

Test Content Outline
Effective Date: December 16, 2019

Psychiatric-Mental Health Nurse Practitioner
Board Certification Examination

There are 175 questions on this examination. Of these, 150 are scored questions and 25 are pretest questions that are not scored. Pretest questions are included to determine how well these questions will perform before they are used on the scored portion of the examination. The pretest questions cannot be distinguished from those that will be scored, so it is important for a candidate to answer all questions. A candidate's score, however, is based solely on the 150 scored questions. Performance on pretest questions does not affect a candidate's score.

This Test Content Outline identifies the areas that are included on the examination. The percentage and number of questions in each of the major categories of the scored portion of the examination are also shown. *Note: The examples in parentheses are not all inclusive and do not indicate importance.*

Category	Content Domain	Number of Questions	Percentage
I	Scientific Foundation	30	20%
II	Advanced Practice Skills	38	25%
III	Diagnosis and Treatment	37	25%
IV	Psychotherapy and Related Theories	22	15%
V	Ethical and Legal Principles	23	15%
TOTAL		150	100%

This examination will be developed in consideration of the below secondary classifications, whenever applicable.

Body Systems	Drug Agents	Age Group
1. Cardiovascular	1. Analgesic	1. Infant
2. Endocrine	2. Cardiovascular	2. Preschool
3. Gastrointestinal	3. Endocrine	3. School-Age
4. Genitourinary and Renal	4. Gastrointestinal	4. Adolescent
	5. Musculoskeletal	5. Young Adult (including late adolescent and emancipated minors)
5. Head, Eyes, Ears, Nose, and Throat	6. Neurological	6. Adult
6. Hematopoietic	7. Psychiatric	7. Older Adult
7. Immune	8. Respiratory	8. Frail Elderly
8. Integumentary		
9. Musculoskeletal		
10. Neurological		
11. Psychiatric		
12. Reproductive		
13. Respiratory		

I Scientific Foundation

A. Knowledge

1. Advanced pathophysiology
2. Advanced pharmacology (e.g., contraindications, interactions, adverse effects)
3. Advanced psychopharmacology (e.g., pharmacokinetics, pharmacodynamics, EPS, NMS)
4. Neurodevelopment
5. Neuroanatomy
6. Neurophysiology
7. Psychogenomics (e.g., gene-drug interactions, heritability)

B. Skill

1. Advanced physical assessment

II Advanced Practice Skills

A. Skill

1. Clinical interviewing (e.g., open-ended questions, nonverbal communication)
2. Health promotion and disease prevention (e.g., models, strategies)
3. Mental health screening tool selection and interpretation (e.g., PHQ-9, GAD-7, Vanderbilt ADHD)
4. Mental status exam
5. Psychiatric emergency management (e.g., suicidal ideation, homicidal ideation)
6. Psychoeducation (e.g., presentation method, topic selection)
7. Recovery and resilience promotion
8. Risk assessment
9. Substance use screening tool selection and interpretation (e.g., COWS, CIWAS)

III Diagnosis and Treatment

A. Knowledge

1. DSM-5 diagnostic criteria
2. Complementary and alternative treatments

B. Skill

1. Diagnostic and laboratory tests selection and interpretation
2. Diagnostic impression
3. Differential diagnosis
4. Evidence-based practice (e.g., medication dosing, off-label use, psychotherapy selection)
5. Psychopharmacotherapeutic management (e.g., selection, monitoring)
6. Pharmacotherapeutic management (e.g., selection, monitoring)

IV Psychotherapy and Related Theories

A. Knowledge

1. Psychotherapy principles (e.g., cognitive, grief and loss)
2. Change theories (e.g., Transtheoretical Model, motivational interviewing)
3. Developmental theories
4. Family theories (e.g., structural, narrative)

B. Skill

1. Therapeutic alliance development and management (e.g., empathy, boundaries, psychotherapy facilitation, trauma-informed approach)

V Ethical and Legal Principles

A. Knowledge

1. Patient's Bill of Rights (e.g., informed consent, treatment options)
2. Scope of confidentiality (e.g., release of information, duty to warn)
3. ANA Scope and Standards of Practice: Psychiatric-Mental Health Nursing (e.g., Psychiatric-Mental Health Nursing role, collaboration, leadership)
4. Cultural and spiritual competence (e.g., special populations, risk factors, barriers)

B. Skill

1. Ethics in clinical decision making (e.g., involuntary treatment, least restrictive care)
2. Patient advocacy (e.g., educational accommodations, disabilities accommodations, FMLA)