NCSBN
Leading Regulatory Excellence

REx-PN™ Academic Webinar Series
Part 1: Practice Analysis and Test Plan

Presentation Team

NCSBN

Jason A. Schwartz, MS

Director, Test Development, Examinations

Aly Brenton, MSN, RN, CNL

RN Test Development Associate II, Examinations

British Columbia College of Nurses and Midwives

Sandra Regan, RN, PhD

Deputy Registrar/Executive Director, Education, Practice & Regulatory Learning

College of Nurses of Ontario

Anne Marie Shin RN, MN, MSc (QIPS)

Director, Professional Practice

Webinar Objectives

At the end of the REx-PN Academic webinar, the participant will be able to:

- ✓ Explain how the practice analysis process and Canadian entry-to-practice competencies inform the REx-PN Test Plan

- ✓ Discuss the structure and purpose of the REx-PN Test Plan

- ✓ Identify how to use the REx-PN Test Plan for Student Preparation

- ✓ Access available REx-PN publications and educational resources

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Examination Purpose
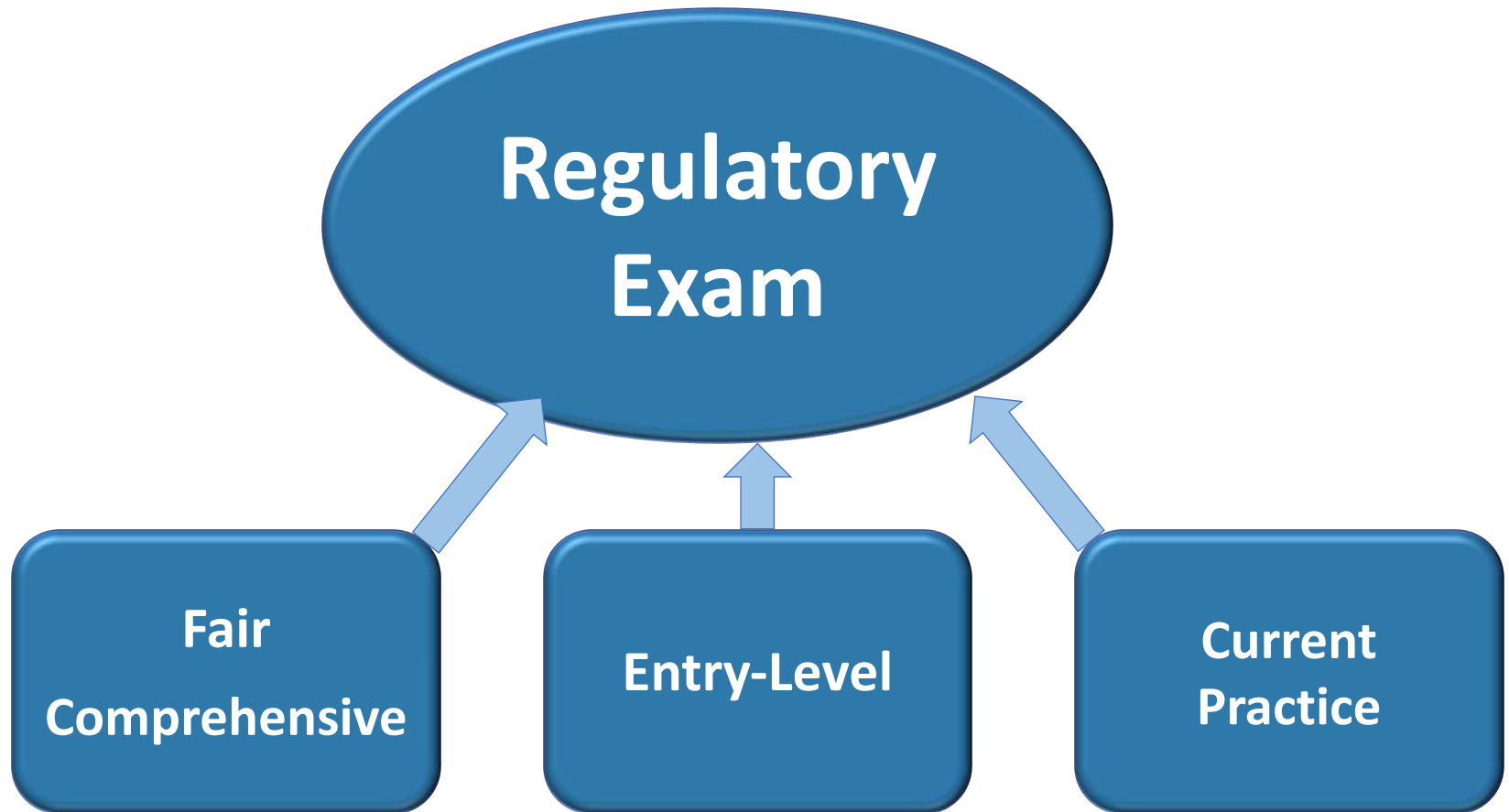
Fair & Comprehensive

- REx-PN Test Plan is developed as a result of data collected from the Practice Analysis

- Exam items encompass all eight of the test plan categories

- Panels help to eliminate item bias and culturally insensitive language

Entry-Level

- Item development is focused at entry-level

- Passing Standard set according to minimum competency of the entry-level nurse

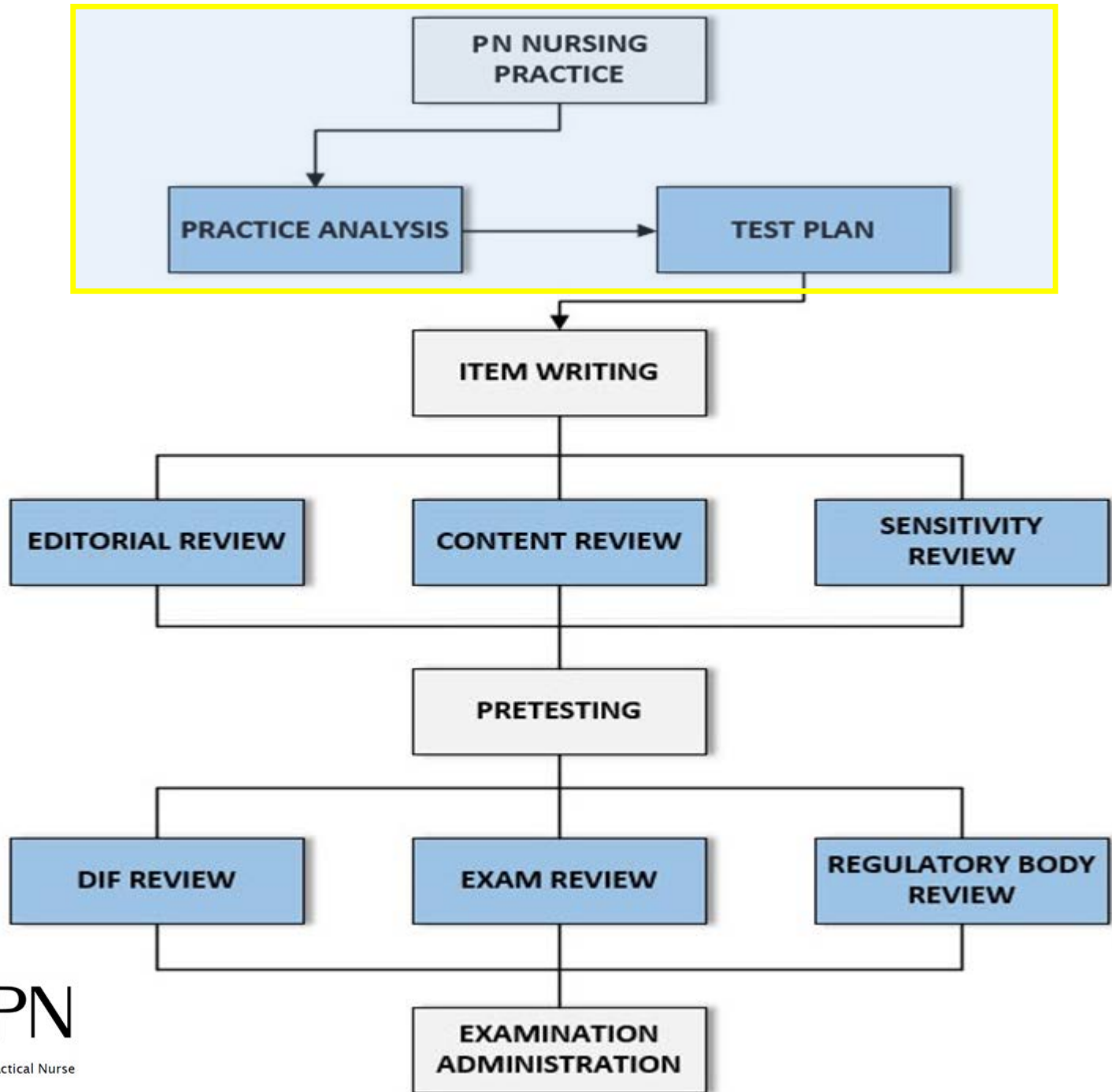- Reflection of knowledge, skills, and abilities required at entry level

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Current Practice

- Ongoing item development and review

- Practice analysis is conducted every 5 years

- Input from nurse experts in BC and ON

REx-PN Practice Analysis

REx-PN Item Development Process

PN NURSING PRACTICE → PRACTICE ANALYSIS → TEST PLAN → ITEM WRITING → EDITORIAL REVIEW / CONTENT REVIEW / SENSITIVITY REVIEW → PRETESTING → DIF REVIEW / EXAM REVIEW / REGULATORY BODY REVIEW → EXAMINATION ADMINISTRATION

REx-PN
Regulatory Exam - Practical Nurse

Practice Analysis

- May be referred to as job analysis or job task analysis
- A process designed to gather detailed information about the duties and responsibilities of a particular job
- Data collected from these studies are often used in hiring practices, performance assessments and licensing decisions

Practice Analysis Overview

Results guide content distribution of the client needs categories on the REx-PN test plan

Every five years

Panel of experts and large-scale survey of newly licensed LPN/RPNs

Rate frequency and importance of each nursing activity

Work experience and environment

Demographic information

SME Expert Panel

- Worked with, educated and/or supervised LPN/RPNs within their first 12 months or were themselves newly licensed LPN/RPNs

- SMEs represent

  - Geographic areas in British Columbia and Ontario

  - Varied major nursing specialties

  - Varied practice settings

SME Expert Panel

- Resources used
  - Summary of Nurse Leader interviews
  - Practice activity logs
  - Documents from practice
  - Professional expertise

- Meeting Outcomes
  - Developed list of nursing activity statements
  - Approved current category structure

Example of REx-PN Activity Statements

Management of Care
Delegate and supervise care of client provided by others (e.g., unregulated care providers)
Integrate advance directives into client care plan
Prioritize the delivery of client care
Basic Care and Comfort
Perform irrigations (e.g., bladder, wound, eye)
Provide non-pharmacological comfort measures

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Entry Competencies

- REx-PN is only ONE of the entry level requirements an applicant must meet

- Entry level competencies are embedded in nursing curriculum

- Mapping process conducted between practice analysis activity statements and entry level competencies to determine alignment between the two

- 98.7% of entry level competencies mapped to REx-PN activity statements

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Mapping Example

Example: Mapping REx-PN Test Plan Practice Activity Statement and Content to 2019 ELCs/ETPCs

2019 ELCs/ETPCs	REx-PN Test Plan Practice Activity Statement and Content
18 - Recognizes, responds and reports own and others' near misses, errors and adverse events.	**Management of Care** **Legal Rights and Responsibilities** ■ **Respond to the unsafe practice of a health care provider (e.g., intervene, report)*** **Quality Improvement** ■ **Participate in performance improvement projects and quality improvement processes*** ○ Report identified client care issues/problems to appropriate personnel **Safety and Infection Control** **Reporting of Incident/Event/Irregular Occurrence/Variance** ■ **Identify practice errors/near misses and intervene*** ○ Identify need/situation where reporting of incident/event/irregular occurrence/variance is appropriate ○ Evaluate response to error/event/occurrence

- http://www.cno.org/globalassets/trending-topics/bccnp-mapping-document-en.pdf
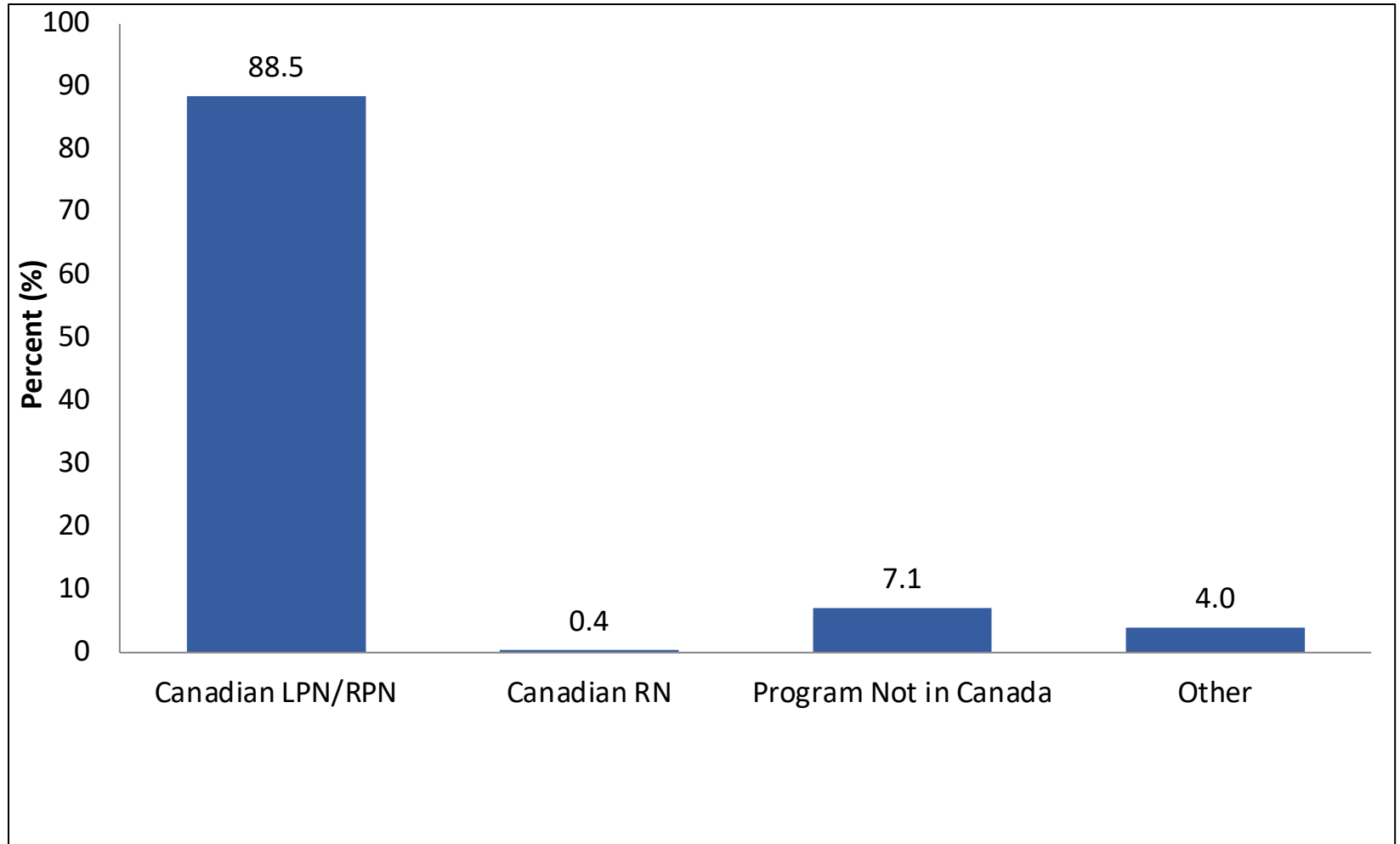- https://www.bccnp.ca/Registration/Documents/REx_PN_mapping_2020.pdf
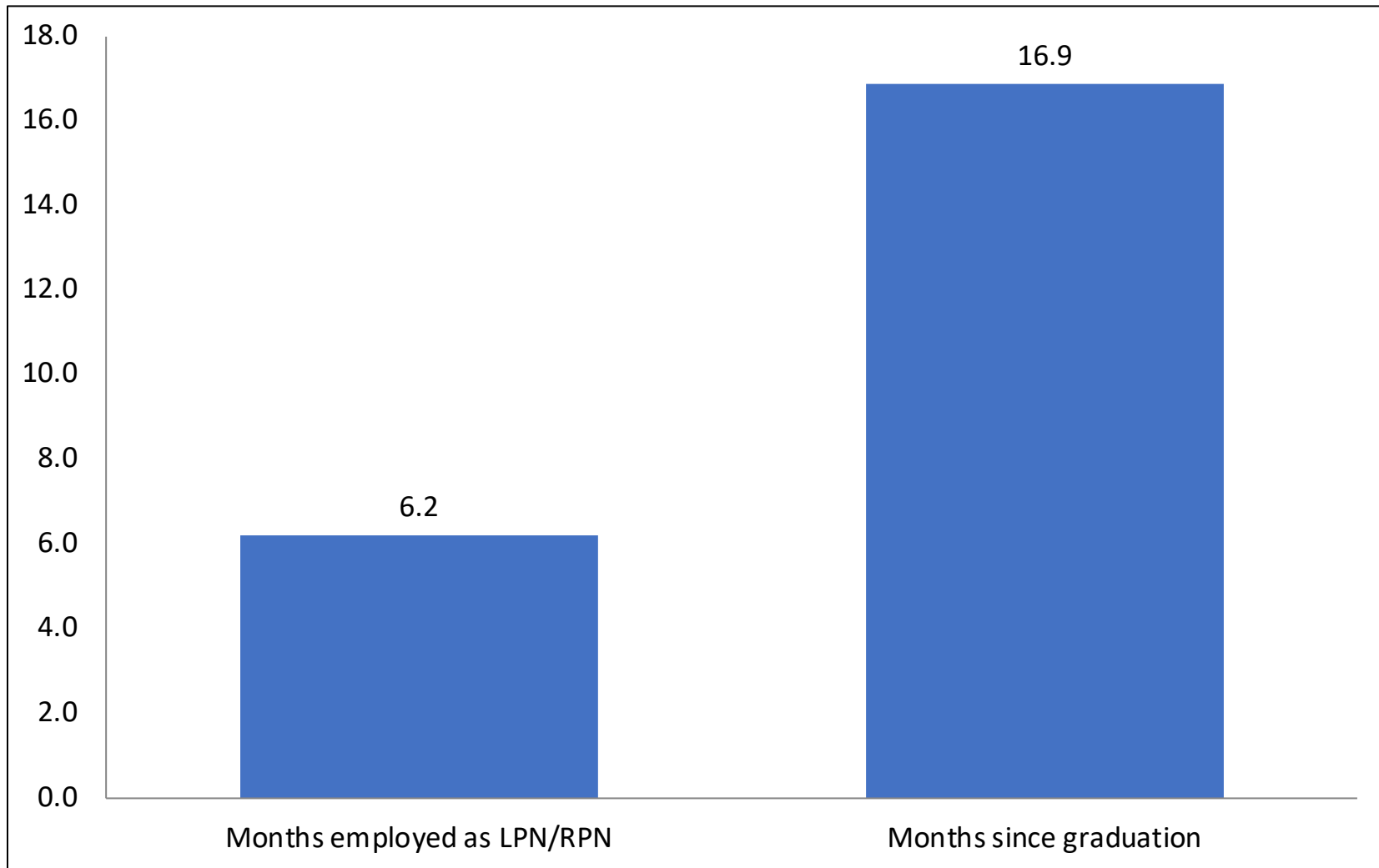
Sample and Respondents

- Sample reflected the 2018 population of PN entry-level nurses

- Sampling follows entry-level nurse distribution across British Columbia and Ontario

- 6,625 practitioners were randomly sampled

- Web surveys were sent and conducted through February-March 2019
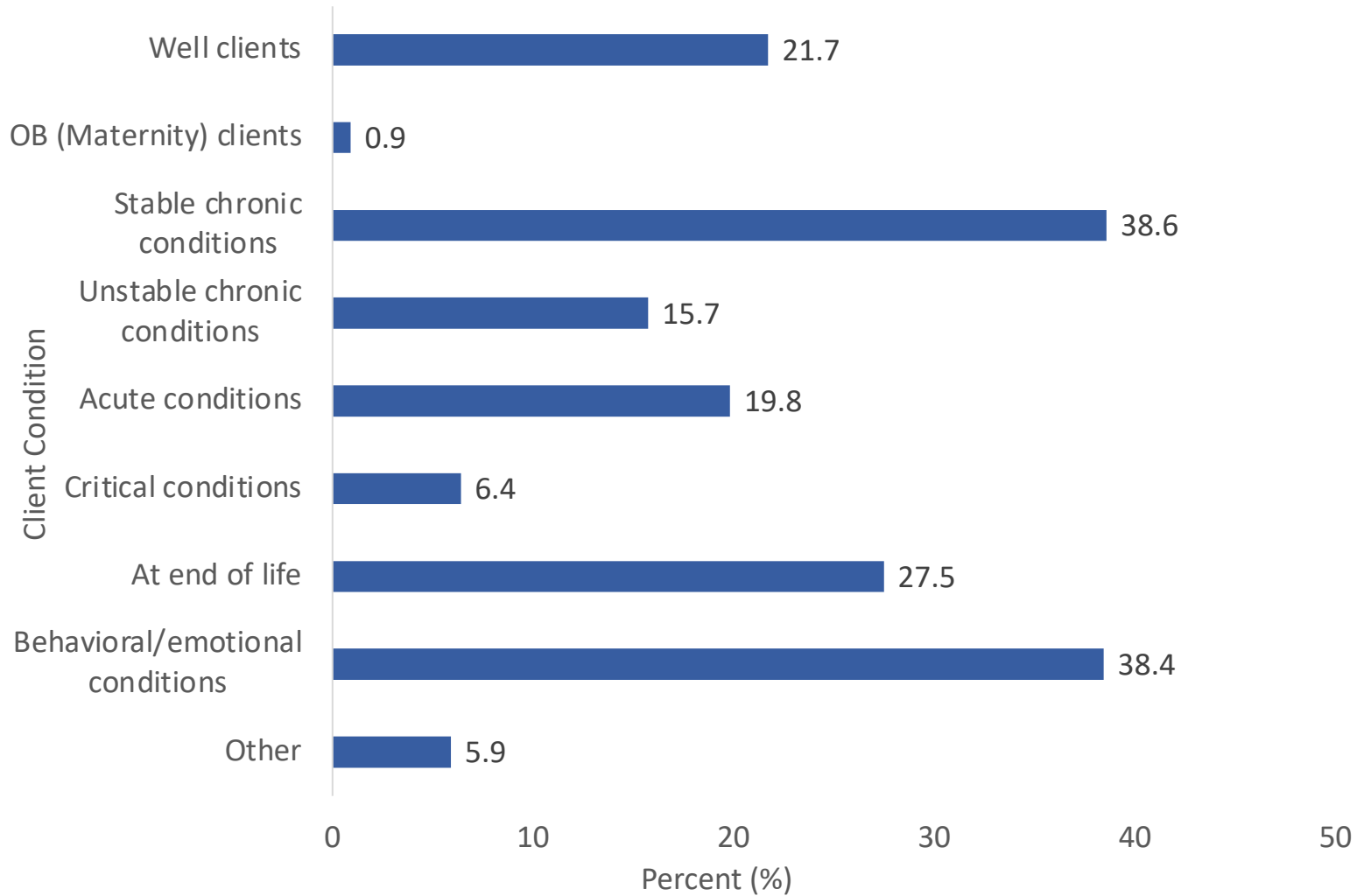
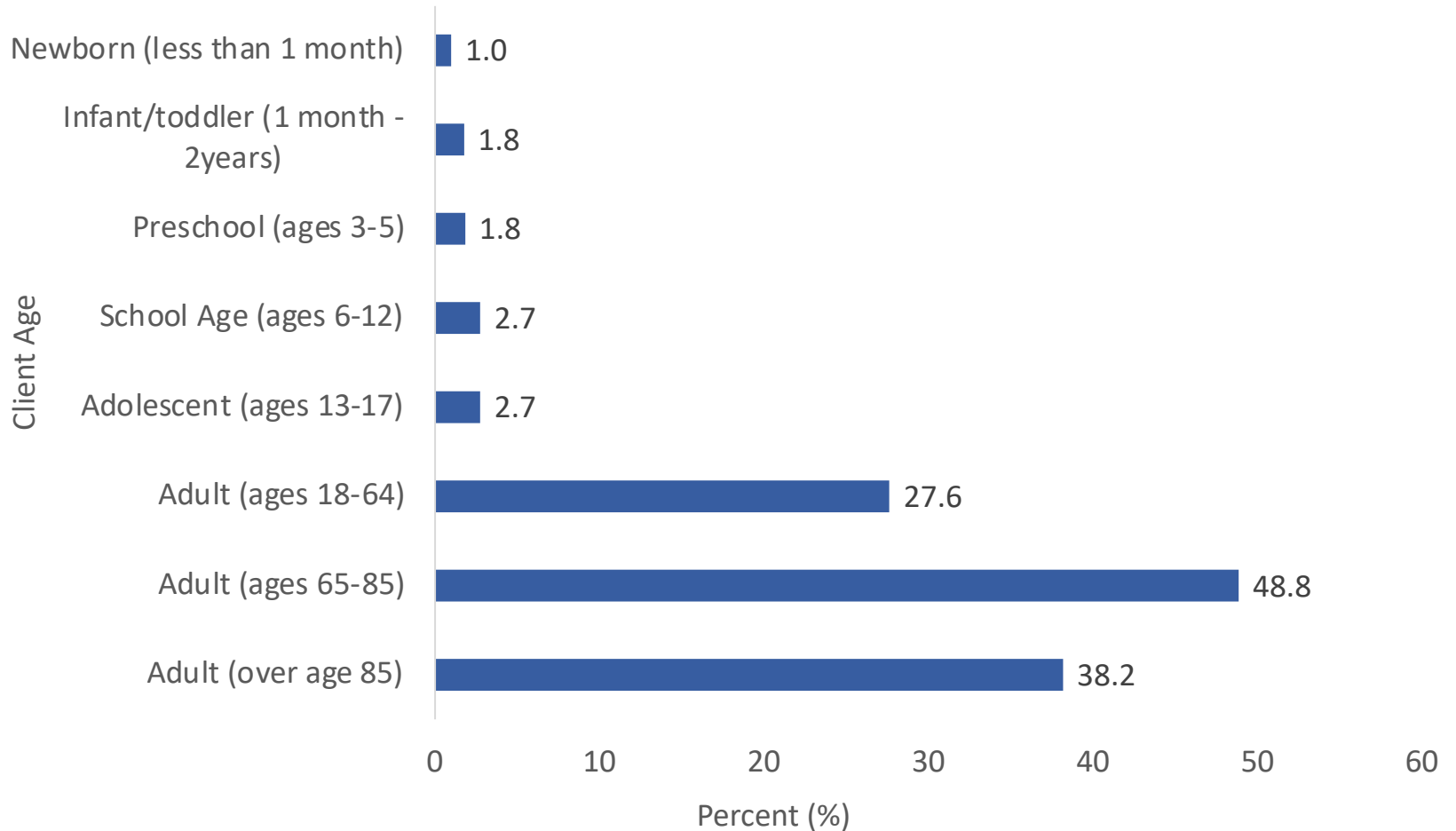# New LPN/RPN Demographics 2019

Educational Programs

Months Since Graduation and Employment

Bar chart showing Months employed as LPN/RPN at 6.2 and Months since graduation at 16.9.

Client Health Conditions

Bar chart of Client Condition (y-axis) vs Percent (%) (x-axis):

Client Condition	Percent (%)
Well clients	21.7
OB (Maternity) clients	0.9
Stable chronic conditions	38.6
Unstable chronic conditions	15.7
Acute conditions	19.8
Critical conditions	6.4
At end of life	27.5
Behavioral/emotional conditions	38.4
Other	5.9

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Client Ages

Client Age	Percent (%)
Newborn (less than 1 month)	1.0
Infant/toddler (1 month - 2years)	1.8
Preschool (ages 3-5)	1.8
School Age (ages 6-12)	2.7
Adolescent (ages 13-17)	2.7
Adult (ages 18-64)	27.6
Adult (ages 65-85)	48.8
Adult (over age 85)	38.2

Orientation Programs (Type & Length)

Type of Orientation	2019	
	%	Avg Days
No formal orientation	3.8	N/A
Classroom instruction/skills lab work only	3.8	6.1
Classroom and/or skills lab plus supervised work with clients	21.2	9.5
Work with an assigned preceptor(s) or mentor(s) with or without additional classroom or skills lab work	59.1	8.8
A formal internship/residency with or without additional classroom or skills lab work	5.2	8.8
Other	7.0	6.8

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Additional Coursework/Certification

Type of Additional Coursework Certification	2019 (n=1,423) %
Advanced Cardiac Life Support	9.4%
Basic Life Support	28.5%
Behavioral Management	8.8%
Chemotherapy	0.1%
Complex Wound Care	5.7%
Conscious/Moderate Sedation	0.4%
Coronary Care	2.0%
Critical Care	1.5%
Intravenous Therapy	14.3%
Mental Health First Aid	4.6%
Neonatal Advanced Life Support	0.5%
Neonatal Resuscitation	1.3%
Pediatric Advanced Life Support	0.5%
Phlebotomy	8.4%
Peritoneal Dialysis/Nephrology Nursing	1.9%
Perioperative Nursing	1.6%
Rehabilitation	2.7%
None	11.6%
Other	12.3%

*Responders could select all that apply

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Employment Facilities

Type of Facility/Organization	2019 (n=1,423) %
Hospital (general, maternal, pediatric, psychiatric)	31.0
Mental health centre	2.0
Nursing station (outpost or clinic)	0.8
Rehabilitation/convalescent centre	2.5
Nursing home/long-term care facility	42.4
Home care agency	6.7
Community health/health centre	5.3
Business/industry/occupational health office	0.0
Private nursing agency/private duty	1.4
Self-employed	0.3
Physician's office/family practice unit	2.2
Educational institution	0.5
Association/government	0.1
Public health department/unit	0.0
Other	4.8

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Practice Settings

Practice Setting	2019 (n=1,423) %
Ambulatory care	0.4
Community health	5.2
Critical care	0.5
Emergency care	0.5
Geriatrics/long-term care	30.6
Home care	5.3
Maternity/newborn	0.5
Medical/surgery	13.5
Nursing education	0.4
Nursing research only	0.4
Nursing service	7.1
Occupational health	0.1
Oncology	0.7
Operating room/recovery room	0.5
Other administration	0.4
Other direct care	1.8
Other education	0.1
Other research	0.1
Pediatrics	1.2
Psychiatry/mental health	4.4
Public health	0.4
Rehabilitation	3.9

NCSBN
Leading Regulatory Excellence

Where to Find Practice Analysis Results

- Findings are available to the public

- Can be downloaded free of charge

- No printed copies available

- NCSBN Website: https://www.ncsbn.org/rex-pn.htm
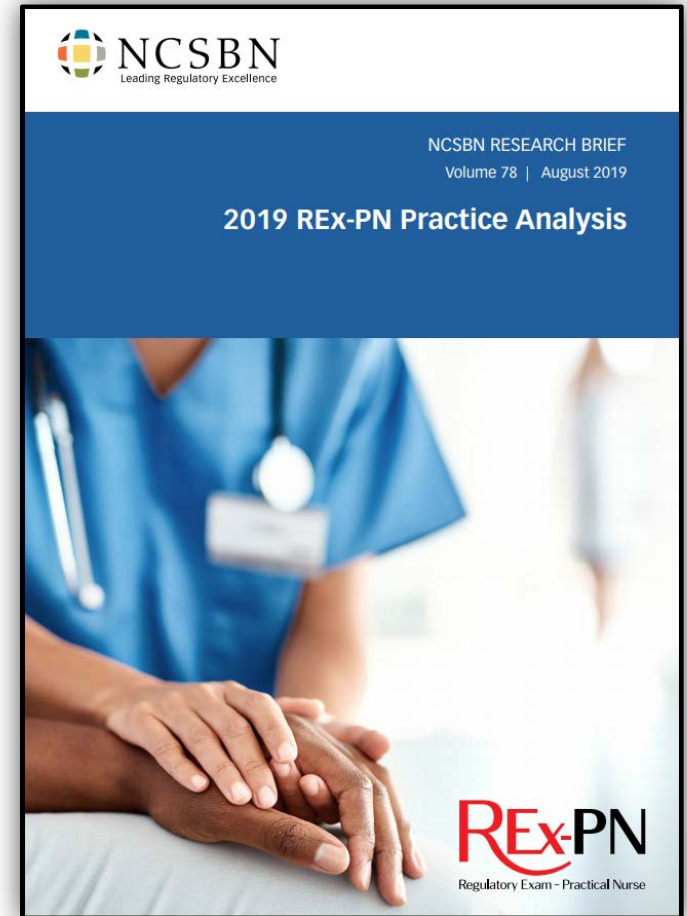
REx-PN Test Plan

REx-PN Test Plan

- REx-PN Test Plan is developed as a result of data collected from the Practice Analysis

- Exam items encompass all eight categories of the Test Plan

Effective January 2022

REx-PN®

Test Plan for the Regulatory Exam – Practical Nurse
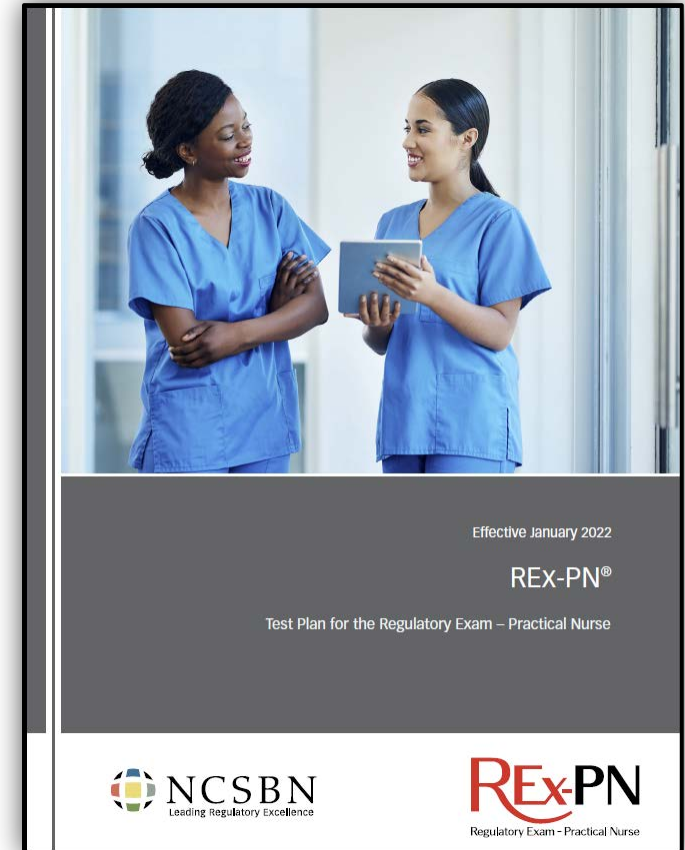
Test Plan

Updated Regularly

- Every five years

Outline of content found on exam

- Based on Practice Analysis results
- Reviewed and approved by the Practical Nurse Exam Committee (PNEC)

Purpose

- Guide graduates preparing for the exam
- Provide direction for item writers
- Facilitate classification of items

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

REx-PN Test Plan Features

- Content distribution

- Integrated processes

- Specific nursing content and item examples

- Laboratory values

- Other information, including but not limited to:
  - Exam length
  - Passing standard methodology
  - Reviewing answers and guessing
  - Scoring of the exam
  - Terminology
  - Confidentiality
  - Item writing exercises

Effective January 2022

**Distribution of Content for the REx-PN Test Plan**

Physiological Adaptation 9%

Reduction of Risk Potential 11%

Pharmacological and Parenteral Therapies 17%

Basic Care and Comfort 9%

Management of Care 21%

Safety and Infection Control 13%

Health Promotion and Maintenance 9%

Psychosocial Integrity 11%
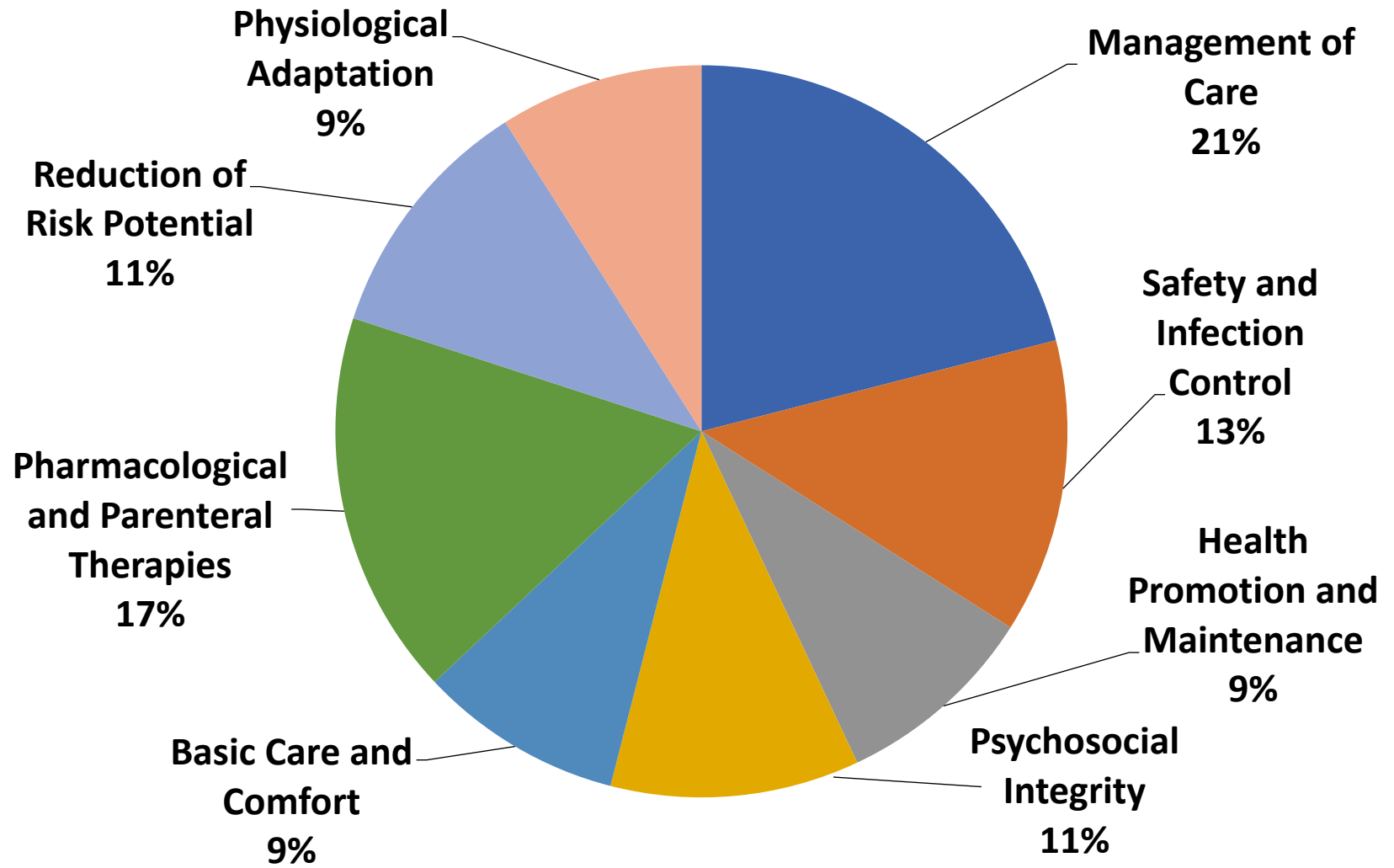
Management of Care (21%)

Provides and directs nursing care that enhances the care delivery setting to protect clients and health care personnel

Related content includes but is **not limited** to:

- Advance directives
- Collaboration with interdisciplinary teams
- Establishing priorities
- Client rights
- Ethical practice
- Legal rights and responsibilities
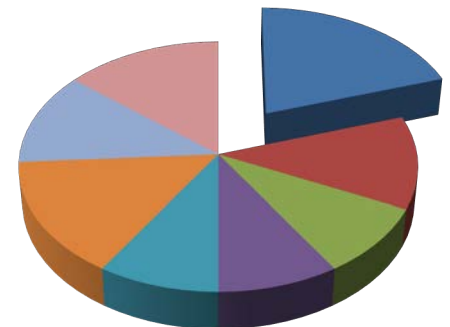
Management of Care Example

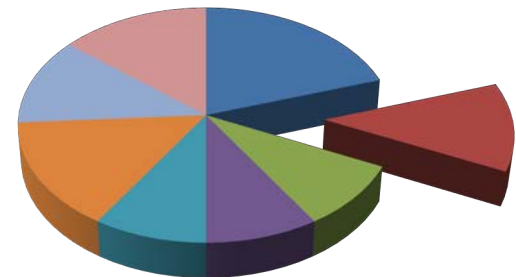The nurse has received the following information about assigned clients. The nurse should first assess the client with

1. atrial fibrillation who has an irregular pulse of 90

2. pericarditis who has a temperature of 37.8°C

3. peripheral vascular disease (PVD) who has a capillary refill time of 4 seconds

4. end-stage renal disease (ESRD) who has a serum potassium level of 6.0 mmol/L (key)

Safety and Infection Control (13%)

Protects clients and health care personnel from health and environmental hazards

Related content includes but is **not limited** to:

- Emergency response

- Minimizing harm and risk

- Safety devices

- Standard precautions/transmission-based precautions/surgical asepsis

Safety and Infection Control Example

The nurse is planning a staff education program about Clostridium difficile infection. Which of the following information should the nurse include?

1. "Clients who have Clostridium difficile infections should be placed on droplet precautions."

2. "After recovery from Clostridium difficile infections, clients are immune from a recurrence of the infection."

3. "Items used in caring for clients who have Clostridium difficile infections should be cleaned with a household bleach solution." (key)

4. "After caring for clients who have Clostridium difficile infections, the nurse should cleanse the nurse's hands with an alcohol-based hand rub."

Health Promotion and Maintenance (9%)

Provides and directs nursing care of the client that incorporates the knowledge of expected growth and development principles; prevention and/or early detection of health problems, and strategies to achieve optimal health

Related content includes but is **not limited** to:

- Aging process
- Developmental stages and transitions
- Health promotion and screening
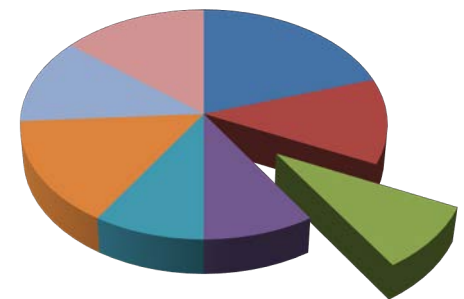
Health Promotion and Maintenance Example

The nurse is teaching about recommended lifestyle modifications for a client who is at risk of hypertension. Which of the following information should the nurse include?

1. "Maintain a body mass index (BMI) of 25 to 30."

2. "Reduce daily cigarette smoking to one-half pack."

3. "Decrease salt intake by consuming only processed food products."

4. "Perform aerobic physical activity for at least 30 minutes daily for 5 days per week." (key)

Psychosocial Integrity (11%)

Provides and directs nursing care that promotes and supports the emotional, mental and social wellbeing of the client experiencing stressful events, as well as clients with acute or chronic mental illness

Related content includes but is **not limited** to:

- Behavioural interventions
- Coping mechanisms
- Sensory/perceptual alterations
- Therapeutic communication and environment

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

Psychosocial Integrity Example

The nurse is planning care for a client with moderate Alzheimer's disease (AD) who is experiencing difficulty meeting basic physiologic needs. Which of the following interventions should the nurse include in the client's plan of care? **Select all that apply.**

1. Weigh the client monthly.
2. Monitor the client's food and fluid intake. (key)
3. Provide the client with a wide range of choices at mealtimes.
4. Offer the client finger foods that can be taken away from the table. (key)
5. Minimize the client's exposure to noise and distraction at mealtimes. (key)

Basic Care and Comfort (9%)

Provides comfort and assistance in the performance of activities of daily living

Related content includes but is **not limited** to:

- Assistive devices
- Basic personal care
- Elimination
- Non-pharmacological comfort interventions
- Nutrition and oral hydration
- Rest and sleep
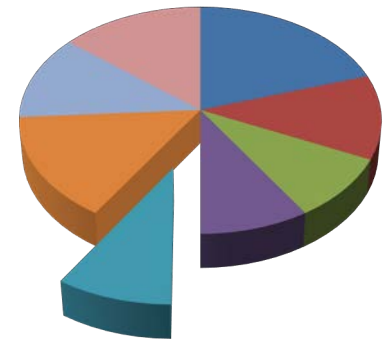
Basic Care and Comfort Example

The nurse is teaching a client about reporting and relieving pain. Which of the following information should the nurse include? **Select all that apply.**

1. "The use of multiple pain scales helps to prove the severity of your pain."

2. "The use of a pain scale helps me understand the quality of the pain you are having."

3. "You will be asked regularly if you have pain and to rate your pain by using a pain scale." (key)

4. "You should report when you are having pain so that I will know when you are uncomfortable." (key)

5. "You will consistently receive the strongest pain medication to ensure as much pain relief as possible."

Pharmacological and Parenteral Therapies (17%)

Provides care related to the administration of medications and parenteral therapies

Related content includes but is **not limited** to:

- Adverse effects/contraindications/side effects/interactions

- Blood and blood products

- Central venous access devices

- Medication administration

- Parenteral/intravenous therapies
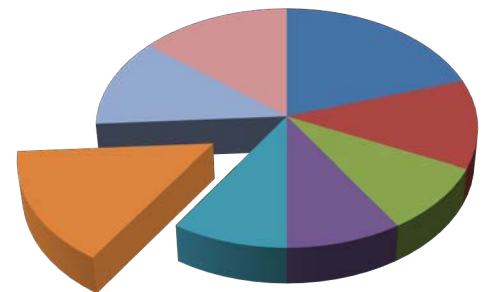
Pharmacological and Parenteral Therapies Example

The nurse is caring for a client who has an order for 0.9% sodium chloride (normal saline) with 5% dextrose in water, 1 L, IV, to be infused over 3 hours. The nurse has tubing with a drop factor of 10 available. How many gtt/min should the client receive? **Record your answer using a whole number.**

Answer: 56 gtt/min (key)

Reduction of Risk Potential (11%)

Reduces the likelihood that clients will develop complications or health problems related to existing conditions, treatments or procedures

Related content includes but is **not limited** to:
- Changes/abnormalities in vital signs
- Lab values and diagnostic tests
  - ABGs (pH, PO2, PCO2, SaO2, HCO3), BUN, cholesterol (total), creatinine, glucose, glycosylated hemoglobin (HgbA1C), hematocrit, hemoglobin, INR, platelets, potassium, PT, PTT & APTT, sodium, WBC
- Potential complications
- System specific assessments

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence
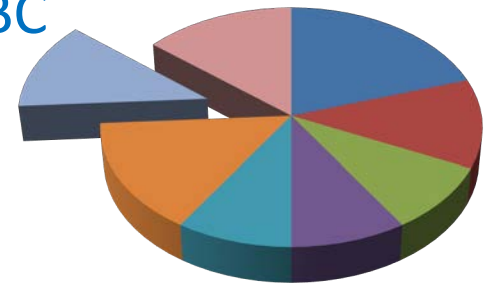
Reduction of Risk Potential Example

The nurse is caring for a client who had a colonoscopy 20 minutes ago. Which of the following would be an expected finding?

1. weakness and dizziness
2. flatulence and abdominal cramps (key)
3. frequent and bloody bowel movements
4. abdominal distention and the urge to defecate

Physiological Adaptation (9%)

Manages and provides care for clients with acute, chronic or life-threatening physical health conditions

Related content includes but is **not limited** to:

- Alterations in body systems

- Fluid and electrolyte imbalances

- Hemodynamics

- Medical emergencies

- Pathophysiology
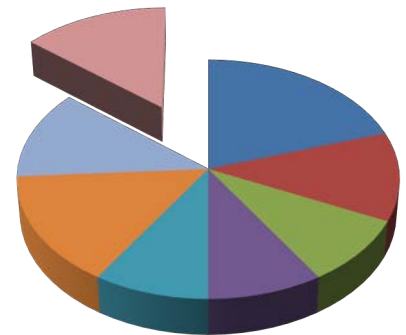
Physiological Adaptation Example

The nurse is teaching a client who has gout. Which of the following information should the nurse include? **Select all that apply.**

1. "Gout can cause deformity but is usually painless."
2. "Medications and a low-purine diet help to manage gout." (key)
3. "Gout is a metabolic disorder of excess uric acid production." (key)
4. "Gout attacks can be precipitated by increased ingestion of alcohol." (key)
5. "Supplemental vitamins and herbs should be eliminated to reduce gout attacks."

REx-PN Integrated Processes
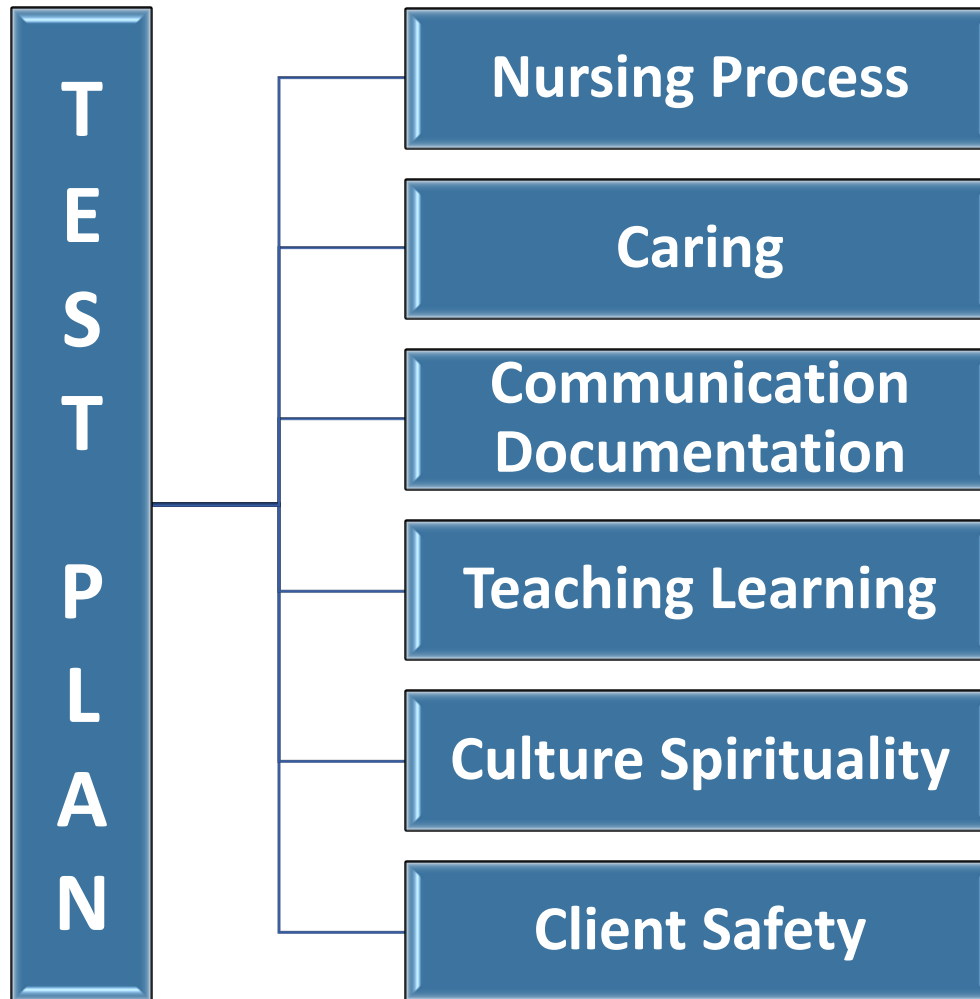
REx-PN Test Plan for Student Preparation

Identify the REx-PN® Test Plan Area of Concentration

- Test Plan Category 3: Health Promotion and Maintenance
  - Provides and directs nursing care of the client that incorporates the knowledge of expected growth and development principles; prevention and/or early detection of health problems, and strategies to achieve optimal health

Identify the REx-PN Test Plan Activity Statement

Health Promotion and Maintenance

- **Health Promotion and Maintenance** – the nurse provides and directs nursing care of the client that incorporates knowledge of expected growth and development; prevention and early detection of health problems, and strategies to achieve optimal health.

HEALTH PROMOTION AND MAINTENANCE

Related Activity Statements from the *2019 REx-PN Practice Analysis*

- Provide care and education for the newborn, infant, and toddler client from birth through 2 years
- Provide care and education for the preschool, school age and adolescent client ages 3 through 17 years
- Provide care and education for the adult client ages 18 through 64 years
- Provide care and education for the adult client ages 65 years and over
- Provide prenatal care and education
- Provide care and education to an antepartum client
- Provide care and education to a client in labour
- Provide postpartum care and education
- Identify and facilitate access to community resources for clients
- Assess client's growth and development throughout the lifespan
- Identify barriers to communication

Consider REx-PN Related Content

Developmental Stages and Transitions

- **Assess client's growth and development throughout the lifespan***
  - Identify expected physical, cognitive and psychosocial stages of development
  - Identify expected body image changes associated with client developmental age (e.g., aging, pregnancy)
  - Compare client development to expected age/developmental stage and report any deviations
  - Assess impact of change on family system (e.g., one-parent family, divorce, ill family member)
  - Recognize cultural and religious influences that may impact family functioning
  - Assist client to cope with life transitions (e.g., attachment to newborn, parenting, puberty, retirement)
  - Modify approaches to care in accordance with client developmental stage (use age appropriate explanations of procedures and treatments)
  - Provide education to client/staff members about expected age-related changes and age-specific growth and development (e.g., developmental stages)
  - Evaluate client's achievement of expected developmental level (e.g., developmental milestones)

REx-PN
Regulatory Exam - Practical Nurse

NCSBN
Leading Regulatory Excellence

What knowledge, skills and abilities do students need to know?

- The student will be able to identify normal and abnormal age-related findings in pediatric population.

Create an REx-PN Style Question

- The nurse is assessing a 2-year-old client. Which of the following would be an expected age-related finding? **Select all that apply.**

  1. Runs with a wide stance **(key)**

  2. Turns pages of a book one at a time **(key)**

  3. Holds pencil with fingers

  4. Has a vocabulary of 300 words **(key)**

  5. Gives first and last name

REx-PN Web Resources

REx-PN Test Plan

REx-PN Practice Analysis

REx-PN CAT Recording

REx-PN FAQs

NCSBN Learning Extension

- Test Development and Item Writing

- Assessment of Critical Thinking

https://www.ncsbn.org/rex-pn.htm

NCLEX & Other Exams

- Application & Registration
- Before the Exam
- Exam Day
- After the Exam
- Testing Locations
- Test Plans
- Exam Statistics & Publications
- Exam Volunteer Opportunities
- Next Generation NCLEX Project
- NCLEX Research Opportunities
- NCLEX FAQs
- 🔒 NCLEX Member Resources
- REx-PN

Regulatory Exam - Practical Nurse (REx-PN)

REx-PN
Regulatory Exam - Practical Nurse

The REx-PN is a new Canadian Practical Nurse exam developed for the British Columbia College of Nursing Professionals (BCCNP) and the College of Nurses of Ontario (CNO).

BCCNP and CNO have partnered with NCSBN to develop the REx-PN. NCSBN is dedicated to developing psychometrically sound and legally defensible nurse licensure and certification examinations consistent with current practice.

The REx-PN exam will launch in January 2022.

2022 REx-PN Test Plan

EFFECTIVE JANUARY 4, 2022

The REx-PN test plan includes an in-depth overview of the content categories, details about the administration of the exam and REx-PN style item writing exercises.

📄 **Download Publication**　📄 **Français**

RELATED PAGES

REx-PN FAQs

RELATED RESOURCES

🔗 British Columbia College of Nursing Professionals (BCCNP)

🔗 College of Nurses of Ontario (CNO)

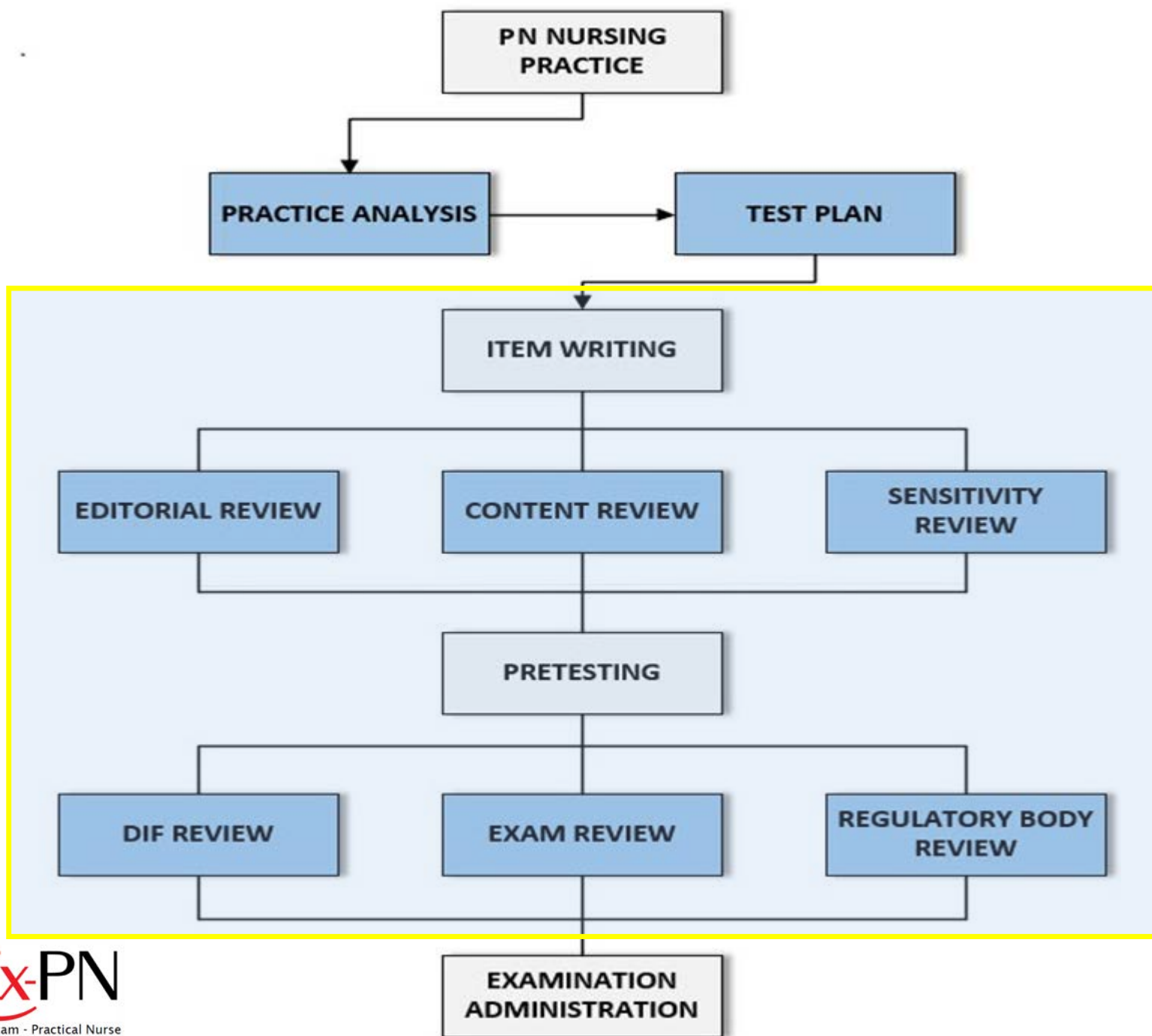**RELATED VIDEOS**

REx-PN Using CAT

REx-PN: un Examen Adaptatif Informatisé

REx-PN Academic Webinar Series
Part 2: Item Writing

October 8, 2020
3pm – 4 pm EST

REx-PN Item Development Process

PN NURSING PRACTICE

PRACTICE ANALYSIS → TEST PLAN

ITEM WRITING

EDITORIAL REVIEW | CONTENT REVIEW | SENSITIVITY REVIEW

PRETESTING

DIF REVIEW | EXAM REVIEW | REGULATORY BODY REVIEW

EXAMINATION ADMINISTRATION

REx-PN
Regulatory Exam - Practical Nurse

THANK YOU!

QUESTIONS?