

# Pediatric Nursing Certification Board

## Pediatric Primary Care Mental Health Specialist (PMHS)



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Chief Credentialing Officer



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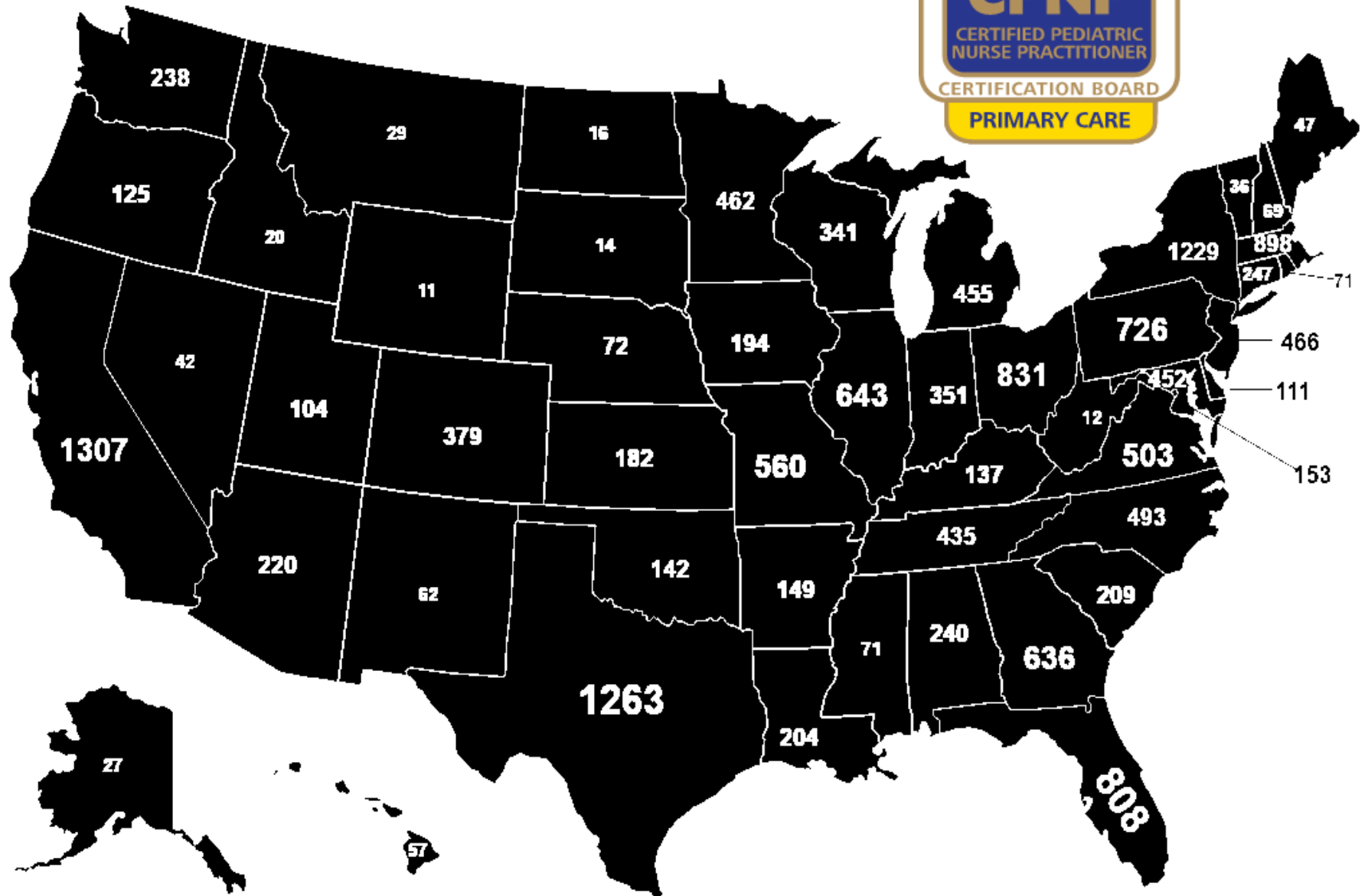
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# Who We Are

- Largest certification board for peds nursing in U.S.
- Exams are recognized and endorsed by: AAP, AFPNP, NAPNAP, SPN, and all State Boards of Nursing
- **40,000+** actively hold at least 1 PNCB certification
  - Certify more than 95% of PNPs
  - Offer the only exam for Acute Care PNPs
  - **In 2011, launched the added specialty APRN exam to validate knowledge and competencies for provision of care related to common pediatric developmental / behavioral / mental health (DBMH) conditions**



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# CPNP-PC Exam Over Time

- The first nurse practitioners were pediatric NPs.
- PNCB's PNP exam launched in 1977.
- This exam has tested PNPs on essential job tasks related to common primary care DBMH conditions for at least 25 years.
- Behavioral / psychological concerns have ranked #4 or #5 in clinical content since 2008.



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# Entry Level Certification vs. Added Specialty Certification

Entry Level Certification for PNP's or FNP's	Added Specialty Certification for PMHSs
Knowledge gained through: <ul style="list-style-type: none"><li>✓ masters or doctoral level academic program</li><li>✓ clinical preceptorships</li></ul>	Knowledge gained through: <ul style="list-style-type: none"><li>✓ on-the-job experiences</li><li>✓ continuing education</li><li>✓ collaboration &amp; preceptorship</li><li>✓ online courses</li></ul>



# Describe the PMHS certification process

- Research: Initial role delineation followed by job task analysis every 3-5 years
  - Tasks essential to practice must meet criteria to be on exam content outline
  - Standard Setting to set the “cut point” or “passing point”
- Exam: secure, criterion referenced exam
  - every scored exam question backed by valid statistics
- Certification followed by recertification:
  - CPNP annually; PMHS every 3 years



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# From 2016 PMHS Job Task Analysis

- Majority of NPs who provide DBMH services in pediatric primary care:
  - Average 11.5 years of experience
  - Spend 80% of work time in clinical practice
  - Provide BMH services from 10 to 40+ hours per week
  - Provide services in these settings:
    - 55% primary care
    - 24% outpatient clinics or specialty practice
    - 11.5% psychiatric settings
  - 71% can prescribe Schedule II medications



# **“From which sources have you received education in pediatric developmental, behavioral, and mental health since graduation from your APRN program?”**

	N	%
In person CE workshop or training	243	82.9%
On-the-job training	236	80.5%
Online CE course(s)	221	75.4%
Self-taught	159	54.3%
Academic course(s)	135	46.1%



# “From which sources have you received education related to **psychopharmacology** since graduation from your APRN program?”

	N	%
In person CE workshop or training	237	81.2%
Online CE course(s)	224	76.7%
On-the-job training	199	68.2%
Self-taught	141	48.3%
Academic course(s)	95	32.5%



State #s,  
CPNP-PCs

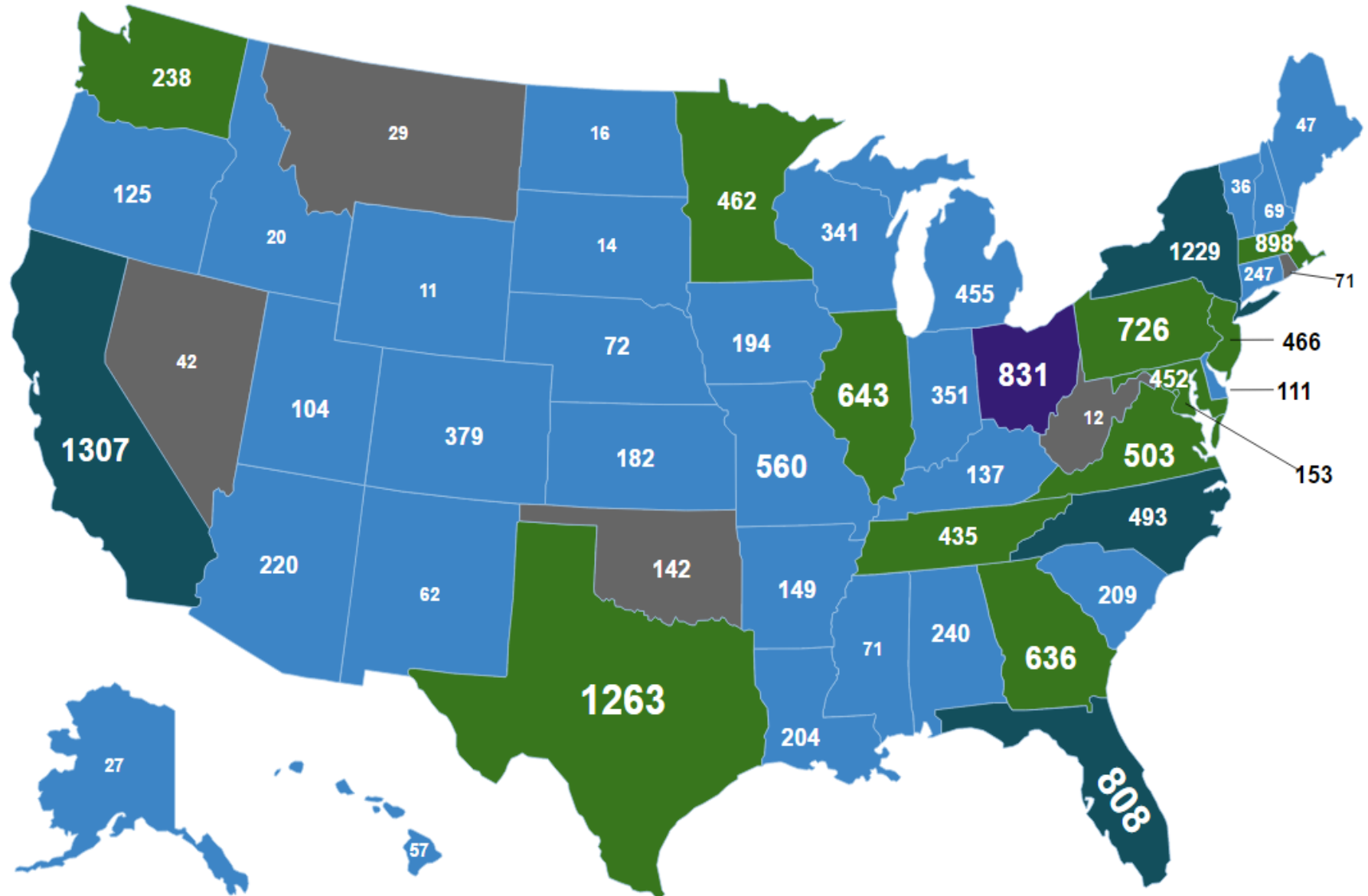
0 PMHSs

1-10 PMHSs

11-20 PMHSs

21-30 PMHSs

30+ PMHSs



# One Story out of Philadelphia

- A CPNP-PC, PMHS in a hospital-based outpatient clinic found that children with depression, anxiety, panic disorder, PTSD, disordered eating, etc. often fell through the cracks, rarely getting the care needed.
- As part of her DNP project, she **challenged existing patterns** of outsourcing DBMH care and implemented Stosahl's PC BH model.



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# One Story out of Philadelphia

- As a PMHS, she fulfills the DBMH role, resulting in **faster access to care**, reassured families, and new interprofessional relationships with other providers in her community to support her patients.
- See her [full interview here](#).
- **She benefits the patient and the practice - functionally and financially**
- **Care is safe, timely, familiar, and cost-appropriate.**



# Lever of Change for Improving the Healthcare Workforce

- Job task analysis research results *guide faculty*
  - More PNP faculty are adding focused DBMH content to curriculum and increasing opportunities for DBMH clinical rotations.
- For NPs already practicing, PMHS certification offers:
  - *Validation that the NP is qualified* by a national standard to evaluate and treat the most common primary care DBMH concerns
  - *Confidence and reassurance for NPs and the practice* to handle these concerns, thereby improving access
  - *Confidence and reassurance for families* that an expert is available to start help now

