

2021b

CERTIFICATION EXAMINATION FOR SCHOOL NURSES HANDBOOK FOR CANDIDATES



Examination Dates

<https://www.nbcsn.org/news-events/>

This handbook contains necessary information about the Certification Examination for School Nurses. Please retain it for future reference. Candidates are responsible for reading these instructions carefully. This handbook is subject to change.

Table of Contents

CERTIFICATION	3
MISSION	3
VISION	3
PURPOSE	4
ELIGIBILITY	4
ADMINISTRATION	5
ATTAINMENT OF CERTIFICATION	5
REVOCAION OF CERTIFICATION	6
APPLICATION PROCEDURE	6
FEES	6
FAILED EXAM AUDIT REFUND POLICY	7
WITHDRAWAL POLICY	7
EXAMINATION ADMINISTRATION	8
SCHEDULING YOUR EXAMINATION APPOINTMENT	9
TESTING CENTER INSTRUCTIONS	9
SPECIAL TEST CENTERS, EXCLUDING UNITED STATES AND PARTS OF CANADA	10
ADA ACCOMMODATIONS	10
ABOUT THE COMPUTER BASED TESTING FORMAT	10
QUESTIONS/COMMENTS	10
RULES FOR THE EXAMINATION	11
REPORT OF RESULTS	11
REEXAMINATION	11
RECERTIFICATION	12
CONFIDENTIALITY	12
CONTENT OF EXAMINATION	12
CONTENT OUTLINE	14
SAMPLE EXAMINATION QUESTIONS	19
SUGGESTED RESOURCES	26
NOTES	28

CERTIFICATION

The National Board for Certification of School Nurses, Inc. (NBCSN) endorses the concept of voluntary certification by examination for all school nurses. Certification is one part of a process called credentialing. It focuses specifically on the individual and is an indication of current competence in a specialized area of practice. Board certification in school nursing is highly valued and provides formal recognition of school nursing knowledge and competence. The Nationally Certified School Nurse (NCSN) credential is a personal commitment to higher standards that inspire credibility and confidence.

The NCSN program was granted initial accreditation by the American Board of Nursing Specialties (ABNS) in May 2008 and was reaccredited in 2013 and 2018. ABNS is the standard-setting body for specialty nursing certification programs and offers a very stringent and comprehensive accreditation process. NBCSN demonstrated that it meets the 18 ABNS standards of quality. Briefly stated, this means that a nationally recognized accrediting body has determined that the NCSN credential is based on a valid and reliable testing process and that the structures in place to administer the examinations meet, and even exceed, the standards of the certification industry from a legal, regulatory and association management perspective.

Certification does not end with the successful completion of the examination. In order to maintain the NCSN credential, NCSNs must either document a minimum of continuing education credits in school health issues every five years or retake the examination. This demonstrates a commitment to continued competence.

MISSION

The mission of the National Board for Certification of School Nurses, Inc. (NBCSN) is to advance the quality of school health services (school nurse practice) by providing a rigorous national credentialing process, to validate competency based on professional standards.

VISION

The vision of NBCSN is to have national certification by NBCSN widely recognized and highly valued by providers, employers, and the public as the standard of excellence for school health services.

PURPOSE

The purposes of the NBCSN are to:

1. Develop, administer, and evaluate a national certification process for school nurses that
 - a. Provides recognition to those individuals who meet the eligibility requirements of the NBCSN and pass the National Certification Examination for School Nurses by awarding the credential of National Certified School Nurse (NCSN).
 - b. Establishes and measures the level of knowledge required for certification in school nursing.
 - c. Provides a standard of requisite knowledge required for certification, thereby assisting the employer, public, and members of the health professions in the assessment of school nurses;
2. Develop and evaluate additional mechanisms for professional competence assessment in school nursing;
3. Promote continued professional growth in the practice of school nursing;
4. Assist in the enhancement and communication of knowledge concerning professional testing and competency assessment of school nurses, and;
5. Perform such other functions as may be deemed consistent with the foregoing.

ELIGIBILITY

Eligible candidates must:

1. Submit a copy of their license as a registered nurse (RN) in one of the United States.
2. Submit copy of diploma or transcript (unofficial is acceptable):
 - a. A bachelor's degree or higher **in nursing** or the equivalent in other countries (**Applicants who completed their education outside of the U.S. must submit verification of their international credentials obtained through a certified evaluation service.**)
 - i. OR
 - b. A master's degree in education with a concentration in school nursing or school health services from an NBCSN approved, accredited institution. **Contact info@nbcso.org with information about specific programs (not every program will qualify).**

- i. OR
 - c. Current certification by NBCSN as an NCSN.
3. Meet the clinical practice requirements of a minimum of 1,000 hours that have been worked within the three years prior to taking the test. 1,000 hours is roughly equivalent to the hours worked by a full-time school nurse who works at least 6 hours/day for a school year of 180 days documented by a note on letterhead from your supervisor or district official. See below for more information about clinical practice requirements.
 4. Complete the online application to take the certification examination for school nurses.
 5. Pay the required fee.
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ADMINISTRATION

The Certification Program is sponsored by the National Board for Certification of School Nurses, Inc. (NBCSN). The Certification Examination for School Nurses is administered for NBCSN by:

Association Headquarters
1120 Route 73, Suite 200
Mt. Laurel, NJ 08054

Questions concerning the examination should be referred to Association Headquarters at 833.276.0986 or info@nbcnsn.org.

ATTAINMENT OF CERTIFICATION

Eligible candidates who pass the Certification Examination for School Nurses are eligible to use the registered credential NCSN after their names and will receive a certificate from NBCSN. A registry of Certified School Nurses will be maintained by NBCSN and may be reported in its publications.

School nurse certification is valid for a period of five years at which time the candidate must retake and pass the Certification Examination for School Nurses or meet current continuing education requirements in order to retain certification.

REVOCATION OF CERTIFICATION

Certification may be revoked for any of the following reasons:

1. Falsification of an Application, credentials, or documentation pertaining thereof.
2. Revocation of current Registered Nurse license.
3. Misrepresentation of certification status.

Any misrepresentation may be reported to the appropriate state board of nursing.

NBCSN provides the appeal mechanism for challenging revocation of Board Certification. It is the responsibility of the individual to initiate this process by directing any questions, complaints or concerns in writing, to the President for Board consideration within 30 days of the incident.

APPLICATION PROCEDURE

Complete the application for the Certification Examination for School Nurses from the NBCSN website www.nbcsn.org/apply.

Read and follow the directions on the Application and in this Handbook for Candidates.

FEES

Application Fee for the Certification Examination for School Nurses as of January 1, 2022 (Visa, MasterCard, and American Express):

- \$370.00 Early Bird rate (In place from date application window opens until 2 weeks prior to application deadline)
- \$390 Regular rate (In place during the last two weeks of the application window)
- Any application submitted after the deadline will be assessed and \$100 late fee in addition to the regular fee.

WITHDRAWAL POLICY

Changing Test Appointment within the Testing Window

1. If it is **30 days prior** to your scheduled appointment, you may reschedule your test appointment for no fee. To do so, you must complete two steps:
 - a. Contact Prometric and cancel your original appointment.
 - b. Reschedule your appointment with Prometric to another date within your testing window.
2. If it is **between 29 and 5 days prior** to your scheduled appointment, you may reschedule your testing appointment for a \$50 fee payable to Prometric. You must complete two steps:
 - a. Contact Prometric and cancel your original appointment.
 - b. Reschedule your appointment with Prometric. The \$50 fee will be charged each time you reschedule your appointment.
3. If it is **5 days prior** to your scheduled appointment, you are unable to reschedule. You must appear and sit for the exam or all fees will be forfeited.

Withdrawal from Exam

1. If it is **30 days or more prior** to your scheduled appointment or end of the testing window, you may withdraw your test appointment for a \$75 fee. To do so, you must complete two steps:
 - a. Contact Prometric and cancel your original appointment.
 - b. Withdraw your application by logging into your NBCSN account and completing the withdrawal request. \$75 of your exam fee is non-refundable.
2. If you are between **29 and 5 days prior** to the end of the testing window or test date you may withdraw from the exam for a \$125 fee. You must complete two steps:
 - a. Contact Prometric and cancel your original appointment. A fee of \$50 will be charged.
 - b. Withdraw your application by logging into your NBCSN account and completing the withdrawal request. \$75 of your exam fee is non-refundable.
3. If you are 5 days prior to end of your testing window or test date, you are unable to withdraw. You must appear and sit for the exam or all fees will be forfeited.

Late for Testing Appointment / No Show

The entire testing fee is forfeited for candidates who are more than 15 minutes late for a test appointment or who fail to appear for an appointment.

Exam Retake

If you need to retake the NBCSN exam, you may reapply during any subsequent exam session after the end of your testing window. The retake fee is the same as the regular exam.

EXAMINATION ADMINISTRATION

The Certification Examination for School Nurses is administered during an established two-week or three-week testing period on a daily basis, Monday through Saturday, excluding holidays, at computer-based testing facilities managed by Prometric.

Prometric has several hundred testing sites in the United States, as well as Canada. Scheduling is done on a first-come, first-serve basis. You will not be able to schedule your examination appointment until you have received an Authorization to Test.

SCHEDULING YOUR EXAMINATION APPOINTMENT

Once NBCSN has processed your application and determined that you have met all eligibility requirements, we will notify you via email with your Authorization To Test (ATT). Your ATT email will include all of the information you need to schedule your testing date and location within your testing window. You cannot schedule your exam until you receive this ATT communication. If you have not received your ATT within one week of submitting your application, contact NBCSN at 833.276.0986 or info@nbcnsn.org.

Appointment times are available on a first-come, first-serve basis. We recommend you schedule your appointment as soon as you receive your ATT email in order to maximize your chance of testing at your preferred location and on your preferred date. It is your responsibility to contact Prometric at <http://www.prometric.com> to schedule the exam appointment.

TESTING CENTER INSTRUCTIONS

Plan to arrive at your exam site 30 minutes prior to your appointment time. It is highly recommended that you become familiar with the location of the testing site prior to the testing date. Please plan for weather, traffic, parking and any security requirements that are specific to the testing location. Failure to arrive at your scheduled appointment on time may result in the cancellation of your appointment.

You must present a current government issued photo identification that contains your SIGNATURE. These are three acceptable forms of identification:

- Driver's license
- Passport
- Military ID

The name you use to register for the exam must exactly match the name on your ID. If the testing center administrator questions your identification, you may be asked for additional proof of identity.

SPECIAL TEST CENTERS, EXCLUDING UNITED STATES AND PARTS OF CANADA

It may be possible to establish a special testing center to take a paper and pencil examination in your own country. A request for special testing can be sent to info@nbcson.org or by calling 833.276.0986. All requests must be received eight (8) weeks prior to the beginning of the testing window.

REMOTE PROCTORING

NBCSN is excited to announce that you are now able to schedule and sit for your exam from the safety of your home!

Working with our exam administration partner, Prometric, we have implemented a remote proctoring solution that is available to all candidates in the next few weeks*.

You will need a camera, microphone, quiet and well-lit room, and clean area if you wish to utilize this testing solution.

To prepare for your exam session, we recommend the following:

ProProctor User Guide (MAC users please see specific instructions for settings requirements on page 11) – [click here](#).

View the informational Remote Proctoring Webinar [here](#)

A copy of the slides from the webinar can be found [here](#)

Carefully read the Remote Proctoring Regulations and adjust your testing environment accordingly – [click here for the user guide](#).

Prior to your exam launch, install the ProProctor Application, and perform a System Check – [click here](#).

If anyone is looking to contact Prometric to schedule or reschedule an exam for test center or remote proctoring.

The direct link is <https://www.prometric.com/test-takers/search/nbcns>

ADA ACCOMMODATIONS

Special testing arrangements will be made for individuals with special needs. There is a section on the application where you can request accommodations for special needs, and provide details on your requirements.

ABOUT THE COMPUTER BASED TESTING FORMAT

The NCSN exam has been formatted for the computer since 2007. Questions are displayed, one at a time, on the computer screen. The answers to any item may be changed at anytime during the testing session. None of the answers are submitted until the candidate completes the exam or designates “SUBMIT” on the last screen of the examination. After that time, the answers for any item may not be changed.

QUESTIONS/COMMENTS

NBCSN provides a mechanism for answering candidate questions and responding to comments or challenges made by a candidate. It is the responsibility of the candidate to initiate this process in writing within 30 days of the receipt of the examination results or within 30 days of the incident, whichever is sooner. All questions/comments should be directed to NBCSN with the exception of those concerning the administration of the examination or the testing site which should be referred to Prometric (<http://www.prometric.com>).

RULES FOR THE EXAMINATION

1. Simple calculators are permitted, but calculators must be small (hand held or smaller), noiseless, cordless, and tapeless, and must have no printing capability, expansion capability, or alphanumeric keyboards or displays. A calculator is also available on the computer screen. Calculators included in cell phones and other electronic devices are not allowed.
 2. Electronic devices, including but not limited to, cell phones, pagers, Bluetooth type devices, MP3 players such as iPods, cameras, voice recorders, laptop computers and tablets cannot be used during the examination and must be turned off.
 3. No papers, books or reference materials may be taken into or removed from the examination room.
 4. No questions concerning content of the examination may be asked during the testing period. The candidate should read carefully the directions that are provided on screen at the beginning of the examination session.
 5. Candidates are prohibited from leaving the testing room while their examination is in session, with the sole exception of going to the restroom.
 6. Unless prior permission has been granted for you to bring a beverage or a snack to the test center due to a medical need (see Special Needs on page 7) you cannot bring food or beverages to the test center.
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REPORT OF RESULTS

You will receive an exam score report notification by electronic mail approximately six to eight weeks after the examination period ends. The score report outlines your competence level for the entire exam, and for each of the exam domains. Results related to individual test items will not be shared. Information related to a candidate's score or test history is confidential and only provided to the candidate. No specific information will be shared with employers or any other individual. Successful candidates will also receive an NCSN certificate from NBCSN.

RE-EXAMINATION

Eligible candidates may take the Certification Examination for School Nurses as often as desired upon filing of a new Application and payment of fees. There is no limit to the number of times the examination may be repeated.

RECERTIFICATION

To maintain NCSN status, recertification by examination or continuing education is required every five years. Information about the requirements for recertification can be found on the NBCSN website at <http://www.nbcn.org/recertification>.

It is the responsibility of the NCSN must keep his or her contact information up-to-date with NBCSN (address, telephone and email) in order to receive the reminder notices sent out in advance of a candidate's recertification date and to avoid an additional fee for submitting a late application.

CONFIDENTIALITY

1. NBCSN will release the individual test scores ONLY to the individual candidate. State or other jurisdictions previously authorized by the candidate for state certification purposes will receive notification of Pass/Fail status of the applicant.
 2. Any questions concerning test results should be referred to NBCSN.
 3. A registry of Certified School Nurses will be maintained by NBCSN and may be reported in its publications.
 4. NBCSN will provide a letter to the employer regarding the Pass/Fail status, at the written request of the candidate.
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CONTENT OF EXAMINATION

1. The Certification Examination for School Nurses is a computer-based examination composed of a maximum of 200 multiple choice, objective questions with a total testing time of four (4) hours.
2. The content for the examination is described in the Content Outline starting on page 13.
3. The questions for the examination are obtained through a rigorous process of item writing and item review from individuals with expertise in school nursing and school health issues and are evaluated on a regular basis for construction,

- accuracy, and appropriateness by the NBCSN.
4. NBCSN, with the advice and assistance of Prometric, prepares the examination.
 5. The Certification Examination for School Nurses will be weighted in approximately the following manner:

CONTENT OUTLINE

I	HEALTH APPRAISAL	26%
II	HEALTH PROBLEMS AND NURSING MANAGEMENT	27%
III	HEALTH PROMOTION/DISEASE PREVENTION	20%
IV	S P E C I A L HEALTH ISSUES	14%
V	PROFESSIONAL ISSUES	13%

I. HEALTH APPRAISAL

A. General Physical Health

1. Data Collection
 - a. Subjective
 - b. Objective
2. Interpretation of Data/ Planning
3. Intervention/Referral
4. Evaluation

B. General Psychosocial Health

1. Data Collection
 - a. Subjective
 - b. Objective
2. Interpretation of Data/ Planning
3. Intervention/Referral
4. Evaluation

C. Systems

1. Cardiovascular
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
2. Ears
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
3. Endocrine
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
4. Eyes
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
5. Gastrointestinal
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
6. Musculoskeletal
 - a. Data Collection

- b. Interpretation / Planning
- c. Intervention/ Referral
7. Neuro-Developmental
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
8. Nose, Mouth, and Throat
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
9. Reproductive/Genitourinary
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
10. Respiratory
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral
11. Skin and Scalp
 - a. Data Collection
 - b. Interpretation / Planning
 - c. Intervention/ Referral

II. HEALTH PROBLEMS AND NURSING MANAGEMENT

A. Emergency Care

1. Abdomen
2. Anaphylaxis
3. Burns
4. Cardiac
5. Dental/Oral
6. Head trauma
7. Hemorrhage/bleeding
8. Lacerations/Punctures/Avulsions
9. Overdose, Poisoning, and Exposure
10. Respiratory
11. Spinal Cord
12. Neurological
13. Mental Health
14. Musculoskeletal
15. Other

B. Acute, Episodic, and Chronic Conditions

1. Cardiovascular system
2. Gastrointestinal system
3. Genitourinary/Reproductive system
4. Eye, Ear, Nose, and Throat
5. Integumentary system
6. Mental Health
7. Metabolic and Endocrine system
8. Multisystem
 - a. Autoimmune Diseases
 - b. Allergies
 - c. Cancer
 - d. Genetic/Birth Defects
 - e. Other
9. Musculoskeletal system
10. Neurological system
11. Respiratory

C. Communicable Diseases

1. Bacterial infection
2. Viral infection
3. Fungal infection
4. Sexually Transmitted Infection/Disease
5. Infestations
6. Other

III. HEALTH PROMOTION/DISEASE PREVENTION

- A. Immunizations
- B. Risk Reduction and Infection Control
 - 1. Identification of Risk Factors
 - 2. Prevention Methods
 - a. Surveillance
 - b. Self-Care Skills
 - c. Group Education
- C. Health Education
 - 1. Students
 - 2. Staff
 - 3. Families
 - 4. Communities/Stakeholders
- D. Counseling / Conflict Resolution
- E. Community Health Needs
- F. Cultural Considerations
- G. Environmental Concerns
- H. Safety Education
- I. Disaster Preparedness

IV. SPECIAL HEALTH ISSUES

- A. Special Health Needs
 - 1. Abuse and Neglect
 - 2. Assistive Care
 - 3. Eating Disorders
 - 4. Human Sexuality
 - 5. Gender Identity
 - 6. Pregnancy/Parenting
 - 7. Physical Problems (e.g. organ transplant, disabilities)
 - 8. Psychosocial Problems (e.g. self-harm, trauma, suicide)
 - 9. Substance Use, Abuse, and Addiction
 - 10. Assistive Technology
 - 11. Bullying Harassment, and Violence
 - 12. Other (e.g., human trafficking, homelessness/poverty, food insecurity)
- B. Educational/Health Management
 - 1. Legal Considerations
 - a. Laws Relating to Special Education (e.g., IDEA)
 - b. Americans with Disabilities (504)
 - 2. Plans
 - a. Individualized Education Plan
 - b. Individualized Healthcare Plan
 - c. Section 504 Plan
 - d. Emergency Action Plan
 - 3. Resources/Referrals

V. PROFESSIONAL ISSUES

- A. Code of Ethics (ANA/NASN)
 - B. Nurse Practice Act/Licensure/Certification/ Scope and Standards of Practice
 - C. Administrative
 - 1. Accountability/Responsibility
 - a. Job Description
 - b. Malpractice
 - c. Documentation
 - 2. Supervision, Delegation, and Evaluation
 - a. Professional Licensed Staff
 - b. Unlicensed Personnel
 - 3. Leadership (e.g. mentoring, orienting, advocating)
 - D. Consultation to Administration on Health Issues
 - 1. State and Federal Laws, Regulations, and Guidelines
 - 2. School Board Policy
 - 3. School Health Services
 - E. Electronic and Hard Copy Health Records
 - 1. Accuracy
 - 2. Confidentiality
 - 3. Storage / Retention
 - 4. Student and Parent Rights
 - 5. Access to Records
 - 6. Authorization for Release/Exchange of Information
 - 7. Analysis and Reporting
 - F. Medication
 - 1. Administration
 - 2. Prescription
 - a. Nonprescription
 - 3. Authorization
 - a. Medical
 - b. Parental
 - 4. Documentation (e.g. administration, errors)
 - 5. Storage, Safety, and Disposal
 - G. Treatment Policy
 - 1. Authorization for Treatment
 - 2. Protocols and Procedures
 - H. Legal Issues
 - 1. Child Abuse/Neglect Reporting
 - 2. Confidentiality (e.g., HIPAA, FERPA)
 - 3. Communicable Disease Reporting
 - 4. Workplace Environment (e.g. discrimination, harassment)
 - 5. Local Policy, State, and Federal Laws (e.g., McKinney-Vento, ESSA)
 - I. Research and Evidence-Based Practice
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SAMPLE EXAMINATION QUESTIONS

In the following questions, choose the one best answer.

1. **In the school setting, a student with a seizure disorder should:**
 - a. wear a helmet for protection.
 - b. have a seizure action plan on file.
 - c. sit near the teacher for close supervision.
 - d. have a medic alert tag for field trips.

2. **When writing a Health Plan for a student with seizures, which of the following need NOT be considered?**
 - a. Altered health maintenance related to knowledge deficit of benefits of compliance to prescribed regimen.
 - b. Potential for infection related to chronic conditions.
 - c. Potential for self-esteem disturbance related to chronic condition.
 - d. Potential for aspiration related to seizure activity.

3. **A doctor has faxed the nurse the medical information about an 8th grade student's newly diagnosed seizure condition. In order to manage this student's care at school, the nurse should first:**
 - a. talk with the teacher about the student's need for classroom safety.
 - b. talk with the parent to determine how the family and student are coping with the condition.
 - c. talk with the campus administrator about the student needing additional services.
 - d. talk with the PE teacher about changes in the student's activity level.

4. **There has been an accident on the playground. When the nurse arrives, a 10 year old student is observed to be holding his front tooth. The nurse asks the teacher to call the parent because the child must be transported to a dentist immediately. The nurse then should:**
 - a. clean off the tooth by rubbing and rinsing with normal saline.
 - b. protect the tooth by wrapping in a gauze pad or tissue.
 - c. rinse the tooth with water while holding it by the crown.
 - d. drop in milk solution while holding the tooth by the crown.

5. **The nurse suspects a medication protocol in the district is not best practice. Which of the following is the least appropriate method for investigation?**
- Contact the state's school nurse consultant.
 - Conduct a literature review.
 - Ask a colleague in a neighboring district.
 - Survey the state's regulations, legislation and guidelines.
6. **The health department conducts vision and hearing screening as a contracted service to the school district. The students' vision and hearing screening records are:**
- subject to the privacy accorded by the Family Education Rights Privacy Act (FERPA) and belong to the school district.
 - subject to the privacy accorded by Health Insurance Portability and Accountability Act (HIPAA) and belong to the health department.
 - subject to the privacy accorded by Section 504 of the Rehabilitation Act of 1973 and belong to the school district.
 - considered mandated health information and not subject to privacy rules.
7. **A Methicillin resistant Staphylococcus aureus (MRSA) outbreak in the school is best combated by:**
- isolation of infected students.
 - notifying health department.
 - frequent hand washing.
 - closing the school for decontamination.

8. A nine year old student with Type I Diabetes presents to the school nurse to report that his blood sugar is high and he needs to self-administer a correction dose of insulin. He has an individualized health care plan in place with parental signature, as well as signed written orders for short acting insulin daily at lunch and “as needed” for blood glucose readings >150 from his health care provider. His meter reads 242 and the equation for determining the correction dose is:

Blood Glucose - 150

50

He has his insulin pen and asks the nurse to double check that he has dialed in the correct number of units. It is 10am and his scheduled lunchtime is at noon.

The appropriate correction dose of insulin to administer would be:

- a. 2 units of Lantus insulin.
 - b. 1.5 units of Lantusinsulin.
 - c. 2 units of Novaloginsulin.
 - d. 1.5 units of Novalog insulin.
9. A 6th grade female student has transferred into the district during the absence of the school nurse. Upon return, the nurse finds a written health care plan with parent signature, orders from the physician for an EpiPen to be administered “as needed” for severe allergy reactions to nut products, and an unexpired auto-injectable epinephrine 0.15mg. pen in the mailbox. After introducing herself to the student and noting that the student is of normal height and weight for her age, the most appropriate next action for the school nurse would be to:
- a. make copies of all paperwork and distribute to all staff and volunteers who may have contact with the student.
 - b. call the parent to obtain an additional “back up” dose of medication to be used for field trips.
 - c. call the ordering physician to clarify the correct dose of the epinephrine.
 - d. take a photo of the child and attach to the health care plan to assist appropriate staff in identifying this at-risk student.

- 10. A middle school cheerleader has experienced her second fracture within the past nine months. The concerned school nurse should first:**
- a. speak to the PE teacher to remove the student from activities, including the cheerleading squad.
 - b. counsel the student to eat more dairy products rich in calcium.
 - c. suspect rickets and contact the parent to recommend bone-density screening.
 - d. contact the student's physician to explore the possibility of a neurological problem presenting with poor balance.

- 11. During a health lesson, the school nurse is talking to middle school students about the importance of building strong bones now to prevent fractures and osteoporosis. Which of the following facts is NOT important to include?**

- a. Bone growth doubles during ages 9-18, so calcium requirements double.
- b. In addition to calcium rich foods, sunlight and weight-bearing exercise build strong bones.
- c. Calcium rich foods include broccoli, cheese and yogurt.
- d. When fractures occur in children, bone density screening is recommended to detect rickets or osteoporosis.

- 12. A 13-year-old boy has become a frequent visitor complaining of severe headaches. Upon his most recent visit, the nurse notices bruises on his neck and petechiae around his eyes, and suspects that he may be involved in the "choking game". The nurse's first course of action should be to:**

- a. refer to the counselor for suicide assessment.
- b. visit with the principal to determine if other students have talked about this dangerous activity.
- c. talk to the student about his activities during time spent alone.
- d. call his parents to warn them about her suspicions and to increase their vigilance.

Correct Answers to Sample Questions:

1.b; 2.b; 3.b; 4.d; 5.c; 6.a; 7.c; 8.c; 9.c; 10.c; 11.a; 12.c

Preparing for the NCSN Exam: Suggested Resources

The following resource list may be helpful in preparing for the NCSN exam. It does not constitute a complete listing nor an endorsement by NBCSN. **The first three publications should be available in every health office, the majority of the NCSN Exam questions are based on information from these books.** Primary resources provide the critical knowledge necessary for the school nurse.

Supplemental resources may be helpful for a more thorough understanding of an area with less familiarity. Use the most current edition of the resource. The initials “n.d.” or “no date” indicate the website resource is updated too frequently to list a current publication date.

[Click here for the most recent resources.](#)

NOTES

