Who runs the test?

- Wound Ostomy Continence Nursing Certification Board
  [www.wocncb.org](http://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

<table>
<thead>
<tr>
<th>Take the test</th>
<th>PGP</th>
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<tbody>
<tr>
<td>- Experiential Path</td>
<td>- Must have current certification</td>
</tr>
<tr>
<td>- 1500 clinical hours in last 5 years for each specialty</td>
<td>- Set up online account through WOCNCB</td>
</tr>
<tr>
<td>- 50 CEs for each specialty</td>
<td>- Variety of options for collecting PGP points</td>
</tr>
<tr>
<td>- Complete a WOCN Accredited Program</td>
<td></td>
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<tr>
<td>- Board eligible for 5 years on graduation</td>
<td>- Write test items</td>
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<td></td>
<td>- Develop &amp; participate</td>
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<tr>
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<td>- Teach</td>
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**APN Route**
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](http://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
Procrastination? What Procrastination?

- Identify the why’s
- Focus on getting started
- Focus on “to-do’s”
- Determine highest energy level
Concept Mapping Techniques

- Stress UI
  - Cause
  - Symptoms
  - Treatment
  - Testing
  - Medications

- Urge UI
  - Cause
  - Symptoms
  - Treatment
  - Testing
  - Medications

- Reflex UI
  - Cause
  - Symptoms
  - Treatment
  - Testing
  - Medications

- Functional UI
  - Cause
  - Symptoms
  - Treatment
  - Testing
  - Medications

Med effects/side effects
Nervous system pathways

Urodynamics test measures
Medical history

Assess
- Subjective symptoms
- Medical history
- Objective analysis (bladder diary)

Physical Exam
- Anatomical changes
- Pelvic exam
- Provocative maneuvers

Urodynamic Tests
- Abdominal leak point pressure
- Uroflowmetry
- Video urodynamics

What UI type and treatment plan does this lead you to?
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