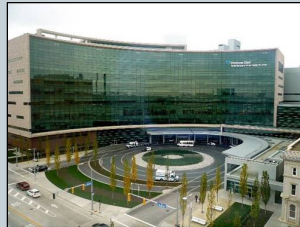




Preparing for Certification



LINDA STRICKER, MSN, RN, CWOCN
WOC NURSING EDUCATION



Who runs the test?



- Wound Ostomy Continence Nursing Certification Board
www.wocncb.org
- Volunteers from WOC Nurse committee members
- Elected board members, also volunteers
- Contracted with a management & professional testing companies
 - Based on stringent national testing standards
 - High level of credibility

Should I torture myself with Certification?

- Commitment to highest level quality care
- Recognition of the specialty
- Shows your current level of achievement
- Demonstrates current knowledge base
- Marketability
- Maintain certification eligibility



Certification Options

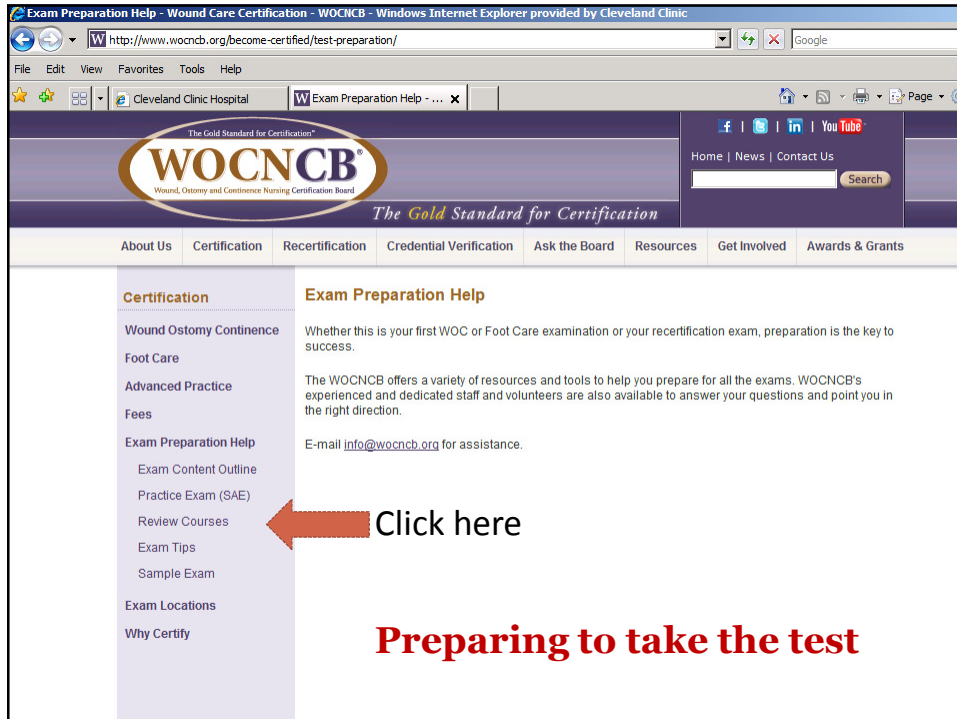
Take the test

- **Experiential Path**
 - 1500 clinical hours in last 5 years for each specialty
 - 50 CE's for each specialty
- **Complete a WOCN Accredited Program**
 - Board eligible for **5 years** on graduation

PGP

- **Must have current certification**
- **Set up online account through WOCNCB**
- **Variety of options for collecting PGP points**
 - Write test items
 - Develop & participate
 - Teach

APN Route



Exam Preparation Help - Wound Care Certification - WOCNCB - Windows Internet Explorer provided by Cleveland Clinic

http://www.wocncb.org/become-certified/test-preparation/

WOCNCB®
Wound, Ostomy and Continence Nursing Certification Board
The Gold Standard for Certification

Home | News | Contact Us

About Us | Certification | Recertification | Credential Verification | Ask the Board | Resources | Get Involved | Awards & Grants

Certification

Wound Ostomy Continence
Foot Care
Advanced Practice
Fees
Exam Preparation Help
Exam Content Outline
Practice Exam (SAE)
Review Courses
Exam Tips
Sample Exam
Exam Locations
Why Certify

Exam Preparation Help

Whether this is your first WOC or Foot Care examination or your recertification exam, preparation is the key to success.

The WOCNCB offers a variety of resources and tools to help you prepare for all the exams. WOCNCB's experienced and dedicated staff and volunteers are also available to answer your questions and point you in the right direction.

E-mail info@wocncb.org for assistance.

Click here

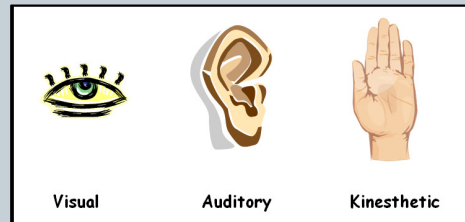
Preparing to take the test

What do I do next?

- Self assessment
 - What is your learning style?
- Make a plan
 - Timeline
 - Goals
 - Content outlines
 - Self assessment exams www.wocncb.org
- Deal with procrastination
 - What procrastination?

Learning Styles

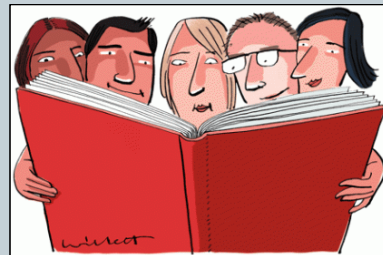
- What is your preferred learning style?
- How do I know?



1. Visual
2. Auditory
3. Kinesthetic

Making a Plan

- Schedule strategic study time
- Study with a buddy
- Use the WOCNCB content outline
 - Verify what you know
 - What areas are you feeling less secure?
- Comfortable study space
- Self assessment exams
- Review courses
 - WOCNCB
 - WOCN CEC



WOCN Continuing Education - Browse Sessions - The Wound, Ostomy, and Continence Nurses Society - Windows Internet Explorer pro

http://www.prolibraries.com/wocn/?select=new_sessionlist&conferenceID=9

Wound Ostomy and Continence Nurses Society®

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WOCN CEC Home Shopping Cart (0 Items)

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CONTINUING EDUCATION
Looking for continuing education credits in wound, ostomy and continence care? Earn over 40 contact hours by completing WOCN® Society's enduring conference activities and certification review courses.

To purchase and participate in the courses listed below, you must be logged into the CEC. Please log in using your WOCN Member Center username and password. If you are not a WOCN member and do not have a CEC account, please create an account.

Browse Sessions
59 Results Found, Showing 1 - 50

Sort By: Track View: Detailed

Filter By: Conference Keyword My Content

Select a Topic: [Wound](#) | [Ostomy](#) | [Continence](#) | [Professional Practice](#) | [Non-CE](#) | [Certification Review](#)

NEW! [Back to Top](#)

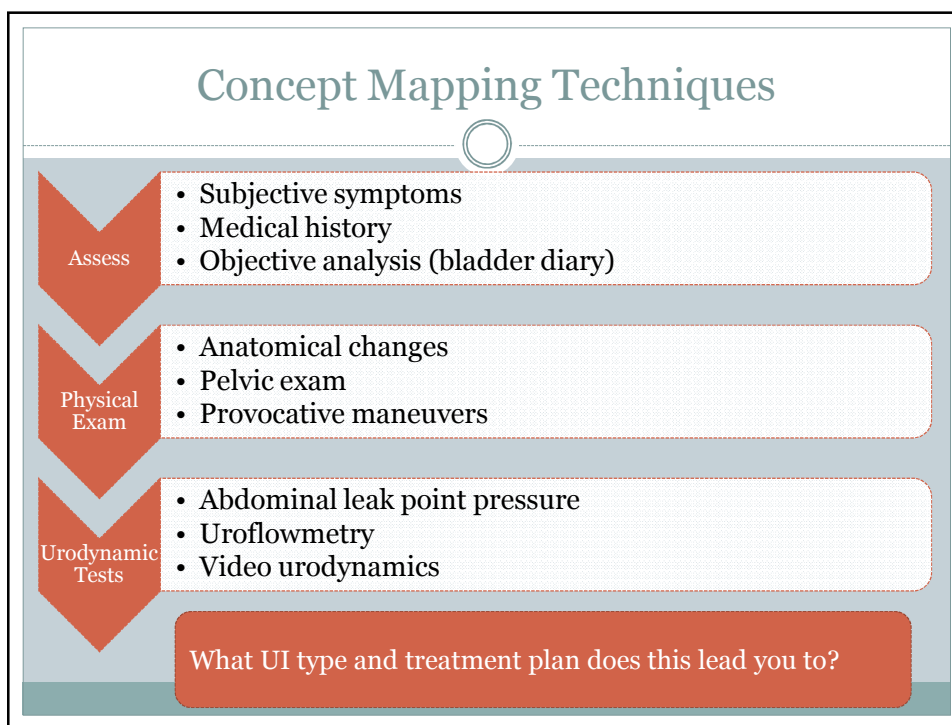
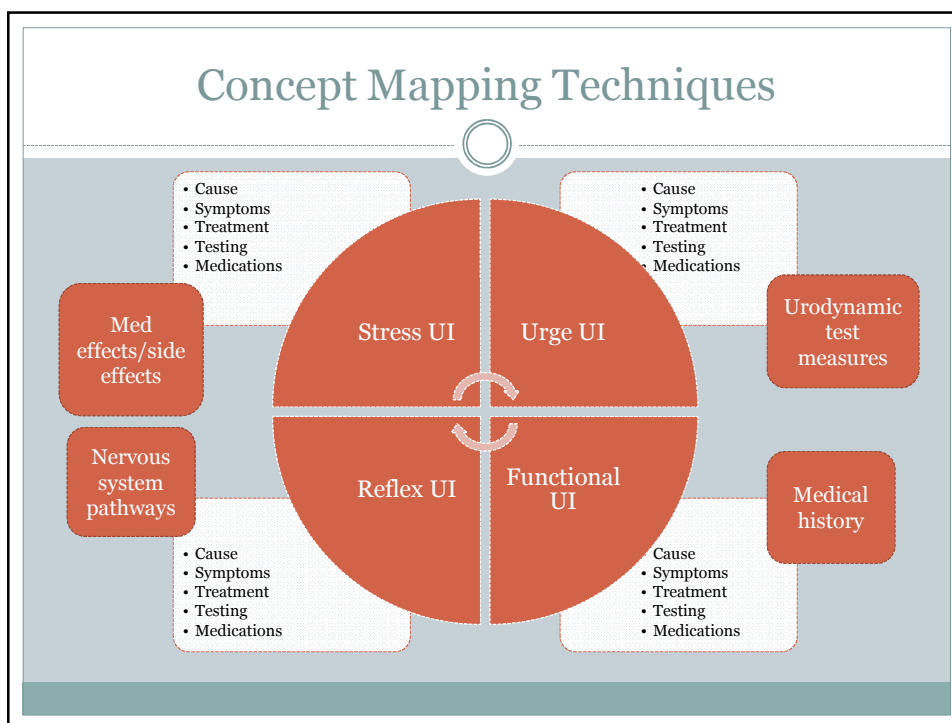
Celiac Disease: An Overview and Management for WOC Nurses \$25.00

Length: 01h 07m 44s - 49 Slides

Procrastination? What Procrastination?

- Identify the why's
- Focus on getting started
- Focus on "to-do's"
- Determine highest energy level





Who has test anxiety?

What happens to your thoughts when your anxiety level rises?



- Practice relaxation techniques
- Comfortable position
- Close eyes
- Slowly & progressively relax
- Slowly breathe through nose



What to expect

- 90 multiple choice questions for each specialty
 - 10 are validation questions
 - One correct response
 - All from content outline posted on WOCNCB
- 90 minutes provided
- Pace yourself
- Question Types
 - Recall
 - Recall of facts
 - Application
 - Problem solving based on your knowledge
 - Analysis
 - Organizing information & facts
 - Recognizing patterns/connections

Techniques

- **Look for qualifiers**
 - Least, most, best, first, essential, chief
 - More than one correct answer, think of safest option
- **If two choices seem correct**
 - go for more specific option
- **Priority questions**
 - All response might be true but highest priority option is best
 - Key words: initial, highest, best, most

R.A.C.E. to Success

- **R – recognize information in the stem question**
 - Identify key words
 - What information is important
 - What is the topic?
- **A – ask what the question is really asking**
 - What needs to be done, what do I think is correct?
- **C – critically analyze options to the stem question**
 - Compare options to key words in stem
 - Rationales for each option
 - Compare the options
- **E – eliminate as many options as possible**
 - What is absolutely wrong?
 - Eliminate one at a time

Approaching the Questions

- Read the question but don't read into the question
- Don't panic if you don't see your favorite treatment option
- Pace yourself
 - Use all available time
 - If one question looks like it came from an alien race, leave it and go back later
- ***Don't change*** your answer unless certain
 - Your first response is likely the correct one, trust yourself

Summarizing the Tips

- Check the content outline
- Assess yourself
- Plan your study
- Practice questions
- Pace yourself during the exam
- Use relaxation techniques
- Read each question carefully
- Read each response carefully
- Don't change your answers

Thank you so very much for coming!



All power point handouts available online next week:
Clevelandclinic.org/onlineWOC



Cleveland Clinic

Every life deserves world class care.