LPN - Ambulatory Exam Content Outline

Exam Objective: To measure the overall level of clinical knowledge required for the LPN working in the Ambulatory Care setting.

Each question in this assessment is categorized by a cognitive level that the test taker would likely use to respond. These categories are:

- **Recall:** The ability to recall or recognize specific information.
- **Application:** The ability to comprehend, relate or apply knowledge to new or changing situations.
- **Analysis:** The ability to analyze and synthesize information, determine solutions and/or evaluate the usefulness of a solution.

### Knowledge Domains: LPN-Ambulatory

- **Clinical Practice**: 22%
- **Administrative/Referrals**: 11%
- **General Knowledge**: 14%
- **Infection Control**: 13%
- **Patient Education**: 9%
- **Pharm/Immunizations**: 9%
- **Professional Issues**: 22%

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I. Clinical Practice

A. Knowledge of disease processes and environmental conditions that predispose infants and young children to acute asthma attacks.

B. Knowledge of hand-off communication, including when to provide report, information to include in communication, etc.

C. Knowledge of common abbreviations used in the medical record to document assessment findings, such as PERRLA, A&O, I&O, etc.

D. Knowledge of anatomical landmarks throughout the body used for assessment and documentation purposes, such as radial pulse, carotid pulse, dorsalis pedis pulse, etc.

E. Knowledge of baseline physical assessment data collected in the ambulatory setting for patients age 1 month through 10 years, including any variance in data collection as the age groups differ.

F. Knowledge of the “time-out” procedures, including components required for the time-out, the time at which they are performed, and how to handle situations where components of the time-out fall are missing, or fall outside the normal procedure.

G. Knowledge of normal and abnormal laboratory values as it relates to diagnostic testing, including when such results should be reported to the patient’s provider, such as critical potassium levels, high glucose, high digoxin levels, etc.

H. Knowledge of how to appropriately triage, including assessment and treating emergency conditions of patients who present in the ambulatory setting, such as those with high risk symptoms (chest pain, hemorrhage, respiratory distress, etc.).

I. Knowledge of typical intake and output amounts in the newborn population and what to do when assessment data falls outside the normal values.

J. Knowledge of common signs/symptoms of acute pulmonary embolism.

K. Knowledge of common treatment protocols for a variety of sexually transmitted
diseases seen in the ambulatory care setting and the importance of follow up care.

L. Knowledge of Type 1 and 2 diabetes, including clinical presentation, treatments for each, and signs/symptoms of hypoglycemia and hyperglycemia.

M. Knowledge of nursing interventions for patients with acute syncope, dizziness, and hypotension.

N. Knowledge of patient identifiers including the most common used pieces of information to confirm and verify a patient’s identity.

O. Knowledge of correct technique for collection of a variety of specimens including sputum specimen, urine for analysis, clean-catch, etc.

P. Knowledge of a variety of high risk precautions, such as falls, bleeding, aspiration, etc. and which patient conditions warrant implementation of such precautions.

II. Administrative & Referrals

A. Knowledge of a variety of disease processes and conditions that require a referral to a provider outside of the ambulatory setting, and which specialties a patient may be referred to based upon clinical presentation, such as dermatology, dietician, social services, pulmonologist, diabetes educator, etc.

B. Knowledge of correct sequence in the use of a fire extinguisher.

C. Knowledge of medical records release forms and situations in which a completed form is required, such as providing records to a new clinic, providing information over the phone to another provider, etc.

D. Knowledge of occurrence reports, including a variety of events that would necessitate the need to complete such report, such as medication errors, patient fall, retention of objects during procedures, etc.

III. General Knowledge

A. Knowledge of therapeutic communication techniques with residents, families,
and co-workers, including how to de-escalate situations.

B. Knowledge of signs and symptoms of infection, particularly related to surgical incision sites and chronic wounds.

C. Knowledge of LPN scope of practice, including tasks that may be considered outside the scope of practice for an LPN, such as administering medications through a central line, performing bedside invasive procedures, etc.

D. Knowledge of common signs and symptoms of an allergic reaction to a vaccination, immunization, and/or injection, including signs of anaphylaxis.

E. Knowledge of common signs and symptoms of a cerebrovascular accident.

F. Knowledge of how to convert a patient's from inches/feet to centimeters and vice versa.

G. Knowledge of BLS, including the Heimlich maneuver, and indications for the use of interventions during patient emergencies.

H. Knowledge of various types of orthopedic fractures and the characteristics of each, including but not limited to open, greenstick, compressed, and comminuted.

I. Knowledge of common medical abbreviations used in the care and treatment of patients in the ambulatory settings.

IV. Patient Education

A. Knowledge of how to promote learning in the patient and/or family through the use of therapeutic communication.

B. Knowledge of events that require a patient to call their primary care provider, pharmacy, or other care provider, such as medication discrepancies, misunderstanding about treatments, etc.

C. Knowledge of how to teach patients about family planning, including menstrual cycle, period of ovulation, available methods of birth control, etc.
D. Knowledge of dietary recommendations and restrictions that should be taught to patients with a variety of medical conditions, disease processes, and medication regimens, such as iron deficiency anemia, warfarin therapy, etc.

E. Knowledge of communicable diseases and how to educate patients on their etiology, such as tuberculosis, C-Diff, MRSA, influenza, etc.

F. Knowledge in how to teach children the proper technique in using respiratory inhaler and how to evaluate effectiveness of teaching.

G. Knowledge of 24-hour urine collection, including the procedure for discarding/collecting specimens.

H. Knowledge of the HbA1c laboratory test for diabetic patients and what information is important to include in patient education.

I. Knowledge of Helicobacter pylori and what information should be included in the education to the patient who has been diagnosed with the condition.

V. Pharmacology/Immunizations

A. Knowledge of TB skin tests, including appropriate timeframe for reading results after placement of test.

B. Knowledge of anticoagulant medication, including the side effects, laboratory tests, and antidotes associated with each.

C. Knowledge of Schedule IV medications, including common ordering protocol, prescription refill protocol, etc.

D. Knowledge of commonly prescribed antibiotics in the ambulatory setting, including dosage, side effects, and contraindications for each.

E. Knowledge of medications commonly administered for treatment of respiratory conditions, such as bronchodilators, steroids, etc., including indications for these medications, side effects, and how to assess for effectiveness.

F. Knowledge of a variety of vaccinations and immunizations used in all age populations, including influenza vaccination, measles, mumps, rubella, Hepatitis B, Gardasil, etc., as well as indications for administration, side effects,
allergies that contraindicate the administration of certain vaccines, etc.

G. Knowledge of the Z-Track method of injections, including the most commonly administered medications using this method.

H. Knowledge of signs and symptoms commonly seen in patients experiencing withdrawal from narcotic analgesics, benzodiazepines, stimulants, etc.

I. Knowledge of medications that are contraindicated in a patient with an allergy to penicillin and/or sulfa drugs.

J. Knowledge of Category X medications and which laboratory tests should be completed prior to initiation of medications of this category.

K. Knowledge of common side effects after oral antibiotic therapy.

L. Knowledge of SSRI therapy, including common side effects, time needed for therapeutic serum level, anticipated responses to medications in this category, etc.

M. Knowledge of side effects of oral contraceptive therapy.

N. Knowledge of how to perform mathematical calculations and conversions as it relates to medication administration using a variety of formulas, including but not limited to the following:

Dose Calculation Formula:

\[
\frac{\text{dose ordered}}{\text{dose available}} \times \text{volume available} = \text{dose to administer}
\]

- \( \frac{\text{pounds}}{2.2} = \text{kilograms} \)
- \( \text{kg} \times 2.2 = \text{pounds} \)
- \( 1 \text{ gram} = 1,000\text{mg} \)
- \( 1 \text{ liter} = 1,000\text{mL} \)
- \( 1 \text{Tbsp} = 15\text{mL} \)
VI. Infection Control

A. Knowledge of infection control and different types of isolation including standard, contact, droplet, and airborne.

B. Knowledge of personal protective equipment and the types of equipment required for each type of isolation precautions.

C. Knowledge of equipment used in the transportation of used(dirty) instruments to sterile processing.

D. Knowledge of medical conditions associated with each type of isolation precautions, such as tuberculosis, influenza, C-Diff, etc.

E. Knowledge of hand hygiene, including proper technique, when to perform, and use of antibacterial foams/gels.

F. Knowledge of procedures used in the disposal of sharps and what to do when sharps are found in inappropriate or unsuspected places within the work environment.

G. Knowledge of procedure(s) used when there is a hazardous spill of blood or body fluids.

H. Knowledge of MRSA infection and route(s) of transmission.

I. Knowledge of typical cleaning procedures as it relates to exam rooms, common areas, etc.

J. Knowledge of medical diagnoses that are reportable to the Centers for Disease Control.

K. Knowledge of donning sterile gown, gloves, mask, etc. and events that would compromise sterility of PPE or equipment.

VII. Professional Issues

A. Knowledge of cultural diversity including techniques for demonstrating sensitivity to various cultures, ethnicities, age groups, etc. and how to adjust care based upon these diversities.

B. Knowledge of ways to prevent the unintentional disclosure of protected patient
information and maintaining confidentiality of such information.

C. Knowledge of HIPAA privacy guidelines, including when patient information can and cannot be disclosed to a patient’s family members.

D. Knowledge of interpretation services and when it is appropriate to solicit such assistance as it relates to the provision of patient care.

E. Knowledge of how to professionally implement conflict resolution communication techniques to help diffuse escalating conversation between a patient, co-worker, and/or provider.

F. Knowledge of common policies and procedures as it relates to employees use of social media sites and what information should not be posted by any employee, such as patient information, pictures of patients, etc.

G. Knowledge of advance directives, the difference in common types of directives, how to assist a patient in obtaining further information, and how to carry out such directives.

H. Knowledge of signs/symptoms of abuse and neglect, how to conduct an inquiry with the patient, and when/how things should be reported to social services and law enforcement authorities.