

Advanced Oncology Certified Nurse Practitioner

REVIEW COURSE 2024

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THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center

Making Cancer History®

AOCNP Test Taking Strategies

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Determining if you are eligible

Pathway 1

- ✓ **Active License**
A current, active, [unencumbered license](#) as a registered nurse in the US, its territories or Canada.
- ✓ **Graduate Degree**
Graduate degree from accredited NP program with concentration in oncology.
- ✓ **500 Hours of Practice**
500 hours supervised clinical practice as an adult oncology nurse practitioner obtained within and/or following the graduate program within the past five years.
- ✓ **One Graduate Level Course**
One graduate level oncology course of at least 2 credits or 30 hours oncology continuing education within the past five years.

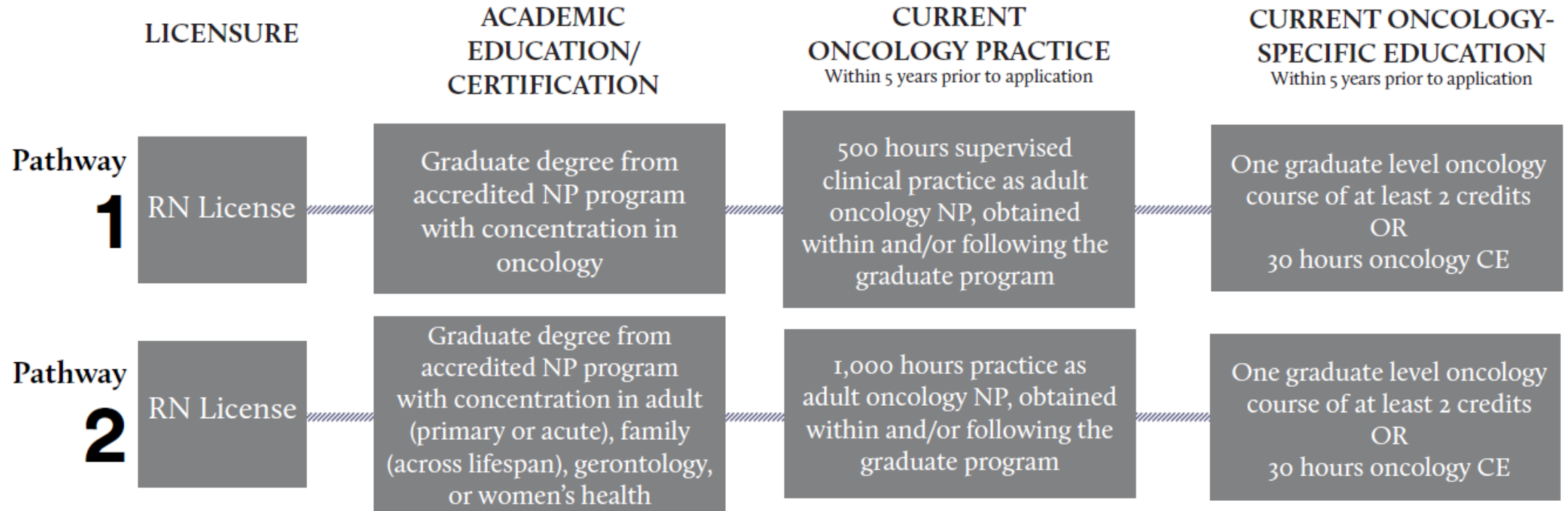
<https://www.oncc.org/am-i-eligible>

Pathway 2

- ✓ **Active License**
Current, active, [unencumbered license](#) as a registered nurse in the US, its territories or Canada.
- ✓ **Graduate Degree**
Graduate degree from accredited nurse practitioner program with concentration in adult (primary or acute), family (across lifespan), gerontology, or women's health.
- ✓ **1000 Hours of Practice**
1000 hours practice as an adult oncology nurse practitioner obtained within and/or following the graduate program within the past five years.
- ✓ **One Graduate Level Course**
One graduate level oncology course of at least 2 credits or 30 hours oncology continuing education within the past five years.

<https://www.oncc.org/advanced-oncology-certified-nurse-practitioner-aocnp>





Format of the Test

- 3 hours- includes 15 minutes of testing tutorial before the exam and a post-test survey
- No scheduled breaks
- 165 multiple-choice test is based on the AOCNP® test blueprint
 - 125 questions count toward the candidate's score and 40 are pretest or experimental questions.
- Only generic drug names are used on ONCC tests
- Testing available year round
- Test at a PSI testing center.
www.psiexams.com/ONCC
- Same day test results.
- You will get a report that demonstrates your level of performance in each subject area.
- Recertify every 4 years



How to Register for the Exam

- www.oncc.org/get-certified.
 - Gather your documents and submit them online.
 - You will receive a confirmation email
 - If you are eligible to test, PSI will send you an Authorization to Test (ATT)
 - Set appointment to test- 90 day window
 - You may cancel/move test date but there may be fees if it is close to the test appointment date.
- Most communications from ONCC will be sent by email. Please make sure your contact information on ONCC is up to date.
- Testing Accommodations Request Form within five business days of applying to test



TESTING FEES

- Test Fees
 - ONS/APHON Member \$300
 - Nonmember \$420
 - FreeTake program:
 - Your institution may partner with ONCC for the FreeTake program.
 - ONCC DoubleTake:
 - There is also an option to pay an additional \$100 to take the test again at a discounted rate if you do not pass the first time. This must be done at the time of registration and is not refundable.



AOCNP® Test Content Outline

- Cancer Continuum - 28%
- Cancer Treatment and Supportive Care - 45%
- Oncologic Emergencies - 12%
- Psychosocial Issues - 10%
- Professional Practice and Roles of the APRN - 5%



How do you learn best?

Visual

Auditory

Reading and
writing

Kinaesthetic



Passive Studying

- Attending a review course
- Reading content
- Listening to lectures
- Memorizing lists



Active Studying



- Rephrasing material in your own language
- Compiling answers to certain objectives
- Explaining the rationale to the answers of questions
- Actively engaging in a study group
- Reviewing case study scenarios



How to tackle the material.....

- Create a Study Guide:
 - AOCNP Test Blueprint
 - Content Slides and lectures
 - AOCNP Review Book
 - Important to keep in mind that a study guide is not comprehensive but a basis to start from
- Create Flash Cards:
 - These can be digital or written



Keep a Calendar and Stay Accountable

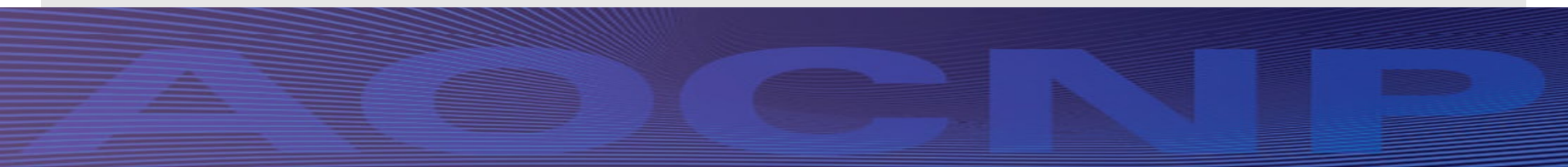
- Work backwards from the date you have signed up for the test.
- Think about what subjects you feel confident in and those that may need extra time studying.
- Carve out some dedicated time each week leading up to the test
- Set up time for practice test
- Remember that what you are doing now is a great overview and you can go back into those areas you need more time with.



Do's and Don'ts



- DO:
 - Sleep and exercise
 - Be realistic with your time frame
 - Set yourself up for success
 - Practice positive self talk
- Don't
 - Procrastinate.. It causes more stress
 - Don't stay up all night the night before trying to obtain more knowledge. Sleep is more important!



Discuss test items and how to successfully answer multiple choice questions

- Low level of difficulty is knowledge/comprehension
 - Require memorized facts to be regurgitated
 - Asks questions such as
 - List
 - Define
 - Describe
 - Explain
- Higher level of difficulty is application and above
 - Requires the nurse to clinically apply facts to a patient situation/scenario and select the best answer
 - Asks questions such as
 - Analyze
 - Assess
 - Develop
 - Solve
 - Distinguish
 - Evaluate

**What does this
“higher level of difficulty”
look like in a test question?**

A nurse comes upon a traffic accident with unconscious victims. Someone else is on the cell phone calling 911 and the nurse begins administering first aid.

Which legal consideration protects this nursing action?

- The Nurse Practice Acts
- Patients Rights legislation
- Nursing Code of Ethics
- **The Good Samaritan Act**

Which level of difficulty is used in this test item?

Understanding multiple choice questions

- Begin with a Consistent Process – it takes some practice – you will get faster
- Key words are important in differentiating between options or distracters
- # 1 thing you can do - Formulate your answer before looking at the choices

The stem

- Stem is the “body” or “scenario” of the test item.
- It can present simple information or describe a higher level scenario.
- Most test items for certification tests will be higher level scenarios, requiring more than simple fact regurgitation.
- Some information in the stem can also be extra information or distractors.
- Look for key words in the stem! These will guide your thinking and answer choice.
- Don’t add any information or read into the question.

Identify the stem.....in this item

- **The nurse is checking lab results for an adult patient with suspected cancer before liver biopsy.** Which finding requires health care provider notification?

Key Words within the stem

- Important for differentiating between options
- May include
 - Age
 - Diagnosis
 - Situation
 - Time frame (First)
 - Assessment, etc.
 - Nursing intervention
- Begin bringing up in your mind the topic or ideas related to the key words
 - We hold tremendous information in our long term memory
 - It must be brought forward to short term memory to help us make a decision

Identify the key words...in this item

- The nurse is checking lab results for an adult patient with suspected cancer before liver biopsy. Which finding requires health care provider notification?

Identify the question...in this item then,
Identify what the question is really asking.

- The nurse is checking **lab** results for an **adult** patient with suspected **cancer** before liver biopsy. **Which finding requires health care provider notification?**
- Be clear what is being asked.
 - You should rephrase it in your own words **using all the Key Words.****
- What **lab** would I **call the doctor** about for an **adult cancer patient** **prior to** them having **a liver biopsy?**

Formulate an answer(s).

What do you think would be a correct response, even before reading the options?

What **lab** would I **call the doctor** about for an **adult cancer patient prior to** them having **a liver biopsy**?

What possible answers come to mind?

Now you are ready to consider the possible answers

- Look for “your” answer.
- Read each answer, do not skip any of the choices.
- Rule out factually incorrect options.
- **Rule out the ones you can.**
- **Then check your top choices against the Key Words you have identified. ****
- Select the One Best Answer.

Understanding distracters: plausibility

- May have something to do with the problem – but does not answer the question
- May be appropriate intervention for the situation presented – but not the best answer the question
- May have appropriate terminology – but does not answer the question or be the best answer for the Key Words
- This assures that the test taker has to think critically to choose the one best answer.

Consider the answer options

The nurse is checking lab results for an adult patient with suspected cancer before liver biopsy. Which finding requires health care provider notification?

- **Elevated BUN and CREAT**
- **Hemoglobin of 11 grams/dL**
- **Increased ammonia level**
- **Activated PTT of 50 seconds**

Explain in your own words why the other distracters are not as good an answer as the desired answer.

Rationale

- Because the liver is a vascular organ and biopsy is an invasive procedure, bleeding is one of the risks. An elevated PTT increases the risk of bleeding. Abnormal findings in the other labs would not increase the patient's risk of complications from a liver biopsy.

**Read their Rationale for the answer they chose.
and
Write out the Rationale in Your Own Words.**

- The liver is vascular and can be prone to bleeding in a biopsy procedure.
- A cancer patient with co-morbidities of the liver, is at an even higher risk of bleeding during a biopsy procedure. They have an additional risk if the patient is receiving chemotherapy treatments that effects the bone marrow production of the platelets.

A patient diagnosed with colorectal cancer is on a continuous infusion of 5-fluorouracil. The patient calls to report symptoms of angina-like chest pain. Past medical history includes arteriosclerotic disease with associated renal and cardiac compromise. The APN recognizes the chest pain is most likely caused by:

What is the **cause** of the **angina symptoms** for a patient who has a history of **arteriosclerotic disease** getting an infusion of 5FU?

- a. Congestive heart failure
- b. Ventricular arrhythmias
- c. Arterial vasocontractions
- d. Decreased left ventricular ejection fraction.

Rationale: Answer: C. 5-Fluorouracil is known to produce arterial vasocontractions that could cause chest pain. In addition, risk factors for the development of cardiotoxicity identified in a group of 668 patients receiving 5-fluorouracil or capecitabine included preexisting cardiac and renal disease. When cardiotoxicity from 5-fluorouracil does occur, it most frequently is associated with the first course of a continuous infusion of the drug.

A patient with non-Hodgkin lymphoma is scheduled to begin chemotherapy. The physical examination reveals bulky adenopathy with splenomegaly, and a serum lactate dehydrogenase level of greater than 3000 U/L. The APRN should order:

- Potassium chloride
 - Allopurinol
 - Omeprazole
 - Furosemide
-
- ***Rationale:*** Allopurinol is used to prevent tumor lysis syndrome. Patients with lymphoma and bulky disease are at high risk for the development of tumor lysis syndrome.

What does the APRN explain to a Medicare patient that is worried about agreeing to a patient eligible for the Medicare Hospice Benefit is reluctant to sign the election statement and states "What if I need to go to the hospital?"

What does the APRN explain to a Medicare patient going to Hospice and if she needs to be admitted to the hospital?

- Hospitalization is still permissible for pain management or palliation of other symptoms
- All resources will be provided at home to avoid going to the hospital
- Hospitalization benefits still apply, except that medications will no longer be covered
- All traditional benefits will be waived once the election form is signed

Rationale: While the majority of care is delivered in the home under Medicare Hospice Benefit, hospice will cover short-term inpatient hospital care, primarily for pain and symptom management. A is the best answer.

The oncology APRN is educating a patient who is neutropenic on strategies to reduce risk for infection. Which of the following strategies to prevent infection during neutropenia has the lowest level of research evidence? **NEGATIVE Question**

Which prevention strategy has NOT been shown to reduce the risk of infection when the patient is neutropenic?

- a. Avoidance of large crowds and small children
- b. Practice good oral hygiene by brushing after meals and before bed
- c. Compliance with prophylactic antimicrobial therapy
- d. Avoiding tap water and only drinking bottled water

Rationale: Answer D Drinking only bottled water or processed drinks as a method of avoiding infection during neutropenic episodes has low supporting evidence. The other suggestions all have high supporting evidence and should be encouraged.

A patient with breast cancer returns to the clinic after completing radiation therapy and complains of cough, dyspnea, and a low grade fever for the past week. A chest x-ray is ordered and findings include an area of diffuse haziness in the left lung consistent with radiation pneumonitis. The APRN prepares to prescribe:

What does the APRN prescribe for the breast cancer patient with cough, dyspnea and low grade fever post radiation?

- A. Amifostine
- B. Albuterol
- C. Glucocorticoid
- D. Chemotherapy

Rationale: Radiation pneumonitis is inflammation in the lungs related to radiation treatment. It commonly develops 1-3 months after treatment is over, but can occur up to 6 months after treatment. Common symptoms include fever, cough, chest congestion, shortness of breath and chest pain. Infectious etiology should be ruled out. Glucocorticoids are a mainstay of treatment to help reduce inflammation. Bronchodilator/albuterol may be used, but doesn't address the underlying inflammation.

During the test

You can write any memorized facts on scratch paper provided
To free up your brain! i.e. formula, normal lab values, etc.

- **Take the question as it is**
- **Don't add information**
- **Assume you have what is needed**,
i.e. physician's order, supplies
- **Avoid arguing with yourself** about the question – you waste good brain space! Move on to one you know.
- A “bad” question might be a pilot one
- **Keep track of time.**
- **Stay comfortable** – wear layers
- Use the restroom if needed
- There will likely be others in the testing room - ask for proctor intervention if necessary
- Remain calm if others finish before you do 😊
- Remember Positive Self Talk
 - I got this!
 - I am a good test taker!

Additional Resources

- Free, 50-question AOCNP® Practice Test is available at www.oncc.org/practice-tests.
- We will provide a discount code for you to use to access additional 50 test questions
- Discount code for AOCNP® review book





Thank you!

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