



## ***Guidance for Recertification Activities – Continuing Education***

The CPAN® and CAPA® credentials validate one's specialized knowledge as a perianesthesia nurse. Continuing education offered by a professional entity may be applied toward the contact hour requirement for the CPAN or CAPA recertification application as long as the education/activity is related to perianesthesia nursing as defined by the knowledge topics in the CPAN or CAPA Role Delineation Study (RDS) and meets the guidelines outlined in the CPAN/CAPA Recertification Handbook. See below for an overview of these knowledge areas.

### **Anesthesia**

- Anesthesia techniques
  - General
  - Regional
  - Local
  - Moderate sedation
  - Monitored IV sedation (MAC and TIVA)
- Anesthetic and reversal agents
- Stages of anesthesia
- Anesthesia considerations for special populations
  - Pediatric
  - Pregnant
  - Geriatric
  - Patients with pre-existing conditions

### **Physiology**

- Pathophysiology of body systems
- Physical assessment
- Physical responses to procedures and anesthesia
- Potential complications to pre-existing conditions

### **Perianesthesia Monitoring and Intervention**

- Normal and abnormal diagnostic results
- Vital signs and hemodynamic monitoring
- Complications with emergence
- Abnormal physiological conditions
- Positioning
- 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

## **Perianesthesia Care Considerations**

- Continuum and Transfer of Care
  - Pre-admission
  - Pre-operative (Day of Surgery/Procedure)
  - Post-anesthesia Phase I
  - Post-anesthesia Phase II
- Individualized patient care
  - 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
  - Pre-admission
  - Day of procedure
  - Discharge instructions
  - Communication principles and techniques

## **Professional Nursing Practice and Guidelines**

- 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, and the Americans with Disabilities Act)

## **Additional accepted perianesthesia-related activities:**

While the following areas are not listed in the RDS for the CPAN or CAPA exams, we recognize that certified nurses may also be gaining hours in the following areas:

- Care coordination
- Direct patient care
- Education
- Informatics
- Leadership
- Navigation
- Patient/family liaison
- Quality improvement
- Research

As long as the education or activity is directly related to your perianesthesia nursing practice, it will be accepted.

**Questions regarding CPAN/CAPA Recertification? Please contact [abpanc@cpancapa.org](mailto:abpanc@cpancapa.org).**