drain care • recovery specific to existing medical conditions and healing processes • signs and symptoms of complications and emergencies • infection prevention • caregiver and transportation availability • home resources and equipment

Professional Nursing Practice and Guidelines (Represents 9% of CAPA Exam)

Knowledge Topics	Testable Tasks
<p>Multidisciplinary collaboration and referral</p> <p>Evidence-based practice</p> <p>ACLS guidelines</p> <p>PALS guidelines</p> <p>Healthcare quality and patient safety principles</p> <p>Malignant Hyperthermia Association of the United States (MHAUS) guidelines/protocol</p> <p>ASPAN standards</p> <p>American Society of Anesthesiologists (ASA) guidelines</p> <p>Regulatory, legal, and ethical guidelines (e.g., Patient Bill of Rights, privacy and confidentiality, advance directives, informed consent, HIPAA, and the Americans with Disabilities Act)</p>	<p>Deliver, document, and communicate care based on accepted national standards of perianesthesia nursing practice and applicable laws, guidelines, and regulations</p> <p>Collaborate and communicate with the multidisciplinary team to deliver care</p> <p>Provide and maintain patient privacy and confidentiality</p>