Test Taking Preparation & Strategies

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Holli Torres has nothing to disclose in regard to industry or commercial relationships

Introduction to CRRN Certification

Voluntary process based on meeting eligibility requirements within profession

Administered by (RNCB) Rehabilitation Nursing Certification Board, autonomous component of ARN

Promotes commitment to excellence
• Benefits and Rewards

Professional credibility
Recognition of expertise
Heightened sense of personal achievement
Recruiting/Business Development impact
Impact as job candidate

• Eligibility Requirements

Current, unrestricted RN license

Within five years preceding exam:
- Two years practice as RN in rehabilitation nursing

OR
- One year practice as RN in rehabilitation nursing and one year advanced study (beyond baccalaureate) in nursing

• Logistic Information

Castle Worldwide Inc. works with RNCB to develop, administer and score CRRN Exam
Two test windows annually:

June 1-30 & Dec 1-31
Apply by Apr 15 & Oct 15 for June & Dec testing
Application approval process takes about 15 days
Notice to schedule exam sent to your e-mail address with link from scheduling website +user name + password
Very specific requirements for cancelling or rescheduling (refer to website)
www.castleworldwide.com/clients/general/candservices.html
Examination Information

Fees: ARN members = $270; Non-ARN = $395

Group Discount: 3 or more applications must be in same envelope received together = $25 savings each

Late applications accepted 15 days after deadline
(Apr 16-May 1 or Oct 16-Nov 1) = add $35 fee

Examination Information

175 Multiple Choice questions on computer
   (25 Pre-test questions & 150 test questions)

3 hours to complete (approx 1 minute per ?)
Test results available immediately
Scaled score of 500 needed to pass
Report of subscore areas if fail to score 500
Can test at next test window if unsuccessful

Where Do You Start...

Create study plan
Time Management
Stress Management
Test Preparation Strategies

Content Area Assessment

Group vs Individual preparation

Auditory vs reading/writing

Time yourself and do sample questions

Resources

Content Area Assessment: Four Major Domains

Rehab Models & Theories (5%) (9)

Functional Health Patterns: Theories, physiology, assessment, standards of care and interventions in individuals with injury, chronic illness, and disability (68%) (119)

Function of the Rehab Team and Community Re-Entry (12%) (21)

Legislative, economic, ethical and legal issues (15%) (26)

Detailed content outline available at: www.rehabnurse.org

Time Management

• Use calendar wizard from MS Word

• Plan chapters/topics to cover by date

• Check off when completed

• Revise as needed
Group vs Individual Study

• Ensure study group members share common values
• Divide content areas; have one person present to group
• All members study one content area and create mock test questions

Methodology

• Electronic Recording Device
• Reading
• Note Cards
• DVD’s
• Sample Test
• Others?

Test Taker Anxiety?

• Optimal amount of anxiety enhances performance
• Too much anxiety, decreases performance
• Not enough anxiety, creates apathy
Test Taker Anxiety

Don’t believe the rumors you hear about the test

Three keys:

Preparation
Organization
Practice

Test Taker Anxiety

Mental blank-out
Racing thoughts
Difficulty concentrating

Negative thoughts about past performance, consequences of failure, watching how everyone else is doing
Knowing the answers after test but not during it

Physiological Signs of Test Taker Anxiety

Nausea
Cramps
Faintness
Sweating
Dry mouth
Increased breathing rate
Tachycardia
Reduced Vision
Coping with Test Taker Anxiety

- Learn about the test
- Make a comprehensive study plan and stick to it
- Stop negative thinking
- Stop perfectionist thinking
- Practice test questions!!!!

Stress Management

- Get a good nights sleep
- Eat appropriately before the test
- Dress in layers
- Know test location and parking
- Stretch
- Stretch during the exam (hourly)
- Time manage yourself during the exam
- Deep breathing
- Use positive affirmations

Examination Day Tips

- Budget your time
- Read each question carefully
- Read all options before answering
- Do not read into questions
- Choose answers that would be correct in any rehab setting, not specific to yours
- Carefully answer questions with negatives (not, except, least)
- Carefully answer questions with best, usually
- Not written to be tricky; all info to answer question is given
Examination Day Tips

• Answer questions that you know and come easy first
• “Flag” the difficult questions and go back to them
• Guess if you are not sure (25% chance)
• Answer every test question
• Eliminate wrong options

• Remain calm
• Answer question in own mind then check answers
• Use critical thinking about complex ?’s
• Arrive 15+ min early; no late admits + lose $5
• Ensure have confirm notice + photo ID with signature

Resources

2. Rehabclassworks (2010/2013) CRRN prep CD-ROM

4. Online Tutorial through Castle
5. Additional Resources through ARN
6. A & P Text Books
7. Review of the Literature
8. Pediatric Development Texts
Mr. Doe is a 19 year old male who was an unrestrained passenger in a car accident. In the ER, his initial Glasgow coma scale was 8. He was diagnosed with a left frontal skull fracture, 3 mm subdural hematoma and orbital facial fractures. He arrives to your BI Unit 14 days post injury. Mr. Doe is confused, displays inappropriate behaviors, requires continual redirection and has no short term recall. He frequently becomes agitated by too much stimuli. What level of Rancho Los Amigos Cognitive Functions scale is Mr. Doe?

a. Rancho II  
b. Rancho III  
c. Rancho IV  
d. Rancho V

C. Level IV

The cognitive process that involves the ability to know the self and the relationship of the self to the environment is called?

a. Orientation  
b. Concentration  
c. Alertness  
d. Problem solving
ANSWER #2

A. Orientation involves the evaluation of self in relation to time, place and person within the environment.

TEST QUESTION #3

What is the cause of learned helplessness?
A. Cognitive deficits secondary to trauma
B. Unresolved developmental conflicts
C. Failure to adequately assimilate the rehabilitation process
D. Previous exposure to events over which the patient has no control

ANSWER #3

D. Previous exposure to events over which the patient has no control.
TEST QUESTION #4

The incontinent patient with MS has which type of neurogenic bladder?

1. Uninhibited
2. Autonomous
3. Areflexic
4. Motor paralytic

ANSWER #4

A. Uninhibited neurogenic bladder occurs in patients with lesions in the brain and in pontine center such as those patients with MS.

*Parting Thought....

Success is never a destination – it’s a journey.

Satenig St. Marie

Please let us know when you pass the exam!