

Wound, Ostomy and Continence Nursing Certification Board (WOCNCB)

Advanced Practice (AP) – Continence Care

Detailed Content Outline

Content Code	Description	Classification	Items	% of Exam
1	Domain 1: Comprehensive Assessment	010000	18	23%
1A	Task 1: Collect the following information related to patient and family history:	010100	3	4%
	Knowledge and Skill:			
	1. Chief complaint	010101		
	2. History of present illness	010102		
	3. Pain	010103		
	4. Past history	010104		
	5. Family history	010105		
	6. Social, personal, and developmental history	010106		
	7. Nutrition and fluid intake	010107		
	8. Allergies	010108		
	9. Medications	010109		
	10. Review of systems	010110		
1B	Task 2: Perform a problem-focused physical examination by:	010200	6	8%
	Knowledge and Skill:			
	1. Assessing cognition	010201		
	2. Assessing functional status (e.g., environmental barriers, musculoskeletal [including ambulation], dexterity)	010202		
	3. Assessing abdomen	010203		
	4. Assessing skin	010204		
	5. Urogenital exam – external	010205		
	6. Pelvic exam (e.g., pelvic organ prolapse, pelvic muscle strength, infection)	010206		
	7. Rectal exam	010207		
	8. Neuromuscular testing (e.g., genital sensation, anal wink, bulbocavernosus reflex)	010208		
	9. External anal sphincter assessment	010209		
1C	Task 3: Recommend/prescribe/perform and interpret	010300	7	8%
	Knowledge and Skill:			
	1. bladder and bowel diaries	010301		
	2. laboratory studies (e.g., PSA, LFT, CBC, chemistry)	010302		
	3. urine studies (e.g., urinalysis, microbiology, 24-hour creatinine clearance, cytology)	010303		
	4. post-void residual urine measurement (by catheter or bladder scan)	010304		

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	5. urodynamics (e.g., cystometry, uroflowmetry, pressureflow, video)	010305		
	6. EMG studies	010306		
	7. radiologic procedures (e.g., KUB, voiding cystometrogram, renal ultrasound, renal scan, GI transit)	010307		
	8. urethral hypermobility testing (Q-tip during vaginal exam)	010308		
	9. provoked stress maneuvers (e.g., cough test, paper towel test)	010309		
	10. differentiation of urine from vaginal discharge	010310		
	11. differentiation of urethral vs. vesico-vaginal urine loss (e.g., pH, pattern, timing, amount, color)	010311		
1D	Task 4: Risk Assessment and Goals	010400	2	3%
	Knowledge and Skill:			
	1. Conduct and interpret risk assessment for voiding and defecation dysfunction	010401		
	2. Identify patient/family goals and factors affecting care	010402		
2	Domain 2: Diagnosis	020000	19	24%
2A	Task 1: Determine differential diagnoses	020100	5	7%
2B	Task 2: Use assessment and knowledge of pathophysiology to determine a diagnosis of:	020200	8	9%
	Knowledge and Skill:			
	1. Urinary incontinence a. Transient b. Stress c. Urge (e.g., OAB wet) d. Mixed incontinence e. Retention with overflow (e.g., BOO [anatomic or DSD], Detrusor hypocontractility) f. Reflex g. Nocturnal enuresis h. Functional i. Post-prostatectomy	020201		
	2. Other genito-urinary, lower GI dysfunction a. Detrusor hyperactivity with impaired contractility b. Neurogenic bladder with and without detrusor sphincter dyssynergia c. Nocturia d. Urgency/frequency without leakage e. Bladder and pelvic pain syndromes f. Pelvic relaxation syndromes (e.g., urethral/uterine/rectal prolapse, cystocele, rectocele)	020202		

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	3. Bowel dysfunction a. Constipation b. Fecal impaction c. Fecal incontinence d. Diarrhea encopresis	020203		
	4. Incontinence associated dermatitis	020204		
	5. Bladder infections (e.g., simple, complex recurrent)	020205		
2C	Task 3: Manage situations that may warrant medical evaluation or consultation (e.g. high risk for / possibility of syndromes such as):	020300	5	7%
	Knowledge and Skill:			
	1. Urinary calculi	020301		
	2. Pyelonephritis	020302		
	3. Pelvic organ prolapse	020303		
	4. Genito-urinary cancer	020304		
	5. Genito-urinary-gastrointestinal fistula	020305		
	6. Upper urinary tract damage related to lower urinary tract dysfunction	020306		
	7. Patient open to and condition possibly amenable to surgical intervention	020307		
	8. Prostatic enlargement	020308		
	9. Unexpected neurologic findings	020309		
2D	Task 4: Manage rehabilitation/cure potential	020400	1	1%
3	Domain 3: Planning	030000	8	10%
3A	Task 1: Determine continence care management plans	030100		
3B	Task 2: Determine caregiver skills and access	030200		
3C	Task 3: Determine educational needs of patient and caregiver	030300		
3D	Task 4: Determine needed supplies and accessibility (e.g., containment and skin care products)	030400		
3E	Task 5: Determine a plan for follow-up care	030500		
4	Domain 4: Implementation	040000	16	20%
4A	Task 1: Health Teaching and Health Promotion	040100	4	4%
	Knowledge and Skill:			
	1. Teach patient to foster healthy bladder and bowel habits: a. dietary and fluid management (including bladder irritants) b. emptying maneuvers c. bladder and bowel training program d. skin care - topical treatment for prevention	040101		

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4B	Task 2: Consultation and Coordination	040200	3	5%
	Knowledge and Skill:			
	1. Provide consultation to other medical staff on voiding and defecation issues	040201		
	2. Coordinate clinical practice to meet patient needs	040202		
	3. Coordinate available program services	040203		
4C	Task 3: Therapeutic Intervention	040300	9	11%
	Knowledge and Skill:			
	1. Recommend or prescribe and instruct on a. medications (e.g., bladder relaxants, antibiotics, hormonal, bowel) b. surgical evaluation c. toileting programs (e.g., bladder training, scheduled toileting, prompted voiding) d. containment products and devices e. environmental modifications(e.g., bedside commode, urinal, clothing) f. prevention strategies to maintain optimal bowel function g. lifestyle modifications (e.g., diet, fluids, exercise) h. measures to protect skin	040301		
	2. Recommend/prescribe/perform and instruct a. pessary fitting and care b. urgency suppression techniques (e.g., quick flicks, distraction) c. catheterization (e.g., clean intermittent, indwelling) d. suprapubic catheter care e. the "Knack" f. pelvic muscle rehabilitation including (1) electrical stimulation (2) biofeedback	040302		
	3. Instruct on self-care modalities for bowel dysfunction a. prevention strategies to maintain optimal bowel function b. lifestyle modifications (e.g., diet, fluids, exercise) c. pharmacologic management of bowel dysfunction d. pelvic muscle exercises e. skin protection f. bowel cleansing g. sensory motor re-education (including biofeedback and manometer)	040303		

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	4. Manage the following systemic factors that affect continence: a. Impaired glucose control b. Impaired mobility c. Neuromuscular diseases (e.g., MS, Parkinson's, SCI) d. Altered nutrition/absorption e. Pain	040304		
5	Domain 5: Evaluation	050000	10	12%
5A	Task 1: Evaluate effectiveness of treatment (i.e., in relation to patient and provider goals)	050100		
5B	Task 2: Evaluate cost efficiency of treatment	050200		
5C	Task 3: Revise the plan of care based on evaluation	050300		
6	Domain 6: Professional Issues	060000	9	11%
6A	Task 1: Quality of Practice	060100	1	1%
	Knowledge and Skill:			
	1. Participate on a quality/performance improvement (QPI) team	060101		
	2. Use QPI data to make decisions about practice	060102		
	3. Use QPI data to facilitate organizational policy and procedure changes	060103		
6B	Task 2: Education of the Health Care Team	060200	1	
	Knowledge and Skill:			
	1. Identify learning needs	060201		
	2. Design educational programs	060202		
	3. Provide education to enhance professional growth of colleagues	060203		
	4. Evaluate the effectiveness of education	060204		
6C	Task 3: Self Evaluation of Professional Practice	060300	1	
	Knowledge and Skill:			
	1. Provide age appropriate care in a culturally and ethnically sensitive manner	060301		
	2. Engage in a formal process to seek feedback about practice	060302		
	3. Take action to achieve professional goals	060303		
6D	Task 4: Collaboration and Collegiality	060400	1	1%
	Knowledge and Skill:			
	1. Collaborate with other members of the health care team	060401		
	2. Serve as a mentor	060402		

6E	Task 5: Ethics and Advocacy	060500	1	
	Knowledge and Skill:			
	1. Serve as a resource to facilitate ethical decision making	060501		
	2. Support team decision making related to ethics	060502		
	3. Promote patients' autonomy, dignity, and rights	060503		
6F	Task 6: Research	060600		
	Knowledge and Skill:			
	1. Use results from evidence-based literature to: a. validate current continence care nursing practice b. suggest changes to current continence care nursing practice	060601		
	2. Participate in clinical research activities (e.g., protocol development, subject selection, data collection, analysis, disseminate results)	060602		
6G	Task 7: Resource Utilization	060700		
	Knowledge and Skill:			
	1. Evaluate resource options for efficient delivery of care	060701		
	2. Assist the patient in identifying and securing services	060702		
	3. Utilize community and organizational resources to enhance the plan of care	060703		
6H	Task 8: Leadership	060800		
	Knowledge and Skill:			
	1. Promotes teamwork and healthy work environments within the organization	060801		
	2. Influence decision making bodies regarding continence care issues	060802		
	3. Promotes the advancement of the profession through participation in professional organizations	060803		
		Totals	80	100%