



CAPA[®] Examination Study Plan

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

All the tasks and knowledge areas listed should be covered thoroughly. A typical study schedule 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 CAPA examination.

Additional Study Resources are available at
www.cpancapa.org

Domain	Week	Allotted Time	Tasks Addressing Perianesthesia Patient Needs	Knowledge Required to Meet Perianesthesia Patient Needs
Anesthesia (20% of CAPA Exam) (Weeks 1-3)	Week 1	4 hours	<input type="checkbox"/> Gather (Purchase/rent/borrow) references from ABPANC's Study References List <input type="checkbox"/> OPTIONAL: Pre-test using ABPANC practice exam (*Note—this is a TOOL and is not a requirement for the test). <input type="checkbox"/> OPTIONAL: Utilize ABPANC Flashcards (*Note—this is a TOOL and is not a requirement for the test). <input type="checkbox"/> Consider connecting with a coach	<input type="checkbox"/> Review knowledge statements in CAPA Test Blueprint <input type="checkbox"/> Identify knowledge gaps to better focus study areas
	Week 2	4 hours	<input type="checkbox"/> Educate the patient on pre-surgical processes <input type="checkbox"/> Obtain and review clearance documents and diagnostic results <input type="checkbox"/> Confirm patient identity, consent, and expected procedure <input type="checkbox"/> Obtain and review patient medical and surgical history, allergies, and medications/supplements <input type="checkbox"/> Prepare emergency and monitoring equipment <input type="checkbox"/> Prepare and administer medications preoperatively <input type="checkbox"/> Prepare patient for anesthesia	<ul style="list-style-type: none"> • Anesthesia techniques <ul style="list-style-type: none"> ○ General ○ Regional ○ Local ○ Moderate sedation ○ Monitored IV sedation (MAC and TIVA) • 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
	Week 3	4 hours	<input type="checkbox"/> Prepare and administer medications postoperatively <input type="checkbox"/> Protect patient from injury caused by positioning, thermal sources, and extraneous objects <input type="checkbox"/> Collaborate with the perianesthesia team <input type="checkbox"/> Manage recovery from anesthesia <input type="checkbox"/> Obtain laboratory specimens	

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Physiology (16% of CAPA Exam) (weeks 4-7)	Week 4	4 hours	<input type="checkbox"/> Conduct physical assessment <input type="checkbox"/> Respiratory system <input type="checkbox"/> Cardiovascular and peripheral vascular systems <input type="checkbox"/> Musculoskeletal system	<ul style="list-style-type: none"> • Pathophysiology of body systems • Physical assessment • Physical responses to procedures and anesthesia • Potential complications to pre-existing conditions
	Week 5	4 hours	<input type="checkbox"/> Neurological system <input type="checkbox"/> Gastrointestinal system <input type="checkbox"/> Renal/genitourinary system	
	Week 6	4 hours	<input type="checkbox"/> Integumentary system <input type="checkbox"/> Endocrine system <input type="checkbox"/> Hematologic and immune systems	
	Week 7	4 hours	<input type="checkbox"/> Otorhinolaryngological system <input type="checkbox"/> Fluid and electrolyte levels <input type="checkbox"/> Acid-base balance <input type="checkbox"/> Temperature	

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Perianesthesia Monitoring & Intervention (30% of CAPA Exam) (weeks 8-10)	Week 8	4 hours	<input type="checkbox"/> Evaluate and manage patient pain and comfort <input type="checkbox"/> Evaluate patient sedation level <input type="checkbox"/> Recognize and report abnormal findings <input type="checkbox"/> Monitor patient response to: <ul style="list-style-type: none"> • Procedures • anesthesia and anesthesia-related medications • postoperative medications 	<ul style="list-style-type: none"> • Normal and abnormal diagnostic results • Vital signs and hemodynamic monitoring • Complications with emergence • Abnormal physiological conditions • Injury Prevention • Thermoregulation • Airway Management • Fluid and electrolyte management • Infection prevention and control • Acute and chronic pain management • Alternative and non-pharmacological treatment modalities (e.g., cold therapy, aromatherapy, relaxation techniques) • Pharmacology, pharmacodynamics, and pharmacokinetics • Interactions and incompatibility with medications or supplements • Post-operative nausea and vomiting (PONV) • Perianesthesia-specific emergencies
	Week 9	4 hours	<input type="checkbox"/> Maintain the integrity of the patient's wound and tissue <input type="checkbox"/> Intervene to prevent and address complications related to pre-existing conditions <input type="checkbox"/> Assess, monitor, and maintain patient airway and respiratory status <input type="checkbox"/> Monitor and maintain lines and drains <input type="checkbox"/> Administer blood products and fluid resuscitation	
	Week 10	4 hours	<input type="checkbox"/> Protect the patient from: <ul style="list-style-type: none"> • adverse environmental influences • exposure to infectious diseases • harm due to immobility and positioning <input type="checkbox"/> Recognize and respond to perianesthesia-specific emergencies	

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Perianesthesia Care Considerations (25% of CAPA Exam) (week 11)	Week 11	4 hours	<ul style="list-style-type: none"> <input type="checkbox"/> Provide handoff communication across the continuum of care <input type="checkbox"/> Prepare patient for safe transport across the continuum of care <input type="checkbox"/> Collaborate with patient, caregivers, and healthcare providers to develop and implement multidisciplinary perianesthesia plan of care <input type="checkbox"/> Protect the patient from harm through the use of protective safety devices and equipment <input type="checkbox"/> Evaluate the effectiveness of patient and caregiver education <input type="checkbox"/> Provide individualized patient and caregiver education and communication (e.g., based on developmental stage, ability to learn, readiness to learn, barriers to learning) <input type="checkbox"/> Provide psychosocial support to patient and caregiver (e.g., coping, spiritual and emotional support, and facilitating visitation) <input type="checkbox"/> 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) <input type="checkbox"/> Provide patient and caregiver pre-admission education related to: <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 <input type="checkbox"/> Provide verbal and written patient and caregiver discharge education related to: <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 	<ul style="list-style-type: none"> • Continuum and Transfer of Care <ul style="list-style-type: none"> ○ Pre-admission ○ Pre-operative (Day of Surgery/ Procedure) ○ Post-anesthesia Phase I ○ Post-anesthesia Phase II • Individualized patient care <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) • Patient and family planning and education <ul style="list-style-type: none"> ○ Pre-admission ○ Day of procedure ○ Discharge instructions ○ Communication principles and techniques

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Professional Nursing Practice and Guidelines (9% of CAPA Exam) (week 12)	Week 12	4 hours	<input type="checkbox"/> Deliver, document, and communicate care based on accepted national standards of perianesthesia nursing practice and applicable laws, guidelines, and regulations <input type="checkbox"/> Collaborate and communicate with the multidisciplinary team to deliver care <input type="checkbox"/> Provide and maintain patient privacy and confidentiality	<ul style="list-style-type: none"> • Multidisciplinary collaboration and referral • Evidence-based practice • ACLS guidelines • PALS guidelines • Healthcare quality and patient safety principles • Malignant Hyperthermia Association of the United States (MHAUS) guidelines/protocol • ASPAN standards • American Society of Anesthesiologists (ASA) guidelines • 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)