



Recommended Resources and a 5-6 Week Study Plan for the PMHNP Certification Exam by Georgette's PMHNP Certification Review Courses

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Recommended Resources

- The first step of preparing for the certification exam is to narrow down your study materials. Narrowing down your materials will save you time, money, and sanity!
- 1. ANA'S online PMHNP Practice IQ (ANCC IQ). To purchase visit <https://www.nursingworld.org/continuing-education/psychiatric-mental-health-nurse-practitioner-certi3/>

A breakdown of the different sections of the ANCC IQ practice question bank

- 100 questions practice test that is timed for 2 hours (There are no rationales to these questions)
 - Domain 1: Scientific Foundation (40 questions with rationales)
 - Domain 2: Advanced Practice Skills (49 questions with rationales)
 - Domain 3: Diagnosis and Treatment (52 questions with rationales)
 - Domain 4: Psychotherapy and Related Theories (30 questions with rationales)
 - Domain 5: Ethical and Legal Principles (72 questions with rationales)
2. Review Course for the PMHNP Boards Exam: Modules 1-5 review courses and the Last-Minute Review offered by **Georgette's PMHNP Certification Review Courses**. To sign up or learn more visit <https://pmhnpcourses.com/> (These are Live review courses offered virtually through ZOOM).

3. Psychiatric-Mental Health Nurse Practitioner Review and Resource Manual, 4th ed, commonly called the” purple book (PB)”. The book can be bought on Amazon or via <https://www.nursingworld.org/nurses-books/psychiatric-mental-health-nurse-practitioner-review-manual--4th-edition/>
4. Quizlets: A word document of the 25 and 5 pages combined quizlets can be downloaded as a Word document from the Files section of the [PMHNP Certification Exam Prep](#) Facebook group. To join the group, click on www.facebook.com/groups/1674326079357923/ OR the quizlets can also be accessed using the link below but it is recommended students join the **PMHNP Certification Exam Prep** online learning community on Facebook since the Word document of the quizlet has more details compared to the quizlet link at <https://quizlet.com/513854444/pmhnp-tessy-flash-cards/>
 - Note **** Not every information on the quizlets is accurate.**
 - Students are responsible for researching the content they might doubt on (Students also have the option to post doubts or concerns on the FB group listed above, to get help from other group members).

Supplemental resources (optional YouTube videos)

1. Watch Dirty Medicine Videos on Dopamine pathways, and Inducers/Inhibitors
2. Watch memorable psychopharmacology videos on lobes of the brain mood stabilizers, antipsychotics, antidepressants, etc.
3. Piaget stages at <https://youtu.be/IhcgYgx7aAA> 4

Q. When should I start attending Georgette’s PMHNP Certification Review Courses?

A. Students can attend the modules 1-5 review classes once they have started studying for the PMHNP boards exams. The modules reviews are entry-level reviews for students planning on taking the PMHNP exams whether or not they have started studying for the boards. The module reviews will help pinpoint key areas to focus more on as students’ study for the PMHNP boards exams. For the Last-Minute Review (LMR) class, it is recommended to take it within 1-7 days of your test date, but students can test at a later date depending on whether or not they have mastered key concepts.

- The modules 1-5 review classes are offered in 4 days. The Last Minute Review is a one-day class.

Q. Are the Modules 1-5 review classes the same as the Last-Minute Review (LMR) and do I have to attend both the Module classes and the Last-Minute Review (LMR)?

A. The modules reviews are different from the Last-Minute Review (LMR). The purpose of the modules reviews is to prepare students for the LMR. Yes, it is recommended for students to attend both the modules reviews and the LMR. Visit the “Courses offered” tab on www.pmhnpcourses.com to learn more information on the different courses offered.

Q. Do I have to schedule the review classes in order?

A. Students can choose to take the classes in order or out of order when scheduling the review classes. We generally recommend students take the classes in order if they can.

Q. Can I schedule the review classes weeks/months or a year ahead?

A. Yes. Students can schedule the classes ahead. We highly recommend students view the schedule on pmhnpcourses.com and plan ahead as the spots in the classes fill up fast.

Q. When should I take the PMHNP boards exams?

A. It is recommended for students to take the PMHNP boards exam when they feel most prepared and ready. There is not a “one size fits all” solution that will work for everyone. 5-6 weeks can be enough time for some students to prepare for the exams, but others might require more or less time depending on other daily commitments they might have. It is important to feel comfortable with the content and skills from the five tested sections: Scientific foundations, Advanced practice skills, Diagnosis and Treatment, Psychotherapy and Related Theories, and Ethical and Legal Principles. Having scientific knowledge of these concepts is one thing and being able to apply it is another. The PMHNP boards exam is not only a test of your ability to memorize random facts. The exam will require you to answer questions using newly introduced information and apply your knowledge to scenarios. When answering questions on the recommended practice test bank questions or when studying the resources above, make notes on the rationales. Understand why an answer option is right or wrong.

For more information on frequently asked questions and answers (FAQs) visit <https://pmhnpcourses.com/faqs>.

How to prepare for Georgette’s PMHNP Certification Review Courses

- Download the study plan a few days before your scheduled class. The study plan has other recommended resources to review before attending each class.
- On the day of the class, join the class about 10-15 minutes early if the meeting host has started the class.
- Once you are admitted into the class via Zoom, verify that your first and last names reflect the exact name you used to sign up for the classes.
- Bring your gear: Bring an organized notebook or binder, pens, pencils, and a highlighter. You will need the Psychiatric-Mental Health Nurse Practitioner Review and Resource Manual, 4th ed, commonly called the purple book (PB). The book can be bought on Amazon or on <https://www.nursingworld.org/nurses-books/psychiatric-mental-health-nurse-practitioner-review-manual--4th-edition/>
- Take notes and follow along during the lecture.
- Limit any distractions during the lecture.
- Be active during the lecture; ask and answer questions.

After the review class

- It is important to consolidate the information you learned during the lecture within 24 hours if you can.
- Utilize your resources such as the “purple book” to reinforce the areas that were presented during the lecture and make a study tool out of the lecture notes such as flashcards.

Q. How is the ANCC PMHNP Certification Exam Scored?

Answer: Visit

[https://www.nursingworld.org/~4ac882/globalassets/certification/renewals/GeneralTestingandRenewalHandbook#:~:text=To%20pass%20the%20ANCC%20examination,%2C%20105%20out%20of%20150\).](https://www.nursingworld.org/~4ac882/globalassets/certification/renewals/GeneralTestingandRenewalHandbook#:~:text=To%20pass%20the%20ANCC%20examination,%2C%20105%20out%20of%20150).)

5-6 Weeks Study Plan for the PMHNP Certification Exam by Georgette's PMHNP Certification Review Course

Trust the process; It is worth it (Dr. Georgette Quie)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Take 100 questions practice exam on the ANCC IQ	Take ANCC IQ Domains 1 & 2 and review/write down the rationales in your notebook	Attend Modules 1&2 review courses by Dr.Georgette Quie Post-lecture -Review your notes made in Modules 1&2 and utilize the purple book(PB) to reinforce the areas that were presented during the lecture -Take ANCC IQ domain 3 test and review/write down the rationales in your notebook	-Attend Module 3 review course by Dr.Georgette Quie Post-lecture -Review your notes made in Module 3 and utilize the PB to reinforce the areas that were presented during the lecture -Take ANCC IQ domain 4 test and review/write down the rationales in your notebook	-Attend Module 4 review course by Dr.Georgette Quie Post-lecture -Review notes made in Module 4 and utilize the PB to reinforce the areas that were presented during the lecture -Take ANCC IQ domain 5 test and review/write down the rationales in your notebook	-Attend Module 5 review course by Dr.Georgette Quie Post-lecture -Review notes made in Module 5 and utilize the PB to reinforce the areas that were presented during the lecture	-Read purple book (PB) chapters 1&2. -Do case studies after each chapter
Week 2	-Read PB chapters 3 & 4 -Do case studies after each chapter	-Read PB chapter 5 -Do case studies after each chapter	-Read PB chapters 6 & 7 -Do case studies after each chapter	-Read PB chapter 8 -Do case studies after each chapter	-Read PB chapter 9 -Do case studies after each chapter	Read PB chapter 10 - Do case studies after each chapter	-Read PB chapter 11 -Do case studies after each chapter
Week 3	-Read PB chapter 12 -Do case studies after each chapter	-Read PB chapter 13 -Do case studies after each chapter	-Read PB chapter 14 -Do case studies after each chapter	-Read PB chapter 15 -Do case studies after each chapter	Read PB chapter 16 -Do case studies after each chapter	Read PB chapter 17 -Do case studies after each chapter	Read the entire addendum to the purple book Take 100 questions behind the PB and read all rationales
Week 4	Retake IQ Domain 1 until score is greater or equal to the 90s	Retake IQ Domain 2 until score is greater or equal to the 90s	Retake IQ Domain 3 until score is greater or equal to the 90s	Retake IQ Domains 4 until score is greater or equal to the 90s	Retake IQ Domains 5 until score is greater or equal to the 90s	Retake 100 questions practice exam on the ANCC IQ	Start reading the 25 and 5 pages combined quizlet Make flash cards or notes when reading the quizlets

	Review chapters/areas that are still challenging	Review chapters/areas that are still challenging	Review chapters/areas that are still challenging	Review chapters/areas that are still challenging	Review chapters/areas that are still challenging	Review chapters/areas that are still challenging	
Week 5	<p>Finish reading the 25 and 5 pages combined quizlets</p> <p>Make flash cards or notes reading the quizlets.</p>	<p>Start reviewing your notes again made from the review classes, ANCC IQ, and the purple book.</p>	<p>Finish reviewing notes your notes made from the review classes, ANCC IQ, and the purple book.</p> <p>Retake 100 questions behind the PB.</p>	<p>Review the flashcards or notes you made while reviewing the quizlets</p>	<p>Retake IQ domains 1, 2, and 3</p> <p>-Take the IQ domains in a self-timed mode. Time yourself to answer a question in not more than one minute.</p> <p>You can use your phone or watch to time yourself</p>	<p>Retake IQ domains 4 & 5</p> <p>- Take the IQ domains in a self-timed mode. Time yourself to answer a question in not more than one minute.</p> <p>You can use your phone or watch to time yourself</p>	<p>Attend the last-Minute review (LMR) class on Saturday or Sunday.</p> <p>Retake the 100 questions practice test on the ANCC IQ after the LMR class until your score is greater or equal to 90%</p>
Week 6	<p>Attend the last-Minute review (LMR) class on Saturday, Sunday, or Monday.</p> <p>Retake the 100 questions practice test on the ANCC IQ after the LMR class until your score is greater or equal to 90%</p>	<p>-Review content covered in the LMR class.</p> <p>- Reinforce any areas of weakness as needed.</p> <p>-REST/Relax as needed.</p>	<p>TEST DAY</p> <p>Deep breathes You got this!!</p> <p>optional- After passing the ANCC certification exam, you can choose to join the “Post certification Lounge for PMHNPs” Facebook group by searching the group name on Facebook and sending a request.</p>	<p>TEST DAY</p> <p>Deep breathes You got this!!</p>	<p>TEST DAY</p> <p>Deep breathes You got this!!</p>	<p>TEST DAY</p> <p>Deep breathes You got this!!</p>	<p>TEST DAY</p> <p>Deep breathes You got this!!</p>

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