



CRNFA Study Plan and Bibliography

CRNFA STUDY PLAN AND BIBLIOGRAPHY

The National Assistant at Surgery Certification (NASC) often receives requests for information on what to study when preparing for the Certified Registered Nurse First Assistant (CRNFA) exam. The following information is being offered as an example of references and resources to use when reviewing for the exam. Please feel free to modify this plan to meet your individual learning needs.

Highly Recommended References

- Seifert, P.C. (Ed.). (2014). *Core Curriculum for the RN First Assistant* (5th ed.). Denver: AORN
- AORN. (2014). *Perioperative standards and recommended practices*. Denver: AORN.
- Phillips, N. (Ed.). (2013). *Berry and Kohn's operating room technique* (12th ed.). St. Louis: Elsevier.
- Rothrock, J.C. (Ed.). (2015). *Alexander's care of the patient in surgery* (15th ed.). St. Louis: Elsevier Mosby.
- Lewis, S. L., Dirksen, S. R., Heitkemper, M. M., Bucher, L., & Camera, I. M. (2014). *Medical surgical nursing: Assessment and management of clinical problems*. St. Louis, MO: Elsevier Mosby.

Additional Recommended References

- Pagana, K.D., & Pagana, T. J. (2014). *Mosby's Diagnostic and Laboratory Test Reference* (12th ed.). St. Louis: Elsevier Mosby.
- Ignatavicius, D. D., & Workman, M. L. (2016). *Medical Surgical Nursing: Patient-Centered Collaborative Care* (8th ed.). St. Louis, MO: Elsevier Mosby.
- Hogan-Quigley, B. (2012). *Bates' Guide to Physical Examination and History Taking*. Philadelphia: Walter/Kluwer Health/Lippincott Williams and Wilkins.
- McCance, K.L., & Huether, S.E. (eds.). (2013). *Pathophysiology: The Biologic Basis of Disease in Adults and Children* (7th ed.). St. Louis: Mosby Elsevier.
- www.epocrates.com

Other Resources

- ORLIVE, Inc: Online surgical and healthcare video and webcasts. Retrieved May 6, 2013 from www.orlive.com
- RNFA Specialty Assembly. More information is available at www.aorn.org

Topics are organized by major subject areas (domains). Please refer to [CRNFA handbook](#) for additional information.

| TOPIC/DOMAIN | CONTENT/KNOWLEDGE | REFERENCES (*see key at end of document) |
|--|--|---|
| <p>Basic Sciences (20 test questions)</p> | <ol style="list-style-type: none"> 1. Anatomy and physiology 2. Chemistry 3. Microbiology 4. Pathophysiology 5. Pharmacology 6. Psychology 7. Sociology 8. Nutrition | <ul style="list-style-type: none"> • CCC: Module IV, within each surgical procedure • Alex: Chapter 4, Infection prevention and control in the perioperative setting • B&K: Chapter 14, Surgical microbiology and antimicrobial therapy; Chapter 23, Surgical pharmacology • SRP: Recommended practices for medication safety |
| | <p>Informatics (Electronic Medical Records)</p> | <ul style="list-style-type: none"> • Alex: Chapter 1, Concepts basic to perioperative nursing • B&K: Chapter 2, Foundations of perioperative patient care standards; Chapter 3, Legal, regulatory, and ethical issues • SRP: Recommended practices for perioperative health care information management |
| <p>Assessment techniques (25 questions)</p> | <ol style="list-style-type: none"> 1. Normal and abnormal laboratory values 2. Diagnostic procedures (e.g., imaging studies, invasive/non-invasive procedures) 3. Hemodynamic monitoring 4. Nursing assessment skill 5. History and physical examination 6. Patient interviewing techniques 7. Environmental safety of patient care areas (e.g., operating room suite, home environment) 8. Psychosocial issues (e.g., support systems, risks for harm, financial resources) | <ul style="list-style-type: none"> • CCC: Module II, IV • Alex: Chapter 1, Concepts basic to perioperative nursing • B&K: Chapter 21, Perioperative preparation of the patient; Chapter 22, Diagnostics, specimens, and oncologic considerations; Chapter 27, Physiologic maintenance and monitoring of the perioperative patient • SRP: Recommended practices for safe environment of care |
| <p>Intraoperative Knowledge (75 questions)</p> | <p><i>Principles of aseptic technique</i></p> <ol style="list-style-type: none"> 1. Infection prevention 2. Draping 3. Universal/transmission-based precautions 4. Wound healing | <ul style="list-style-type: none"> • CCC: Module III • Alex: Chapter 9, Wound healing, dressings, and drains • B&K: Chapter 15, Principles of aseptic and sterile technique; Chapter 16, Appropriate attire, surgical hand hygiene, and gowning and gloving; Chapter 26, Positioning, prepping, and draping the patient; Chapter 29, Wound healing and hemostasis • SRP: Recommended practices for sterile techniques; Prevention of transmissible infections; Product selection; Surgical attire |

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| Intraoperative Knowledge (75 questions) | <p><i>Surgical procedures</i></p> <ol style="list-style-type: none"> 1. Specialties 2. Emergencies 3. Dressings/immobilization devices 4. Complications | <ul style="list-style-type: none"> • CCC: Module IV • Alex: Chapter 2, Patient safety and risk management: Unit II, Surgical interventions • B&K: Chapter 31, Potential perioperative complications; Section 12, Surgical specialties • SRP: Recommended Practices: Electrosurgery, Minimally invasive surgery, Safe environment of care. Policies and Procedures: Fire safety |
| | <p><i>Safety</i></p> <ol style="list-style-type: none"> 1. Patient positioning 2. Sharps 3. Radiation 4. Body mechanics/ergonomics 5. Transfer/transport techniques 6. Universal Protocol 7. Time out | <ul style="list-style-type: none"> • CCC: Module IV • Alex: Chapter 6, Positioning the patient for surgery • B&K: Chapter 13, Potential sources of injury to the caregiver and the patient; Chapter 26, Positioning, prepping, and draping the patient • SRP: Recommended practices for laser safety; Reducing radiological exposure; Prevention of retained surgical items; Positioning the patient; Guidance statement: Sharps injury prevention; Safe patient handling and movement |
| | <p><i>Resource utilization</i></p> <ol style="list-style-type: none"> 1. Interdisciplinary team members (e.g. x-ray, lab) 2. Surgical instruments, supplies, equipment | <ul style="list-style-type: none"> • CCC: Module II • B&K: Chapter 4: The perioperative patient care team and credentialing; Chapter 5, The surgical first assistant |
| | <p><i>Skills</i></p> <ol style="list-style-type: none"> 1. Suture selection, knot-tying 2. Tissue handling/dissection 3. Wound closure techniques 4. Hemostasis 5. Handling of instruments 6. Advanced technology, e.g. robotics, hybrid suites, minimally invasive surgery | <ul style="list-style-type: none"> • CCC: Module IV • Alex: Chapter 7, Sutures, needles, and instruments; Chapter 8, Surgical modalities • B&K: Chapter 19, Surgical instrumentation; Chapter 20, Specialized surgical equipment; Chapter 28, surgical incisions, implants, and wound closures; Chapter 29, Wound healing and hemostasis • SRP: Recommended practices for electrosurgery; Minimally invasive surgery; Care and handling of specimens |
| | <p><i>Patient care</i></p> <ol style="list-style-type: none"> 1. Normo/hypo/hyperthermia 2. Pain management 3. Anesthesia 4. Management of fluids/electrolytes | <ul style="list-style-type: none"> • Alex: Chapter 2, Patient safety and risk management; Chapter 5, Anesthesia; Chapter 10, Postoperative patient care and pain management • B&K: Chapter 24, Anesthesia: Techniques and agents • SRP: Recommended practices for prevention of unplanned perioperative hypothermia |

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| General knowledge/skills (15 questions) | <i>Nursing process</i> 1. Nursing diagnoses 2. Patient outcomes 3. Medical diagnoses 4. Critical thinking 5. Plan of care | <ul style="list-style-type: none"> • CCC: Module I • Alex: Chapter 1, Concepts basic to perioperative nursing • B&K: Chapter 2, Foundations of perioperative patient care standards • SRP: Section I: Standards of perioperative nursing |
| | <i>Resource management/cost containment/sustainability</i> 1. Interpersonal relationships/teamwork 2. Discharge planning/community resource utilization 3. Communication 4. Documentation | <ul style="list-style-type: none"> • CCC: Module II • Alex: Chapter 1, Concepts basic to perioperative nursing; Chapter 2, patient safety and risk management; Chapter 10, Postoperative patient care and pain management • B&K: Chapter 6, Administration of perioperative patient care services; Chapter 30, Postoperative patient care • SRP: Recommended practices for product selection; Transfer of patient care information |
| | <i>Special populations</i> 1. Age-specific 2. Culture- specific 3. Bariatric 4. Elderly 5. Pediatrics | <ul style="list-style-type: none"> • Alex: Chapter 26, Pediatric surgery; Chapter 27, Geriatric surgery • B&K: Chapter 8, Perioperative pediatrics; Chapter 9, Perioperative geriatrics |
| | <i>Patient education</i> 1. Learning needs 2. Health literacy | <ul style="list-style-type: none"> • Alex: Unit II: Included with descriptions of surgical interventions • B&K: Chapter 21, Preoperative preparation of the patient |
| Professional Practice (15 questions) | <i>Patient advocacy</i> 1. Ethics 2. Risk mitigation/liability/malpractice issues 3. Legal/regulatory/policy guidelines | <ul style="list-style-type: none"> • CCC: Module I, II • Alex: Chapter 2 Patient safety and risk management • B&K: Chapter 2, Foundations of perioperative patient care standards; Chapter 3, Legal, regulatory, and ethical issues • SRP: Exhibit B: Perioperative explications for the <i>ANA Code of Ethics for Nurses</i> |
| | <i>Professional accountability</i> 1. Professional advocacy 2. Credentialing/privileging process | <ul style="list-style-type: none"> • CCC: Module I • Alex: Chapter 1, Concepts basic to perioperative practice • B&K: Chapter 4, The perioperative patient care team and professional credentialing; Chapter 5, The surgical first assistant |

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| <p>General knowledge/skills (15 questions)</p> | <p><i>Leadership/collaboration/mentoring</i></p> <ol style="list-style-type: none"> 1. Interdisciplinary communication 2. Team building 3. Education 4. Workplace violence 5. Research principles/application to practice 6. Public policy development | <ul style="list-style-type: none"> • CCC: Module I, II • Alexander's: Chapter 1, Concepts basic to perioperative practice; Chapter 3, Workplace issues and staff safety • B&K: Chapter 1, Perioperative education; Chapter 2, Foundations of perioperative patient care standards; Chapter 6, Administration of perioperative patient care services • SRP: Appendix D: Quality and performance improvement standards |

*Key
 CCC = Seifert, P.C. (ed.). (2014). *Core Curriculum for the RN First Assistant* (5th ed.). Denver: AORN
 Alex = Rothrock, J.C. (ed.). (2011). *Alexander's care of the patient in surgery* (14th ed.). St. Louis: Elsevier Mosby.
 B&K = Phillips, N. (ed.). (2013). *Berry and Kohn's operating room technique* (12th ed.). St. Louis: Elsevier.
 SRP = AORN. (2013). *Perioperative standards and recommended practices*. Denver: AORN.