

CRRN – Test Taking Strategies

Presented By:

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Disclaimer: The information provided in this presentation is subject to revision based upon future updates and clarifications by ARN. Please consult with available resources.

I have no financial relationships to disclose; no conflicts of interests to disclose; and will not promote any commercial products or services. Thank You.

Purpose of Presentation

- **The intent of this presentation is to review and discuss strategies on preparing for the CRRN exam and ultimately achieve CRRN status.**

Goals / Objectives

- ❖ **Determine what “test taking” strategies have worked for you in the past.**
- ❖ **Draft a “personal plan/calendar” that keeps you on track in preparing for & taking exam.**
- ❖ **Become familiar with the various areas being tested on the exam.**
- ❖ **Recognize test item structure and different types of test questions/scenarios.**
- ❖ **Complete practice test questions (as many as possible).**
- ❖ **Prepare for the day of exam (test drive to location; find room; stay in hotel if needed; good night’s rest; etc.).**

Question To Ponder During Presentation



Am I determined and committed to do what needs to be done for a successful outcome (i.e. CRRN status)?

This is what it takes.....



Test Taking Strategies

- **Determine/write down what strategies worked for you in the past.**
- **Ask yourself – “Will these strategies work for this exam?”**
- **Visit with CRRN nurses on their test taking strategies.**
- **Review information on preparing for exam and for “test taking” - see ARN website.**

ARN Website Resources

- Review the [CRRN Candidate Handbook](#)
- Four major domains in the [CRRN Exam Content Outline](#):
 1. Rehabilitation nursing models and theories (6%)
 2. Functional health patterns (theories, physiology, assessment, standards of care, and interventions in individuals with injury, chronic illness, and disability across the lifespan) (58%)
 3. The function of the rehabilitation team and community reintegration (13%)
 4. Legislative, economic, ethical, and legal issues (23%).
- Specialty Practice of Rehab Nursing - Core Curriculum (8th Edition)
- Flash Cards
- Comprehensive Online Prep Course
- Online CRRN Practice Test
- CRRN Tips & Tricks Webinar

Personal Plan/Calendar

May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chapter 1 – Rehab & Rehab Nursing	3 Chapter 2 – Rehab Nursing Now & Into Future	4 Chapter 3 – Interprofessional Teamwork & Collaboration	5 Chapter 4 – Ethical, Moral & Legal Considerations of Rehab Nursing	6 Complete/Review Sample Test Items	7
8	9 Chapter 5 – Building Rehab Nursing Knowledge Through Research	10 Chapter 6 – Evidence Based Practice	11 Chapter 7 – Quality & Safety: Performance Measurement & Accountability	12 Continue Chapter 7	13 Complete/Review Sample Test Items	14
15	16 Chapter 8 – Patient Education Across the Life Span	17 Chapter 9 – Care Transitions & Role of Rehab Nurse	18 Chapter 10 – Rehab Nursing & Case Management	19 Chapter 11 – Integral Nursing Theory/Framework Complementary & Alternative Practice	20 Complete/Review Sample Test Items	21
22	23 Chapter 12 – Technology & Adaptive Equipment in Rehab Setting	24 Chapter 13 – Healthcare Financing & Health Policy in Rehab	25 Chapter 14 – Theory & Practice Models for Rehab Nursing	26 Continue Chapter 14	27 Complete/Review Sample Test Items	28
29	30 HOLIDAY – Memorial Day	31 Chapter 15 – Pediatric Rehab Nursing				29

May

2022

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June

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Chapter 16 – Gerontological Rehab Nursing	² Chapter 17 – Military Considerations in Rehab Nursing	³ Complete/Review Sample Test Items	⁴
⁵	⁶ Chapter 18 – Health Maintenance & Management of Therapeutic Regimens	⁷ Chapter 19 – Physical Healthcare Patterns & Nursing Interventions	⁸ Continue Chapter 19	⁹ Chapter 20 – Psychosocial Healthcare Patterns & Nursing Interventions	¹⁰ Complete/Review Sample Test Items	¹¹
¹²	¹³ Chapter 21 – Patients with Acute & Chronic Neuro Diseases	¹⁴ Chapter 22 – Stroke	¹⁵ Chapter 23 – Traumatic Injuries: TBI & SCI	¹⁶ Chapter 24 –Rehab Patient W/Musculo- Skeletal Conditions	¹⁷ Complete/Review Sample Test Items	¹⁸
¹⁹	²⁰ Chapter 25 – Cardiac & Pulmonary Rehab	²¹ Chapter 26 – Other Disease Process Requiring Rehab	²² Chapter 27 – Acute & Chronic Pain	²³ Chapter 28 – Acute & Chronic Complication in Rehab Population	²⁴ Complete/Review Sample Test Items	²⁵
²⁶	²⁷ Complete Practice Tests	²⁸ Complete Practice Tests	²⁹ Take CRRN Exam this date OR	³⁰ Take CRRN Exam this date		²⁹

Preparation Resource

- ❑ Download **“CRRN Examination Candidate Handbook”** – includes valuable information:
 - Examination dates & application deadlines
 - Application process
 - Examination scheduling
 - Scantron testing centers
 - Examination day (remote proctoring)
 - After the examination
 - Examination information

- ❑ Read and follow guidelines as outlined for the CRRN exam.

CRRN Content Outline

❑ Download “**CRRN Content Outline**”—valuable information:

- There are four major domains:

1. Rehabilitation nursing models and theories **(6%)**
2. Functional health patterns (theories, physiology, assessment, standards of care, and interventions in individuals with injury, chronic illness, and disability across the lifespan) **(58%)**
3. The function of the rehabilitation team and community reintegration **(13%)**
4. Legislative, economic, ethical, and legal issues **(23%)**.

CRRN Content Outline

❑ Domain One: Rehab Nursing Models & Theories **(6%)**

-- Incorporates evidence-based practice, nursing theories and models, nursing process, standards and scope of practice into patient-centered care.

-- Know about and apply evidence-based practice, nursing theories, nursing process & scope of practice into patient-centered care.

CRRN Content Outline

- ❑ **Domain Two: Functional health patterns (theories, physiology, assessment, standards of care, & interventions in individuals with injury, chronic illness, disability across lifespan) (58%)**

Task 1: Apply nursing process to optimize the restoration and preservation of individual's health and well-being.

- Study and have knowledge in physiology, pharmacology, rehab standards & scope of practice, technology (smart devices, internet, etc.), alteration in sexual function and reproduction.
- Be skilled with assessment, teaching, applying standards/scope of practice, using technology, assessing goals and teach interventions related to sexuality and reproduction.

CRRN Content Outline

❑ Domain Two (continued):

Task 2: Apply nursing process to promote optimal nutrition.

- Study and have knowledge of adaptive equipment and feeding techniques, anatomy & physiology related to nutritional/metabolic patterns, diagnostic testing, diet types, fluid & electrolyte balance, nutritional requirements, skin integrity, pharmacology and safety concerns.
- Be skilled with assessment of nutritional/metabolic patterns, establishing/implementing/evaluating nutritional interventions, implementing/evaluating interventions related to skin care, teaching interventions for swallowing deficits, and using adaptive equipment.

CRRN Content Outline

❑ Domain Two (continued):

Task 3: Apply nursing process to optimize individual's elimination patterns.

- Study and have knowledge of normal as well as altered bowel & bladder function and physiology; use of adaptive equipment/technology, training programs for bowel & bladder, and pharmacological/non-pharmacological interventions.
- Be skilled with assessment of elimination patterns, implementing/evaluating interventions, teaching interventions to prevent complications, providing patient/caregiver education, and using adaptive equipment and technology.

CRRN Content Outline

❑ Domain Two (continued):

Task 4: Apply nursing process to optimize the individual's highest level of functional ability.

- Study and have knowledge of anatomy & physiology, and interventions related to musculoskeletal, respiratory, cardiovascular, and neurological function, assistive devices/technology, signs of sensorimotor deficits, activity tolerance/energy conservation, pharmacology, safety concerns and self-care activities.
- Be skilled with assessment/implementing interventions for self-care and mobility, safety interventions, using technology, teach interventions to prevent complications of immobility,

CRRN Content Outline

❑ Domain Two (continued):

Task 5: Apply nursing process to optimize the individual's sleep and rest patterns.

- Study and have knowledge of factors affecting sleep and rest, pharmacology, physiology of sleep/rest cycles, & technology.
- Be skilled with assessment/evaluating effectiveness of sleep/rest interventions, teaching intervention/strategies to promote sleep/rest, and using technology.

CRRN Content Outline

❑ Domain Two (continued):

Task 6: Apply nursing process to optimize the individual's neurological function.

- Study and have knowledge of measurement tools (Rancho Los Amigos, Glasgow, ASIA, pain), neuro-anatomy/physiology (cognition, judgment, sensation, perception), pain (receptors, acute, chronic, theories), pharmacology, safety concerns (seizures, falls, impaired judgment), and technology.
- Be skilled with assessment/implementing/evaluating neurological function, strategies for safety, teaching strategies for neurological deficits, pain/comfort, using technology and behavioral management strategies.

CRRN Content Outline

❑ Domain Two (continued):

Task 7: Apply nursing process to promote individual's optimal psychosocial patterns and holistic well-being.

- Study and have knowledge of individual roles and relationships (cultural, environmental, societal, familial, gender, age), role alterations, psychosocial disorders, theories, traditional & alternative modalities and cultural competence.
- Be skilled with assessment/promoting self-efficacy, self-care, and self-concept, accessing supportive team resources/services, promoting strategies to cope with role/relationship changes, including individual/caregiver in POC, incorporating cultural/spiritual values, promoting positive interactions and evaluating effect of values, belief systems, and spirituality of individual.

CRRN Content Outline

❑ Domain Two (continued):

Task 8: Apply nursing process to optimize coping and stress management skills of individual/caregiver.

- ...Study and have knowledge of community resources, coping/stress management strategies, cultural competence, physiology of stress response, safety concerns (harm to self & others), technology, theories, types of stress/stressors, and stages of grief and loss.
- Be skilled with assessing potential for harm to self and others, ability to cope and manage stress, facilitate appropriate referrals, implement/evaluate strategies to reduce stress and improve coping and using therapeutic communication.

CRRN Content Outline

❑ Domain Two (continued):

Task 9: Apply nursing process to optimize individual's ability to communicate effectively.

- ...Study and have knowledge of anatomy/physiology (cognition, comprehension, sensory deficits), communication techniques, cultural competence, developmental factors, linguistic deficits (aphasia, dysarthria, language barriers), and assistive technology and adaptive equipment.
- Be skilled with assessing comprehension & communication, implementing/evaluating communication interventions, involving & educating support systems, using assistive technology/adaptive equipment, and using communication techniques.

CRRN Content Outline

❑ Domain Three: The Function of the Rehabilitation Team and Community Reintegration **(13%)**

Task 1: Collaborate with interdisciplinary/inter-professional team to achieve patient-centered goals.

- Study and have knowledge of goal setting and expected outcomes, types of healthcare teams, rehab philosophy and definition, roles/responsibilities of team members, theory (change, leadership, communication, team function, organizational).
- Be skilled with advocating for inclusion of appropriate team members, applying appropriate theories, communicating/collaborating with interdisciplinary/inter-professional team, and developing, documenting POC to attain patient-centered goals.

CRRN Content Outline

❑ Domain Three (continued):

Task 2: Apply nursing process to promote individual's community reintegration.

- Study and have knowledge of technology/adaptive equipment (electronic hand-held devices, service animals, & equipment to support ADLs), community - personal - professional resources, teaching and learning strategies for self advocacy.
- Be skilled at accessing community resources, assessing readiness for D/C, barriers to community reintegration, evaluating outcomes/adjusting goals, identifying financial barriers and obtaining resources, initiating referrals, participating in team/patient/caregiver conferences, planning D/C, teaching health, wellness & life skills, and using adaptive equipment/technology.

CRRN Content Outline

❑ Domain Four: Legislative, Economic, Ethical, and Legal Issues **(23%)**

Task 1: Integrate legislation and regulations to guide management of care.

- Study and have knowledge of agencies related to regulatory, disability, and rehabilitation (CARF, Joint, APS, CPS, CMS, SSA, OSHA) & specific legislation related to disability and rehabilitation (Medicare, Medicaid, ADA, rehabilitation acts, HIPAA, Affordable Care Act, Workers' Compensation, Vocational, etc.).
- Be skilled with accessing, interpreting, applying legal, regulatory and accreditation information and using assessment, measurement and reporting tools (IRF-PAI, Quality Coding, patient satisfaction).

CRRN Content Outline

❑ Domain Four (continued):

Task 2: Use nursing process to deliver cost effective patient-centered care.

- ... Study and have knowledge of clinical practice guidelines, community/public resources, insurance/reimbursement (PPS, workers' compensation), regulatory agency audit process, staffing patterns/policies and utilization review processes.
- Be skilled at analyzing quality/utilization data, collaborating with private/community/public resources, incorporating clinical practice guidelines, managing current/projected resources cost effectively.

CRRN Content Outline

❑ **Domain Four** (continued):

Task 3: Integrate ethical considerations and legal obligations that affect nursing practice.

- ... Study and have knowledge of ethical theories and resources (deontology, ombudsperson, ethics committee) and legal implications of healthcare related policies/documents (HIPAA, advance directives, powers of attorney, informed consent).
- Be skilled at advocating for individual, documenting services provided, identifying appropriate resources to assist with legal documents, implementing strategies to resolve ethical dilemmas and applying ethics in delivery of care.

CRRN Content Outline

❑ Domain Four (continued):

Task 4: Integrate quality and safety in patient-centered care.

- ... Study and have knowledge of quality measures and performance improvement processes (Agency for Healthcare Research & Quality, Institute of Medicine, National Database of Nurse Quality Indicators), models/tools used in PI (Plan, Do, Check, Act), Federal quality measurement efforts, reporting requirements (infection rates, acquired PI/PU, sentinel events, community D/C & readmissions).
- Be skilled at assessing safety risks, minimizing safety risk factors, implementing safety prevention measures, utilizing assessment, measurement, reporting tools (quality coding, patient satisfaction), incorporating standards of professional performance.

Development of Exam Questions

- *Test items are written at a variety of levels:*
 - *Knowledge (recall, memorization of facts)*
 - *Application (higher level, applying that knowledge)*
 - *Synthesis (requiring more critical thinking)*

NOTE: Many academic professors have spent time in continuing education classes to learn how to write good test questions.

Development of Exam Questions

- Many of the questions (for CRRN exam) contain a nurse and patient situation.
- If a test question has you stumped, try thinking about what the test writer is attempting to ascertain (i.e. wanting to determine what you know), so answer question accordingly.
- Analyze the questions that stump you:
 - What type of question is this?
 - What do you need to know to answer it?
 - How you can make an educated guess if you don't know?

Test Taking Preparation

- Pursue the type of studying that works for you:
 - Reading/studying content of CORE Curriculum
 - Group studying and follow up discussions
 - Practice test after completion of each “Domain” or “Tasks”
- Study in advance to gain confidence and feel prepared.
- Review areas of weakness & intensify study of these areas.
- Create memory joggers for difficult to remember content.
- **Become skilled at using computer with practice tests.**

Exam Day

- Plan ahead:
 - Map out route: site & parking (drive route day before)
 - Locate test site / building / room for test
 - Locate bathroom and venting machine
- If the drive to test site is too far or there may be inclement weather, get a hotel room close to test site.
- Get a good night's sleep.
- Have a healthy light breakfast (rich in protein).
- Arrive at test site ahead of time (at least 15 minutes).
BE ON TIME (if late, forfeit reservation)

Exam Day

- Have CURRENT photo ID (can not be expired)
- Have written verification of test & identification
- Use relaxation techniques if you start to tense up.
- Stay positive throughout
- Immediate feedback given at test site
- Receiving certificate takes longer; may be up to 6 weeks after test.
- Highly recommend that go on ARN website and register for “CRRN Tips & Tricks Webinar”; great resource.

Taking Exam

- Format
 - Multiple choice questions
 - Administered electronically (on computer)
 - 150 questions plus 25 pretest questions = 175
 - Pretest questions are not counted in the scoring
 - 3 hours to complete; BUDGET your time
 - Read all test directions completely & carefully
 - Answer ALL questions (no penalty for wrong answer)
 - Two (2) answers are usually right and one (1) is the BEST rehab answer (**LOOK for only, never, best, most likely, least, usually, always**)

Taking Exam

- Answer all questions the first time through.
- Mark test items that you want to come back to and “re-think” if time permits.
- Changing answers may result in a wrong answer.
- When in doubt, go with your first answer.
- Determine what is the question asking about.
- Realize that some of the information in the question may be a distracter.

Resources - Summary

- **ARN Website**

- The Specialty Practice of Rehabilitation Nursing: A Core Curriculum, 8th edition (2019)
- CRRN Flashcards
- PRN Online Course (20 CEU)
- Online CRRN Practice Test
- CRRN Tips & Tricks Webinar
- CRRN Review: A Knowledge Check

Resources - Summary

- **Additional Websites – Practice Questions:**

<https://www.test-questions.com/crrn-exam-questions-01.php>

www.rehabclassworks.com

<https://www.testprepreview.com/crrn.htm>

<https://www.mometrix.com/academy/crrn-practice-test>

www.mo-media.com/crrn



- o Thanks goes to ALL our Health Care Teams
- o We are living through a Historic Pandemic.
- o By working together, we will get through this.
- o Continue to protect yourself and loved ones.

If you have any questions, you
are welcome to contact me:

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Thank You.