



CPEN® Exam Review

Presented by

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Beth brings over 25 years of experience in pediatric nursing. She is certified as a pediatric nurse practitioner in both primary and acute care. She is also a certified pediatric nurse and a certified pediatric emergency nurse. Beth worked in a pediatric emergency department for 16 years, serving as a staff nurse, nurse educator, charge nurse, flight nurse and a nurse practitioner. She practiced at an adult Level I Trauma Center on a per diem basis for 6 years and lectured on various pediatric topics, both locally and nationally, for over 15 years.

Beth is active in local and national organizations, including the Emergency Nurses Association (ENA), American Pediatric Surgical Nurses Association (APSNA) and the National Association of Pediatric Nurse Practitioners (NAPNA). She is currently employed as an NP with the pediatric surgeons at Le Bonheur Children's Hospital in Memphis, TN, and moonlights at local pediatric urgent care centers as well. Her years of experience in the emergency department and with pediatric surgery have given her many stories of real-life cases of common—and some uncommon—pediatric diagnoses.

12.25 Contact Hours | Course Length: 701 minutes

Program Description

This course is designed to prepare the nurse for the Certified Pediatric Emergency Nurse (CPEN) Exam* by providing a comprehensive, focused review based on the detailed content outline in a manner that is easy to understand and apply to real world clinical scenarios. Modules related to pediatric emergencies, including trauma, specific body systems and environmental issues, will be presented. Additionally, test preparation and the medicolegal and ethical components of care will be discussed. Each module will cover the pathophysiology, common symptoms, assessment findings, appropriate nursing interventions and patient/family education for each diagnosis in a manner that engages the learner and encourages interactive learning.

*CPEN® and the test name Certified Pediatric Emergency Nurse exam are property of the trademark holders: the Pediatric Nursing Certification Board (PNCB) and the Board of Certification for Emergency Nursing (BCEN®). PNCB and BCEN® are not affiliated with MED-ED or this website.

Program Learning Outcomes

This program prepares the learner to:

1. Acquire the required knowledge for pediatric emergency diagnoses and interventions to successfully pass the certification exam.
2. Confidently relate components of triaging pediatric patients and address specific illness and injuries to include proper assessment parameters and nursing interventions in conjunction with executing patient and family-centered care.

Topics Covered

1 About the Test, Test-Taking Skills

27 minutes

Module Description

This module will introduce the learner to the overview of the Certified Pediatric Emergency Nurse (CPEN) Exam. Tips for basic test-taking strategies and resources to use when studying for the exam will also be provided.

Module Learning Objectives

This module prepares the learner to:

1. Discuss the test content outline.
2. Discuss different types of test takers and strategies to overcome test-taking barriers.

2 Triage of the Pediatric Patient

22 minutes

Module Description

This module will introduce the Pediatric Assessment Triangle and the 5-level triage system and how both tools can be applied to pediatric patients. An overview of isolation categories will be covered as well.

Module Learning Objectives

This module prepares the learner to:

1. Describe the approach to pediatric assessment.
2. Verbalize how to use the pediatric assessment triangle.

3 Professional Issues

37 minutes

Module Description

In this module, various professional practice issues that the emergency nurse may encounter will be discussed, including disaster management, legal issues and evidence collection and preservation.

Module Learning Objectives

This module prepares the learner to:

1. Describe the ethical aspects of care related to evidence-based practice and participation in research, decision-making and patient advocacy.
2. Discuss the legal and professional aspects of coordination of care, documentation and confidentiality.
3. Define patient- and family-centered care.

4 Pain Control, Procedural Sedation

22 minutes

Module Description

In this module, methods for assessing pain in pediatric patients will be discussed. In addition, nonpharmacological and pharmacological methods of pain management will be discussed, including procedural sedation.

Module Learning Objectives

This module prepares the learner to:

1. Discuss different adjuncts for pediatric pain control and procedural sedation.
2. List age-appropriate pain scales to use when assessing pediatric pain.

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5 Physical Exam, History Taking

42 minutes

Module Description

This module introduces the learner to the components of a primary and secondary survey. Typical developmental milestones will be discussed. In addition, key assessment questions for children with special needs will be covered as well.

Module Learning Objectives

This module prepares the learner to:

1. Describe the basic components of performing a pediatric assessment.
2. Discuss the components of a primary and secondary survey.
3. Identify methods for assessing children with special needs.

6 Shock: Recognition, Management

33 minutes

Module Description

The focus of this module will be on recognition and management of shock in pediatric patients. Different causes of shock, including hypovolemic, distributive and cardiogenic, will be covered.

Module Learning Objectives

This module prepares the learner to:

1. Recognize signs of shock in the pediatric patient, and discuss management strategies.
2. Define the different types of shock.

7 Respiratory Emergencies

48 minutes

Module Description

In this module, various respiratory emergencies, including those of the upper and lower airway, will be presented. Common airway adjuncts used in managing the pediatric airway will also be discussed, including their indications for use. The learner will also be guided on the basics of arterial blood gas (ABG) interpretation.

Module Learning Objectives

This module prepares the learner to:

1. Identify signs of respiratory distress in pediatric patients.
2. Identify common causes of respiratory emergencies.

8 Cardiovascular Emergencies

34 minutes

Module Description

This module serves as a review for obtaining vascular access in pediatrics in urgent and nonurgent scenarios. Cardiac emergencies encountered in pediatrics will also be reviewed, including rhythm disturbances and congenital and acquired pediatric cardiovascular abnormalities.

Module Learning Objectives

This module prepares the learner to:

1. Delineate types of cardiac emergencies in children.
2. Describe different heart murmurs.
3. Discuss cyanotic and noncyanotic congenital heart defects.
4. Discuss types of rhythm disturbances.
5. Discuss management of rheumatic fever and endocarditis.

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9 Toxicology Emergencies

55 minutes

Module Description

This module will cover basic ingestions and toxicological emergencies for pediatric patients. Assessment and interventions for known and unknown ingestions will be discussed.

Module Learning Objectives

This module prepares the learner to:

1. Discuss common ingestions.
2. Describe the side effects of drug ingestions.
3. List the current treatment modalities for ingestions.

10 Dermatological Emergencies

35 minutes

Module Description

In this module, various dermatological conditions encountered in the emergency department will be reviewed. Infections and normal physiological conditions will be discussed.

Module Learning Objectives

This module prepares the learner to:

1. Discuss dermatological emergencies that pediatric emergency nurses may encounter.
2. List common skin findings in neonates.

11 Neurological Emergencies

47 minutes

Module Description

This module covers common neurological emergencies encountered in the pediatric emergency department, including mild and severe traumatic brain injury (TBI), abusive head trauma and ventricular shunt malfunction. Assessment guidelines and emergency department interventions will be discussed.

Module Learning Objectives

This module prepares the learner to:

1. Describe neurological emergencies the emergency nurse may encounter.
2. Describe the steps to performing a neurological exam.
3. List nursing interventions indicated for various neurological conditions.

12 Gastrointestinal Emergencies

66 minutes

Module Description

Emergency conditions affecting the gastrointestinal (GI) system will be reviewed in this module. Acute conditions and exacerbations of chronic conditions will be covered.

Module Learning Objectives

This module prepares the learner to:

1. Describe a condition-specific pediatric abdominal assessment.
2. Discuss various etiologies of abdominal pain in children.
3. Differentiate between physiological and pathological vomiting, constipation and diarrhea in children.
4. List management of foreign body ingestions.

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13 Genitourinary Emergencies

25 minutes

Module Description

Common pediatric urological conditions encountered by the emergency room nurse will be discussed in this module.

Module Learning Objectives

This module prepares the learner to:

1. Identify genitourinary emergencies encountered by the pediatric patient.
2. Describe etiologies of scrotal pain and swelling in the male pediatric patient.

14 HEENT Emergencies

29 minutes

Module Description

In this module, the components of head, eye, ear, nose and throat (HEENT) examinations in pediatrics will be covered. The discussion will include specific illnesses and injuries, including nursing interventions, encountered in the pediatric patient.

Module Learning Objectives

This module prepares the learner to:

1. Discuss assessment findings and management strategies for pediatric patients presenting with HEENT emergencies.
2. Describe the components of an eye assessment.
3. Define specific terminology used to describe dental trauma in the pediatric patient.

15 Musculoskeletal Emergencies

33 minutes

Module Description

The focus of this module will be on musculoskeletal problems in children. Congenital, acquired and traumatic conditions will be discussed, including nursing interventions and management.

Module Learning Objectives

This module prepares the learner to:

1. List various musculoskeletal conditions, including assessment findings and diagnostic strategies.
2. Describe treatment priorities for children presenting with musculoskeletal problems.

16 Neonatal Emergencies

24 minutes

Module Description

This module will cover emergencies specific to the neonate. Neonatal sepsis, apnea, meconium aspiration and hyperbilirubinemia will all be covered. In addition, assessment of the newborn will be reviewed as well.

Module Learning Objectives

This module prepares the learner to:

1. Verbalize understanding of different neonatal emergencies.
2. Identify developmental characteristics of neonates.
3. Describe management techniques unique to neonates, including newborn resuscitation, thermoregulation and management of hyperbilirubinemia.

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17 Behavioral Emergencies

23 minutes

Module Description

This module will cover a few of the behavioral emergencies that children may present with to the emergency department. An overview and assessment finding for each disorder will be discussed.

Module Learning Objectives

This module prepares the learner to:

1. Describe behavioral emergencies that may be seen in pediatric patients.
2. List key assessment findings and

18 Medical Emergencies

26 minutes

Module Description

Various pediatric hematologic, endocrinologic and oncological medical emergencies will be covered in this module.

Module Learning Objectives

This module prepares the learner to:

1. Discuss presentations of hematologic and oncologic emergencies in children.
2. Describe endocrinologic and metabolic disorders you may encounter.
3. List common communicable disease found in pediatric patients.

19 Trauma

33 minutes

Module Description

A multitude of injuries will be discussed in this module. Pediatric specific assessment will be discussed. In addition, specific body system injuries and their management will be covered.

Module Learning Objectives

This module prepares the learner to:

1. Discuss performing an appropriate assessment of pediatric trauma patients.
2. List specific body system injuries.
3. Discuss traumatic emergencies and interventions specific to pediatric patients.

20 Child Maltreatment

40 minutes

Module Description

Discuss common and uncommon findings in children who are victims of child maltreatment. Disorders that may resemble abuse will also be discussed.

Module Learning Objectives

This module prepares the learner to:

1. Define child abuse.
2. Cite current statistics regarding child abuse.
3. Describe common signs and symptoms.
4. Recognize children at increased risk for abuse.
5. Recognize common physical abnormalities that may resemble physical abuse.
6. Verbalize understanding of how to handle cases of suspected abuse.

Accreditation

RN/LPN/LVN/Other: 12.25 Contact Hours

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