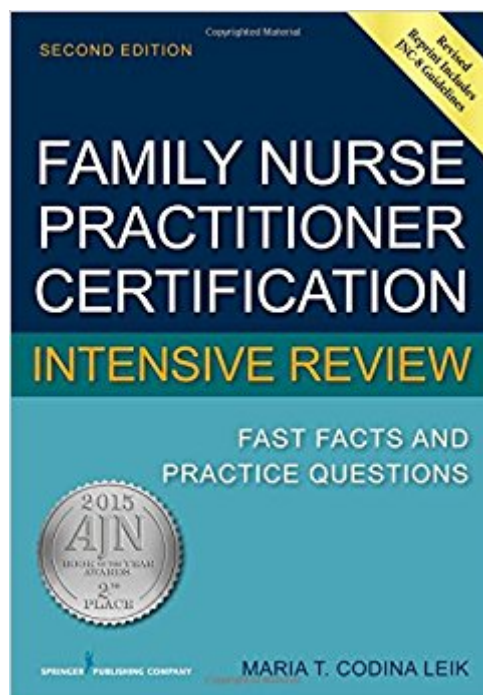




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# Family Nurse Practitioner Certification Intensive Review: Fast Facts And Practice Questions, Second Edition



## Synopsis

Also Available As: The FNP Certification Review App! Praise for the First Edition: This is a well written, comprehensive review aimed at preparing readers for successfully completing a board certification exam...This is a wonderful comprehensive review in a concise study guide format.--Doody's Medical Reviews The second edition of this acclaimed FNP review continues to promote efficient, time-saving study by synthesizing the key content needed to pass the NP Certification Exam into a concise, well-organized format. Using test-taking strategies meticulously developed by the author, the Review provides unique question dissection techniques, targeted key content review, 600 in-depth practice questions, and detailed, current exam information in a fast facts style. This second edition includes new chapters on pediatrics and adolescence and an extensive new section on geriatrics that encompasses body/metabolic changes, common disorders, and hospice/ethical considerations. The book also presents an expanded, intensive pharmacology review, 100 new exam questions, and is the only review to offer a new research chapter providing elements of research needed for E-B practice. The book reviews the complete lifespan from pediatrics to geriatrics and including pregnancy, and covers non-clinical content including ethics, medico-legal issues, advanced practice law, and reimbursement guidelines. The review of primary care disorders is organized by body system. The content is applicable for certification exams for both the ANCC and the AANP. This book is also a great companion to the FNP Certification Review app, coming soon for your iPhone or iPad! New to this edition: Reorganized for greater ease of use Provides extensive new section on geriatrics Contains expanded coverage of pediatrics and adolescence Offers expanded intensive-style pharmacology review Presents elements of research needed for E-B practice Includes 100 new questions for a total of 600 high-yield questions Why use this review? Delineates strategic question dissection techniques for study success developed by the author, a leading provider of exam preparation education for over 20 years Provides precisely targeted content review Offers 600 in-depth practice questions and detailed exam information Includes Exam Tips and Clinical Tips to help prioritize test content. It is the only book to present elements of research needed for E-B practice Outlines normal findings and benign variants in physical assessment of each body system Includes succinct review of diseases commonly seen in primary care It's a great companion to the forthcoming FNP Certification Review app!

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## Customer Reviews

"This is a well written, comprehensive review aimed at preparing readers for successfully completing a board certification exam. ...This is a wonderful comprehensive review in a concise study guide format. (5 Stars)--"Doody's Book Review Service " (Praise for the first edition) The second edition of this acclaimed FNP review continues to promote efficient, time-saving study by synthesizing the key content needed to pass the NP Certification Exam into a concise, well-organized format. Using test-taking strategies meticulously developed by the author, the Review provides unique ?question dissection techniques, ? targeted key content review, 600 in-depth practice questions, and detailed, current exam information in a fast facts style. This second edition includes new chapters on pediatrics and adolescence and an extensive new section on geriatrics that encompasses body/metabolic changes, common disorders, and hospice/ethical considerations. The book also presents an expanded, intensive pharmacology review, 100 new exam questions, and is the only review to offer a new research chapter providing elements of research needed for E-B practice. The book reviews the complete lifespan from pediatrics to geriatrics and including pregnancy, and covers non-clinical content including ethics, medico-legal issues, advanced practice law, and reimbursement guidelines. The review of primary care disorders is organized by body system. The content is applicable for certification exams for both the ANCC and the AANP. New to this edition: Reorganized for greater ease of use Provides extensive new section on geriatrics Contains expanded coverage of pediatrics and adolescence Offers expanded intensive-style pharmacology review Presents elements of research needed for E-B practice Includes 100 new questions for a total of 600 ?high-yield? questions Why use this review? Delineates strategic ?question dissection techniques? for study success developed by the author, a

leading provider of exam preparation education for over 20 years Provides precisely targeted content review Offers 600 in-depth practice questions and detailed exam information Includes Exam Tips and Clinical Tips to help prioritize test content. It is the only book to present elements of research needed for E-B practice Outlines normal findings and benign variants in physical assessment of each body system Includes succinct review of diseases commonly seen in primary care "

Maria T. Codina Leik, MSN, APRN, BC, FNP-C is the President and Principal Lecturer at National ARNP Services, Inc., her own company. Well-known for her ability to simplify complex concepts for her students, she is a popular speaker and educator. Ms. Leik taught previously in the NP program at Florida International University Graduate School of Nursing. She is Board Certified in two specialties: Family NP and Adult Gerontology Primary Care NP by the AANP and ANCC. Her research findings have been presented at an international HIV conference as well as at nursing conferences. In addition to her two NP certification review books published by Springer Publishing, she is the author of book chapters in two NP textbooks. Ms. Leik is a member of Sigma Theta Tau International Honor Society.

I wanted to write a review that would help NP students/graduates that are in the position that I was a few months ago.1. AANP vs. ANCC? I put a lot of thought into which board exam I wanted to take and why. I ended up choosing ANCC-FNP for the main reason that I feel nursing, in general, encompasses many different areas other than just medicine, including ethics, legal, culture, theories, etc. To me, the AANP exam seemed kind of geared towards the PA & medicine realm. During my conference, a lot of people were turned off by the new questions that were appearing on the 2014 ANCC exam. By this I am talking about the questions that have 3 correct answers, pictures, and matching. There were many of these on the exam, but don't be overly concerned about this, it all works out in the end.2. How long do you prepare for the exam? There is no right or wrong answer to this. On average, I felt that my colleagues studied for ~8 weeks. I, personally, studied for 4 months only because of the fact that I was going through many life changes during my study period (e.g., selling my house, moving out of state, working FT, looking for a new jobs, etc.). I tried to study 2 hours/day, with 1 study-free day. I do have to say that I felt overly prepared during the exam and that 85% of what I studied was not even on the exam!!3. LEIK: I have to say that this was the BEST, most HELPFUL book that I purchased for my studies. I referred to it as my study 'bible.' I read through the whole book, front to back, highlighting things that were important. Things

that I loved about this book: it goes through a lot of "REAL LIFE" information during the first chapter. It gives you MANY inside TIPS throughout the book. It is very easy to read. I found the pharmacology section helpful. Although, not very extensive, this book had the best professional issues review. Lastly, I found the questions in the back (1,284 total-I did them all!) to be very fair and helpful.

4. A CONFERENCE: I highly recommend attending the Fitzgerald conference LIVE. It was extremely helpful, never a dull moment. It was a 3-day conference. Well worth the \$\$\$. It comes with a review manual which is also a must-have!

5. BARKLEY AUDIO CDS: Audio CDs were a must for me b/c I commute 2-3hrs/day. The Barkley CDs were really good and kept my interest throughout.

6. HOLLIER: I recommend this as a book for solely practice questions. The questions are not overly hard and a good starting point. The book is laid out so that you can do 5 ?s, look at the answers, and so on. I rented to 2009 version from my library. Renting from a library is a great idea, but you can't write in them of course!

7. FamilyNPrep.com: I bought 10 practice exams from here. I ended up not being able to take all 10. I would recommend buying 5, but unfortunately they only come in packages of 1, 10, 20. While the questions were just ok from here, I liked being able to (a) do practice tests on the computer (b) practice doing 200 ?s straight through and (c) get scores that were similar to the real test.

8. FITZGERALD book: I also bought the Fitzgerald book and would not recommend reading this book front to back, like LEIK. The questions, while some information was duplicate from the conference, were fairly helpful.

9. BROWN: This is a book completely practice questions. There were overly challenging and towards the end of my studying I was only getting 50-60% correct, which started to make me concerned. I realized that I was not the only one who thought this. There are many questions about surgeries which aren't covered anywhere else, and quite frankly are not applicable! I didn't get a chance to use the CD that it comes with.

10. FNP Secrets Study Guide: Don't waste your money. While it did have a decent sized section on non-clinical issues, I did not find it overall to be very helpful.

As you can see, I utilized many different resources to study for this 'dreaded' test. Failing was not an option to me. To summarize, the resources that helped me the most were: LEIK, Fitz conference, Barkley audio cds (if you are auditory learner), Hollier, and FamilyNPrep.com. If you are taking the ANCC, think culture, culture, culture!

Here are some blogs/posts that I found helpful:

<http://nursemelissaanne.com/2013/10/02/passed-the-ancc-fnp-exam-on-the-first-try/>  
<http://jesicafarrone.weebly.com/1/post/2010/12/preparing-for-graduation-and-the-np-exam.html>  
<http://allnurses.com/student-nurse-practitioner/ancc-fnp-exam-906446.html>

I am hoping that this review will help others who are studying for the FNP exams. My comments are

about the AANP exam. I have updated this several times, read through for all the updates. I wish that I had realized that there was an app with the question available in the app store. I must have skipped over that part. I am reviewing the second edition of the Codina Liek book. There are still too many errors, it makes me question every single rationale that she gives. Maybe that is a good thing since I do additional research but I am almost afraid to finish her questions (I've done about 300 of them so far) because I am afraid that I will incorporate incorrect information instead of learning it right. This is her second edition so she really should have it polished up by now. I bought this because of the lower cost but it is not really a bargain if I learn incorrect information. I really do not have the time to look up every question from sources outside of the book, that's why I bought the book in the first place! If she would at least post corrected questions, answers or rationales (like Hollier does) then this book would be worthwhile. I do not mind correcting the information. But there is just so many things that I have caught that are completely incorrect, not just a typo (for example, she has a question about emancipated minors, and the answer says that a 14 year old with a child is emancipated. Not true, that parent can give permission for procedures on her child, but not for herself because she is still a minor. Also, she still has a question with the correct response as SCC as the most common skin cancer when in fact it is BCC). I know enough to know that she is wrong at least 2-3 questions out of each hundred and at least 1-2 typo errors (where you can tell it is a real typo not an incorrect answer). Those questions could make a big difference in your pass/fail success on the exam. If you have already prepared with other reviews and/or books, this is a supplement but do not rely upon it for your final preparation. Update (April 2015): I contacted her with an example of one of the many errors and after the second email, she finally answered and said, "The error will be corrected on the next publishing." By the time the next edition is out, I should already be a NP so this is no help to me! She has a website for her review classes where she could easily post corrections but I guess it is too much work for her to correct her flawed publication! Obviously she takes less pride in her work (and her reputation) than most NPs and nurses that I know (I have even corrected this review because my written review speaks to who I am). Based on her response and the many errors I can only give this book two to three stars. I have now completed her book in its entirety and found the error rate to be consistent through out. She has also failed to update the information and questions to the newer guidelines (those that were already out as of the publication date of 2013). For example, she still has a question about doing a pap at age 20, when the new guidelines clearly state that a pap is not necessary until age 21. The "new" guideline has been out for 3 years now, 2 years after this book was published so it is not so "new" that it should not have been corrected here and is most likely to be included in the board questions. Buy this book

and question every single rationale - you will learn a lot, not from her documentation, but from your own studies, and you will integrate the correct information into your knowledge base. This is a good use for her book and you will benefit from the purchase, just don't rely on her answers or rationales. I plan to update this review after I take boards based on my impressions then. I plan to take the AANP boards in late June after finishing the Barkley review course. Update (6-6-2015): I took my AANP FNP boards today and passed, first try. I have not taken the Barkley review yet, that is next week. I will be able to use the review course as my first year's CEUs instead. I used this book (researching any answers that were questionable and correcting the book), Holliers book, and Fitzgerald Review book. I also listened to the 2014 Fitzgerald tapes and the 2014 Barkley tapes. I am a visual learner so I felt that the books were more helpful than the CDS. Here are my thoughts. I found Hollier to be the best, and there were several similar questions on the boards as in her book. She covered some subjects that were not covered in the other two books. I went through every single question at least two times, marking down what I got wrong each time and which questions I guessed on. Then I made flash cards and did additional research on any question that I missed both times or had circled as a guess. I did not just memorize the question, I researched what I had thought was right and why I got it wrong so that I understood the rationale and the background for the question. And I carried these flash cards around to prep. This really helped me with some of the more unusual questions. Then I answered the questions for the third time and found that my passing rate was about 95% for the questions. The few days before the exam, I went through and answered any questions that I had guessed on or got wrong (instead of answering all 1200 of them, I focused on the ones that I had questions about). Codina-Liek: there were some similar questions on the test. Look at her "exam tips" and be sure to review them, they were helpful. Know Polymyalgia, arthritica, know pulses paradoxicus, etc. I did see these on the exam. Be sure you research and change the incorrect answers or rationales. I did the same process with her questions, reviewed them 2 times, did research on what I missed or had questions about, and made flash cards. After the third time through, I was at 95% correct, and almost 98% on the ones I did the fourth time. It did help me prep, once I corrected the answers. Fitzgerald: I think her questions were the least helpful to me. I went through them one time, got about 80-85% correct. I did not make flash cards for her book since I only went through most of them one time. I would recommend using the app Brainscape (it's free) for the flash cards. I started on paper and then moved to this app which is very helpful. You make your own questions out, then answer them. You mark them from 1-5, depending on how well you knew the answer with 5 as mastery. The lower marked questions appear more often so that you review them more. It is a great app! I felt that these three books did

help me get ready for the exam. They say that you have to review about 5000 questions to adequately prepare for the exam. Well, these books provide about 3200 so it is a good start. If you know them very well (not just the answers but the rationale and paths behind the question), say get over 95% correct! then you are well prepared for the exam. I can vouch for this. I'm not a good test taker but I did well. The books help because there are always little things that you missed in class or don't remember that they help you to recognize and research. I felt so well prepped for the exam that I took it ever before I attended the Barkley review course. Now I can use the Barkley course for CEUs instead of exam prep, better bang for my buck. I figured I had nothing to lose, if I had failed the exam I would take the review course as my remedial course before retaking the exam. Maybe that helped relieve some of my anxiety. Why did I take the AANP exam? I have several reasons. 1. I don't test well on touchy feely questions, and the AANP is more clinically related. 2. I wanted to focus on clinical components and not add the additional 23% of questions of research, ethics, etc. I wanted to focus on clinical component. 3. I want to be associated with an advanced practice nursing organization, not a nursing organization. That may sound a bit elitist but that is how I feel, I am more than a nurse, I want to associate myself with the AANP, not the ANA. 4. Both tests are hard but the pass rate is higher for the AANP exam. 5. The AANP exam clearly delineates what you need to study better than the ANA exam. This helped me to focus on what was really more important. Hopefully these thoughts can help you. Good luck to all who are studying for the exams!

I used Fitzgerald's review book and the review CDs (I did not attend the live review and I found listening CDs worked better for me. The quality of the sound is awesome. And I could stop and relisten as many times as needed, and without any distraction. Then I sold them after I passed the exam. So the final cost is only about \$100), Hollier and Wirfs' Certification Prep Exams, and this book. For me, I found Fitzgerald's book and CDs are best, and I used them as the primary review materials. Hollier and Wirfs' book also is very good. Though it is kind of old, the questions in the book and the explanations for each question are good way for users not just memorizing the knowledge, but using them, as in practice and during the test. There are about 1000 questions in the book. Leik's book does have more errors than other books. I stopped by chapter 3. But before taking the exam, I did the 500 practice questions. Though there are only answers without any explanation, you can just use them to find the areas that need more work. And it is not too bad paying about \$30 for 500 questions. I took the AANP exam and passed it in July. And in the exam, I had many questions similar to the questions in all three books, including Leik's. And don't be panic,



both ANCC and AANP only need you to get about 70% correct, not 100%. If you can focus on one comprehensive review book and do some practice questions, you will pass any way.

I recommend this review book for anyone looking to expand their knowledge while in clinicals and also studying for certification. I use this while I'm in clinicals and also preparing for certification along with Fitzgerald and Amelie Hollier Review.

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