

CPAN® Exam Blueprint: Beginning Spring 2023

Anesthesia (Represents 24% of CPAN Exam)

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

Physiology (Represents 18% of CPAN Exam)

Knowledge Topics	Testable Tasks
Pathophysiology of body systems Physical assessment Physical responses to procedures and anesthesia Potential complications to pre-existing conditions	Conduct physical assessment Take measures to maintain the patient's: <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 • otorhinolaryngological system • fluid and electrolyte levels • acid-base balance • temperature

Perianesthesia Monitoring and Intervention (Represents 35% of CPAN 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>Positioning</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 14% of CPAN Exam)

Knowledge Topics	Testable Tasks
<p>Continuum and Transfer of Care</p> <ul style="list-style-type: none"> • 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"> • 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 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

Professional Nursing Practice and Guidelines (Represents 9% of CPAN 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>