Participant Guide

Last Updated

April 10, 2018

Alberta Registered Nurses Assessment Program (ARNAP)

TOUCHSTONE
INSTITUTE
COMPETENCY EVALUATION EXPERTS

ASSESSMENT
PROGRAM

Introduction

The Alberta Registered Nurses Assessment Program (ARNAP) is a standardized exam that tests the knowledge, skill and judgement of internationally educated nurses (IENs) seeking nursing registration in Alberta. The program was created by Touchstone Institute in collaboration with the College and Association of Registered Nurses of Alberta (CARNA).

Registrants of the ARNAP will complete the two-part exam in one day:

1) Multiple choice question exam – up to 97 questions (2.5 hours of writing time)
2) Objective structured clinical exam (OSCE) – 12 stations (13 minutes each)

The ARNAP may include clinical content from the following areas:

Ambulatory care	Mental health
Community/public health	Obstetrics/Maternal-newborn
Complex continuing care	Palliative care
Emergency care	Pediatric and adolescent health
Geriatrics	Rehabilitation
Intensive/critical care	Surgical
Medical	

The blueprint for the ARNAP is based on the [National Competencies in the Context of Entry-Level Registered Nurse Practice (2014)](#).

We have created this participant guide to assist IENs as they prepare for assessment at our facility. While it is our hope that this guide will answer important questions about the ARNAP, registrants should seek out other study resources as they prepare for the assessment.

We look forward to welcoming all referred registrants to Touchstone Institute.

Sincerely,

Touchstone Institute

ARNAP@tsin.ca

Written Component

The multiple choice question exam consists of **up to 97** questions that assess the following professional competencies:

Domain: Professional responsibility and accountability
Demonstrates an understanding of professional conduct in accordance with CARNA's standards for nursing practice and ethics and that the primary duty is to the client to ensure safe, competent, ethical nursing care.

Domain: Service to the public
Demonstrates an understanding of the concept of public protection and the duty to provide and improve health-care services in collaboration with clients and other members of the interprofessional health-care team, stakeholders and policy makers.

Domain: Self-regulation
Demonstrates an understanding of professional self-regulation by advocating in the public interest, developing and enhancing one's own competence and ensuring safe practice.

Performance Component – OSCE

The objective structured clinical examination (OSCE), is a performance test that evaluates a candidate's clinical proficiency while participating in a series of standardized client encounters. Candidates complete 12 clinical encounter stations where they play the part of a registered nurse and interact with a client. Candidates should manage each presenting case as they would in a real life practice setting. **There are no hidden surprises or tricks.**

Domain: Knowledge-based practice
This competency category has two sections:

1. *Specialized body of knowledge:* Draws on diverse sources of knowledge and ways of knowing, including the integration of nursing knowledge from the sciences, humanities, research, ethics, spirituality, relational practice, critical inquiry and primary health-care principles.
2. *Competent application of knowledge:* Demonstrates competency in the provision of nursing care. The competency statements in this section apply to the four areas of nursing care: assessment, planning, implementation of care and evaluation. RN competency category sub-domains:
   - comprehensive assessment
   - health-care planning
   - provision of nursing care
   - evaluation of care
   - collaboration

Domain: Ethical practice
Demonstrates competency in professional judgment and practice decisions by applying the ethical values and responsibilities in CARNA's standards for ethics. The candidate also engages in critical inquiry to inform clinical decision-making and establishes therapeutic, caring and culturally safe relationships with clients and the interprofessional health-care team. The OSCE will assess a candidate's knowledge integration, clinical skills, behavior, attitude and values.

Format

Inside the station

The assessment room is equipped with:

- blood pressure cuff
- hand sanitizer
- standardized client
- examiner
- other station props related to the station scenario and are for candidate use or comment.

Candidates must have:

- stethoscope
- assessment booklet (provided)
- two pencils (provided)

Exam dress requirements

Candidates should be dressed in appropriate nursing attire. **Please note:** Candidates are not graded/scored on their attire.

Items not permitted

- electronic device, including cell phones, smart watches and fitness trackers
- pens, pen lights,
- paper, books, notebooks
- bags, briefcases

Please note: All personal belongings will be collected at registration and stored until after the examination. Candidates are encouraged to bring as few personal belongings as possible.

Once you have signed in by staff, you will not be permitted to leave the assessment area until completion of assessment and all your materials have been returned intact.

Timing

Candidate instructions – Two minutes of reading time

On the wall outside each clinical station there are candidate instructions that may include the following information:

- client's name
- client's age
- location of where the scenario is taking place (i.e., office, clinic, emergency room)
- task candidate is asked to perform (i.e., physical examination, history taking, etc.)

Candidates will have two minutes to read the instructions outside the stations and make notes in their note booklet (provided). An announcement will be made to let candidates know they can enter the station. The candidate instructions will also be available in the exam room.

Client encounter – Seven minutes of total interaction time with the standardized client

After the starting announcement, candidates will have seven minutes to interact with the standardized client and complete the required task(s) listed on the instructions. Candidates will be assessed on:

- health history and data collection
- physical assessment
- implementation of care strategies
- responsibility and integrity
- communication
- collaboration with the client

A standardized client is an actor trained to replicate a client's signs and symptoms in a reliable and consistent manner.

Candidates are required to explain to the station examiner exactly what they are doing during the assessment of the client. Successful candidates will be able to demonstrate their clinical ability with the client in a natural, focused, professional manner.

At the six-minute mark, candidates will hear an announcement indicating that they have one minute remaining with the standardized client. This is a good time to provide a summary of the points covered with the client.

Tips for candidates:

- ✓ Treat the standardized client as you would a real client in a clinical environment.
- ✓ Remain focused and don't forget that the examiner will be scoring your clinical skills and process.
- ✓ Explain what you are doing to the examiner to demonstrate your clinical ability.
- ✓ Summarize the important points with the client when there is one minute remaining.

Examiner questions – Four minutes

The client encounter is followed by a structured oral interview during which the examiner may ask up to four questions about the presenting case. During this time, the standardized client will no longer engage with the candidate. During the examiner oral questions, candidates will be assessed on:

- analysis and interpretation of findings
- nursing care plan development
- prioritization
- evaluation and monitoring of care
- collaboration with the health-care team
- ethical safety/advocacy
- legal obligations

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Time is up – Exit and proceed to next station

An announcement will be made when time is up. Candidates will be asked to leave the station immediately, move to the next station and begin reading the candidate instructions for that station. Candidates are not allowed to enter or leave a station before they are told to do so.

Important Candidate Information

Cancellation and refund policy

Cancellation and Refund Policy

- All cancellations made up to 30 days before your scheduled assessment date will be subject to a $300 CAD cancellation fee.

- No refund will be issued on a cancellation that occurs less than 30 days before your scheduled assessment date.

- Failure to appear for your scheduled assessment date is considered a cancellation and no refund will be issued.

- We do not offer date changes from one assessment date to another. If you wish to change your assessment date, you must cancel and re-register for the next available date.

- Cancellations will be managed by the candidate through the registration portal. Cancellations by phone, email or fax will not be accepted.

- Refunds are charged back to the method of payment used at the time of registration. Refund cheques will not be issued.

- Requests for cancellation and full refund due to Exceptional Circumstances must be made by completing an [Exceptional Circumstance Exemption Request Form](#) as soon as possible prior to or after the scheduled test date.

Please find below all the necessary information that will assist you to cancel the exam:

1. Go to https://ARNAP.tsin.ca and sign in with your email and password.

2. Click the ARNAP Exam Tab and click on the Cancel Button.

3. Candidates who are entitled to a partial refund will receive a confirmation email directly from PayPal. The subject line of the email from PayPal will read "Refund from Touchstone Institute".

4. If you are having issues with cancelling your exam please email ARNAP@tsin.ca. This will ensure that we can respond in a timely manner. Please do not call our office.

On the exam day, before you start the exam:

- If you are unwell or have extenuating circumstances which may negatively impact your assessment performance, you have the option to withdraw from the exam before it begins. Touchstone Institute will work with you to schedule an alternate date for assessment.
- If you choose to start the examination and request to leave before completing the entire examination, a staff member will document your reason for non-completion. This information will be forwarded to CARNA.

After exam day:

- Your results will be sent to CARNA approximately 8 weeks post assessment

Breach of exam content and process

On exam day, candidates will be required to sign a document attesting that they will **not** ~~disseminate~~ circulate, publish or share any content of the ARNAP. Breaches include comparing client responses with your colleagues, sharing exam content with future exam candidates and posting case information or exam questions online. Any breach in confidentiality of ARNAP materials may lead to disciplinary and legal measures, including invalidating your results.

Request for letter of participation

Candidates may request a letter of participation to support visa travel requirements only after they have registered for an exam date. **Letters cannot be issued without an exam date listed on them.** Email your request for a letter to ARNAP@tsin.ca. Please include your full name and CARNA file number.

Additional Resources

1. College and Association of Registered Nurses of Alberta www.nurses.ab.ca
2. *Entry-to-Practice Competencies for the Registered Nurses Profession* http://www.nurses.ab.ca/content/dam/carna/pdfs/DocumentList/Standards/RN_EntryPracticeCompetencies_May2013.pdf