

CNOR EXAM STUDY PLAN

The Competency & Credentialing Institute often receives requests for information on how to study and what to study when preparing for the CNOR exam. The following information is being offered as an example of how to organize topics and references in developing a study plan. Subjects are arranged by their relationship to commonly encountered perioperative tasks, knowledge, and abilities. The key words can be used to further identify not only what is included in each topic but also act as a reference for individual learning needs.

This tool may be modified for individuals as a self-paced learning aid or used in group settings as part of a CNOR exam prep curriculum. This plan is to be used as a guide only and is not meant to serve as an exhaustive review of all available literature. Information on specific specialties is not included in this plan. Additional methods and resources for studying should be explored based on the needs and experience of the applicant.

Required Reference:

- AORN *Perioperative Standards and Recommended Practices*, 2010 edition

Highly Recommended References (any of the following):

- *Competency for Safe Patient Care During Operative and Invasive Procedures*, Mark Phippen, Brenda Ulmer, Maryann Wells, Editors, CCI Publisher, 2009.
- *Alexander's Care of the Patient in Surgery*, Jane Rothrock, Editor, 13th Edition, 2007
- *Berry and Kohn's Operating Room Technique*, Nancymarie Phillips, Editor, 11th Edition, 2007

Additional References:

- *Essentials of Perioperative Nursing*, Spry, C., 4th Edition, 2008
- *Surgical Technology Principles and Practice*, Fuller, JK., 5th Edition, 2009
- *Pathophysiology Textbook* – McCance & Huether and Porth are both very good
- *Laboratory Manual* – Mosby is well regarded, but there are many available.

Key:

- Alexander's – *Alexander's Care of the Patient in Surgery*
- AORN SRP – *Perioperative Standards and Recommended Practices*
- Berry & Kohn's – *Berry and Kohn's Operating Room Technique*
- Phippen, Ulmer & Wells – *Competency for Safe Patient Care During Operative and Invasive Procedures*

TOPIC	KEY WORDS	RECOMMENDED REFERENCES
INTRODUCTION TO PERIOPERATIVE PRACTICE	Professional Standards Roles/responsibilities of perioperative team members Standards of perioperative clinical practice	<ul style="list-style-type: none"> • AORN SPR Section I & II: Introduction • Phippen, Ulmer & Wells, Chapter 1, 2 • Alexander's, Chapter 1 • Berry & Kohn's, Chapter 2,4
MAINTAINING ASEPSIS	Causes of infection/ multiple Draping Drug resistant organisms Hand hygiene Patient skin prep Sterile field	<ul style="list-style-type: none"> • AORN SRP Section II: Aseptic Practice • AORN SRP Section II: Equipment and Product Safety (selection of gowns and drapes) • AORN SRP Section II: Patient Care (pre-operative patient skin antisepsis) • Phippen, Ulmer & Wells, Chapter 9

TOPIC	KEY WORDS	RECOMMENDED REFERENCES
MAINTAINING ASEPSIS (cont.)	Standard precautions Surgical attire Traffic patterns	<ul style="list-style-type: none"> • Alexander's, Chapter 3 • Berry & Kohn's, Chapter 14, 15, 16, 26
HEALTHY WORKPLACE PRACTICES	Culture of safety Environmental controls Ergonomics Room cleaning and turnover	<ul style="list-style-type: none"> • AORN SRP: Section II: Patient and Worker Safety (Environment of Care; Environmental Cleaning) • AORN SRP: Section III: Environmental Responsibility; Creating a Patient Safety Culture) • Phippen, Ulmer, & Wells, Chapter 14 • Alexander's, Chapter 3 • Berry & Kohn's, Chapter 12
INSTRUMENT SELECTION & PROCESSING	Cleaning and care Disinfection Endoscopes Packaging Power equipment Sterilization including methods and parameters Sterilization indicators	<ul style="list-style-type: none"> • AORN SRP, Section II, Equipment and Product Safety (product selection) • AORN SRP, Section II, Sterilization and Disinfection • AORN SRP, Section III, Reuse of Single Use Devices • Phippen, Ulmer & Wells, Chapter 11, 14 • Alexander's, Chapter 3, 6 • Berry & Kohn, Chapter 17, 18, 19 & 20
PATIENT OUTCOMES: FREEDOM FROM HARM	Electrical and fire hazards Laser safety Perioperative complications (i.e. MH, respiratory/cardiac arrest, venous stasis) Prevention of infection Radiation safety Universal protocol Tourniquets	<ul style="list-style-type: none"> • AORN SRP, Section II, Equipment and Product Safety (Electrosurgery, Laser safety, Tourniquets), Patient and Worker Safety (Reducing Radiological Exposure, Transmissible Infections), Patient Care (Prevention of Hypothermia) • AORN SRP, Section III, Guidelines: Latex, Malignant Hyperthermia, and Prevention of Venous Stasis • AORN SRP, Section IV, Position Statement: Correct Site Surgery • Phippen, Ulmer & Wells, Chapter 6, 13 and 14 • Alexander's, Chapter 2, 3, & p. 365 • Berry & Kohn, Chapter 13, 31
SPONGES, SHARPS, INSTRUMENTS	Counts Prevention of sharps injury	<ul style="list-style-type: none"> • AORN SRP, Section II: Patient and Worker Safety (Sponge, Sharp, and Instrument Counts) • AORN SRP, Section III, Sharps Injury Prevention • Phippen, Ulmer & Wells, Chapter 10 • Alexander's, Chapter 2, 6 • Berry & Kohn's, Chapter 25
PATIENT ASSESSMENT & DIAGNOSIS	Fluids and electrolytes Physiologic monitoring Pre-op preparation	<ul style="list-style-type: none"> • AORN SRP, Section III, Pre-op Patient Care • Phippen, Ulmer & Wells, Chapter 5, 13 • Alexander's, Chapter 2 • Berry and Kohn's, Chapter 21, 27
PATIENT POSITIONING	Risks Equipment Patient transfer Pressure points Standard positions	<ul style="list-style-type: none"> • AORN SRP, Section II: Patient Care (Positioning the Patient) • AORN SRP, Section III: Safe Patient Handling and Movement • Phippen, Ulmer & Wells, Chapter 6, 8 • Alexander's: Chapter 5 • Berry & Kohn's, Chapter 26
PHARMACOLOGY & ANESTHESIA	Anesthesia types Pain management	<ul style="list-style-type: none"> • AORN SRP: Section II, Patient Care (Managing the Patient receiving Moderate

TOPIC	KEY WORDS	RECOMMENDED REFERENCES
PHARMACOLOGY & ANESTHESIA (cont.)	Responsibilities of the monitoring nurse Medications	Sedation/Analgesia; Managing the Patient receiving Local Anesthesia) <ul style="list-style-type: none"> • AORN SRP, Section III, Safe Medication Practices; Do Not Use Abbreviations • AORN SRP, Section IV, Pediatric Medication • Phippen, Ulmer & Wells, Chapter 7, 12, 13, 36 • Alexander's, Chapter 4, 32 • Berry & Kohn's, Chapter 23, 24
SKIN INTEGRITY & WOUND MANAGEMENT	CDC wound classifications Risk factors for delayed wound healing (including drugs, diseases) SCIP (Surgical Care Improvement Project) Stages of wound healing Surgical Site Infections (SSI's) Tissue handling	<ul style="list-style-type: none"> • AORN, SRP, Positioning the Patient (Chart, Pressure Ulcer Stages) • Phippen, Ulmer & Wells, Chapter 16, 17 • Alexander's, Chapter 8 • Berry & Kohn's, Chapters 28, 29
DOCUMENTATION	Hand-off Privacy issues Specimens Surgical tissue banking	<ul style="list-style-type: none"> • AORN SRP: Section II: Patient Care (Documentation, Transfer of Patient Care Information, Specimen Care and Handling) • AORN SRP: Section II: Equipment and Product Safety (Surgical Tissue Banking) • Phippen, Ulmer & Wells, Chapter 6, 15 • Alexander's, Chapter 2 • Berry & Kohn's, Chapter 2, 3
POST ANESTHESIA CARE	Discharge planning Nursing management of post-op complications Postoperative assessment	<ul style="list-style-type: none"> • AORN SRP: Section III: Post-op Patient Care • Phippen, Ulmer & Wells, Chapter 18 • Alexander's: Chapter 9, 10 • Berry & Kohn's, Chapters 30
PATIENT & FAMILY EDUCATION AND PSYCHOLOGICAL SUPPORT	Age specific care Cultural competencies Patient learning needs Pre- and post-op instructions	<ul style="list-style-type: none"> • Phippen, Ulmer & Wells, Chapter 5, 14, 18 • Alexander's, Chapter 10 • Berry & Kohn's, Chapter 21
SPECIAL POPULATIONS	Geriatrics Bariatric Pediatrics Trauma	<ul style="list-style-type: none"> • AORN SRP, Section III, Bariatrics • Phippen, Ulmer & Wells, Chapter 20, 32, 37, 38 • Alexander's, Chapters 29, 30, 31 • Berry & Kohn's, Chapters 8, 9
AMBULATORY SURGERY/ MINIMALLY INVASIVE PROCEDURES	Endoscopic Laparoscopic Outpatient surgery	<ul style="list-style-type: none"> • AORN SRP: Section III: Pre and Post-op Patient Care in the Ambulatory Surgery Setting • Phippen, Ulmer & Wells, Chapter 19 • Alexander's, Chapter 7, 28 • Berry & Kohn's, Chapter 11, 32
LEGAL, REGULATORY, LEGISLATIVE, AND PROFESSIONAL	Accountability, Delegation DNR, Ethics Informed consent National patient safety goals Patient rights Regulatory agencies "Time Out"© Scope of practice Standards, Roles	<ul style="list-style-type: none"> • AORN SRP, Section I, Exhibit B, ANA Explications for Perioperative Nursing • AORN SRP, Section IV, Perioperative Care of Patients with DNR Orders • Phippen, Ulmer & Wells, Chapter 2, 4 • Alexander's, Chapter 1 • Berry & Kohn's, Chapter 1, 2, 3, 4, 7