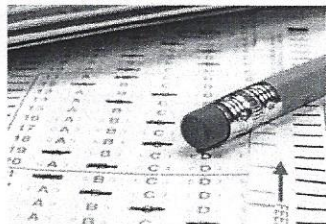


Test Taking Strategies



Rosemarie Girardeau RN, CCRN, CNRN, SCRn

CNRN...
should this be
your goal?



*Be in control of your destiny...
a good example
is the best sermon
one can preach*

Why Join?



www.aann.org



What is the ABNN?

- American Board of Neuroscience Nurses
- Website: abnncertification.org
- Independent, not-for-profit corporation - designs, implements, and evaluates certification programs for neuroscience nursing practice (CNRN, SCRn)

Nothing drives
fear into the
heart faster
than the word
"TEST"



CNRN Factoids

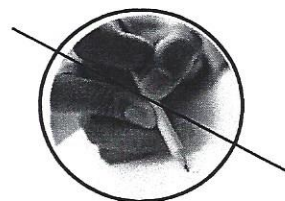


Examiner's only choice...

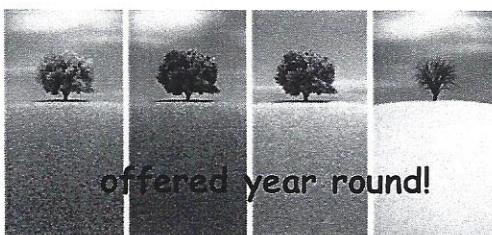
Computer Based Testing (CBT)



There is no...
paper and pencil test



The CNRN exam...



offered year round!

Current testing sites listed on-line

Exam Costs

- AANN member - \$300.00
- Non AANN member - \$400.00

*If paying by check, cost
increases slightly



The Test

- 220 questions (multiple choice)
- 200 actually tested
- 20 - statistical analysis
- Not calculated as a "raw" score rather...scaled or weighted score

Questions are scored on degree of difficulty

CNRN Certification



Recommendations from previous test takers...

"Start with a very good anatomy/physiology review of the brain and spinal cord."



Recommendations from previous test takers...

"Talk with the physical therapy and occupational therapy departments related to the rehab issues of these patients"



Recommendations from previous test takers...

"Please explain the importance of early and thorough preparation to future applicants"



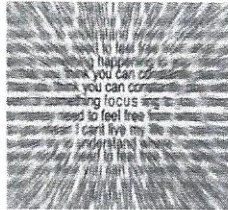
Recommendations from previous test takers...

"The I conducted the experience"

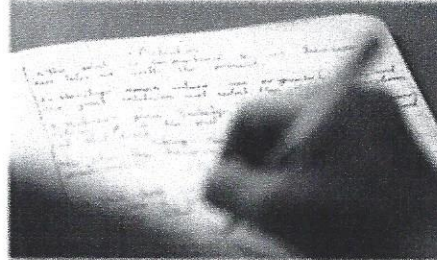


Recommendations from previous test takers...

Study the matrix to analyze the depth and focus of the test



Exam Prep Methods



#1 Independent study

#2 Review course

#3 Group Study

#4 On-line course

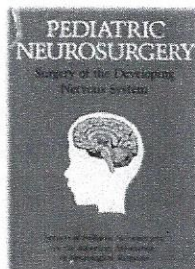
Recommended Books

- Hickey, J.C., *Clinical practice of neurosurgical and neurological nursing*
- Barker, E., *Neuroscience nursing a spectrum of care*
- American Association of Neuroscience Nurses, *AANN's Core Curriculum*



Pediatric Textbooks

7 books listed in the handbook for recommendations



Recommended Journals

- The American Journal of Nursing
- The Journal of Neuroscience Nursing
- Critical Care Nursing



Q&A Book of Practice Questions



www.allegroreviews.com

Adventures in Neuroscience



(www.adventuresinneuroscience.com)

CNRN Practice Exam

List price \$8
Member price

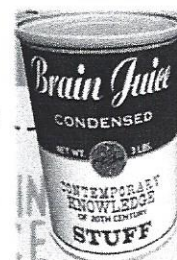


- Two forms of the exam are available
- On-line - 30 days to access
- Use it as a pretest to assess your knowledge

Study Habits

Survey taken of last exam...
began studying an average
of 4 months prior to exam
(range 4 wks-12 months)

~10 hours/week



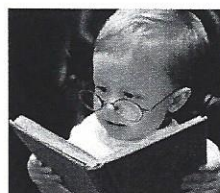
Exam Matrix-2017

- Cerebrovascular - 26%
- Trauma - 18%
- Chronic Neurological - 15%
- Tumors - 13%
- Immune Infection - 11%
- Seizures - 9%
- Pediatric Development - 8%

*Disorders-detailed content outline

Detailed Content Outline

- Candidate handbook...pp 15-18
- Based on the Role Delineation Study from 2014



Example...

Trauma	
TBI	
Blast	
Blunt	
Penetrating	
Hematoma	
Chronic Subdural	
Acute Subdural	
Epidural	

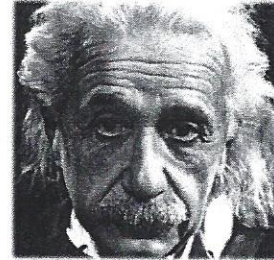
What we didn't cover...

Sleep
Delirium
Chemical
dependency
Headaches
Pain syndromes
Balance and
dizziness
disorders



Toxic
encephalopathies
Peripheral
neuropathy
Dural AV fistula
Cavernous
angioma
Carotid stenosis

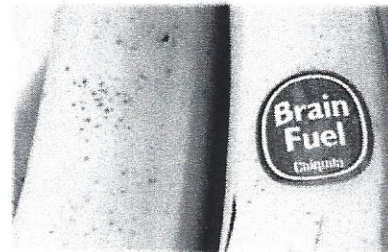
Words of Wisdom



Get plenty of sleep before the test



Eat a healthy breakfast

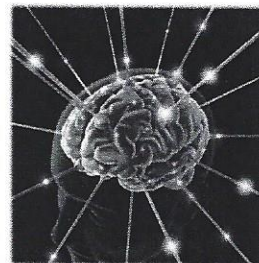


Avoid stimulants such as
caffeine to keep you awake



Be prepared...
study and know the material

Brain Power



Answer the easy questions first to build confidence



Read each question carefully...



Eliminate the obvious wrong answers...when in doubt-GUESS!



Never mark answers that have a sentence that contains absolutes such as, "always" or "never."



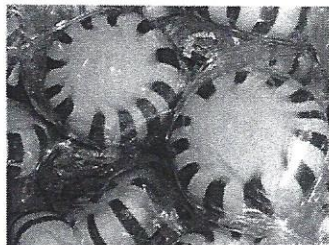
Don't change your answer unless you have a good reason to do so ... research indicates that 3 out of 4 times a first choice was the correct answer.



Pace Yourself...



Don't forget the peppermints



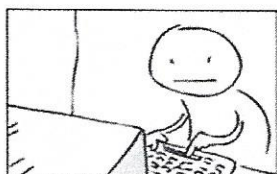
"Eat salty peanuts
wear red and ...
come with an
ATTITUDE!"

Laura Gasparis Vonfrolio



Now if you don't pass...

Remember...it is only a test
Your world will not end ... failure is part of the
learning process. Learn from your mistakes!



Websites

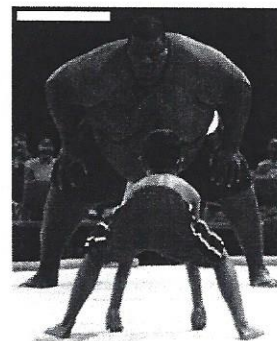
- www.aann.org
Clinical Practice Guidelines
- www.braintrauma.org
TBI, SCI, Peds guidelines
- www.pva.org
Paralyzed Veterans of America
- www.adventuresinneuroscience.com
Brain anatomy DVD
Spine anatomy DVD
Assessment DVD

Websites

- www.acs.org
American College of Surgeons TQIP Guidelines
- www.neurocriticalcare.org
NCS Guidelines

"Obstacles are
those frightful
things
you see when you
take your
eyes off your
goal."

(Henry Ford)



GOOD
LUCK!



rosemarie.girardeau@integralife.com