ABOUT THE ADDICTIONS NURSING CERTIFICATION BOARD

The Addictions Nursing Certification Board (ANCB) was established in 1989 for the purpose of promoting the highest standards of addictions nursing practice through development, implementation, and coordination of all aspects of certification for addictions nurses. Certification attests to attainment of specialized knowledge beyond the basic nursing credential. Certification serves to maintain and to promote quality nursing care by providing a mechanism for nurses to demonstrate their proficiency in a nursing specialty area. It documents that special knowledge has been achieved, elevates the standards of addictions nursing practice, and provides for expanded career opportunities and advancement within the specialty of addictions nursing. Thus, certification benefits the nurse, the profession of nursing, and the public.

The parent society for ANCB is International Nurses Society on Addictions (IntNSA). IntNSA membership provides many benefits including reduced rates for their educational conference and paid subscription to the Journal of Addictions Nursing. For membership information, please visit http://www.intnsa.org or call 205-823-6106 or request an application at intnsa@intnsa.org.

STATEMENT OF MISSION, VISION, AND PURPOSE

The mission of ANCB is to establish an addictions nursing specialty certification as the standard of excellence by which all stakeholders recognize quality addictions nursing.

The vision of ANCB is: Recognizing the pervasiveness of addictions; certification in addictions nursing will be sought after by nurses across all settings and patient populations.

The purpose of ANCB is to provide a mechanism for certification of a quality specialty nursing certification program for addiction nursing.

TESTING AGENCY

The Center for Nursing Education and Testing, Inc. (C-NET) was chosen by the ANCB to provide testing and evaluation services to meet addiction nursing’s assessment needs. C-NET staff members have extensive experience in the development and administration of certification and licensure examinations for nurses.

QUESTIONS ABOUT CERTIFICATION

All questions and requests for information about certification should be directed to:

C-NET
35 Journal Square, Suite 901
Jersey City, NJ 07306
info@cnetnurse.com
www.cnetnurse.com
800-463-0786, ext. 11

NONDISCRIMINATION POLICY

No individual shall be excluded from the opportunity to participate in the ANCB certification program on the basis of race, national origin, religion, sex, age, or disability.

EXAMINATION PERMIT

Upon approval of an examination application, the applicant will receive an examination permit by mail. The permit will include a unique applicant ID number and a toll-free phone number that the applicant must call to schedule the examination at the computer-based testing location of choice. The computer-based testing agency will send a follow-up email to the applicant confirming the exam site, date, and time that the applicant has chosen. If the applicant does not receive an examination permit within 4 - 6 weeks of submission, notify C-NET by calling 800-463-0786, ext. 11.

• Applicants will not be admitted to the examination without an examination permit.
• Applicants cannot transfer applications and fees and no such request will be honored.

The examination permit will remain active for a period of 30 days (May 1-31 or October 1-31). The applicant must test within the 30-day window printed on the permit. If the applicant does not test by the end of the 30-day window, both the examination permit and exam application will expire. The
applicant must then submit a new application and fee for the exam before being allowed to test.

**Please Note:** ANCB and C-NET must determine that the applicant name and the name provided in any and all supporting documentation (i.e., RN license, verification forms, etc.) does refer to one and the same person. If this is not evident, you must include proof of a legal name change when submitting an application.

**REFUND, TRANSFER AND WITHDRAWAL POLICIES**

After an individual’s eligibility has been confirmed, applications may not be withdrawn. All fees are non-refundable and non-transferable.

**RESCHEDULE REQUESTS**

To reschedule an examination, the applicant must contact the computer-based testing agency by calling the number provided on the examination permit no less than 48 hours prior to the scheduled examination. Reschedule requests made less than 48 hours prior to the scheduled examination will not be accepted, and the applicant must either test as scheduled or be considered a ‘no-show.’ Applicants may clear their ‘no-show’ status by contacting C-NET in writing before the close of their 30-day testing window. A fee will apply.

**DISABILITY ACCOMMODATIONS**

ANCB and C-NET will make special testing arrangements to accommodate applicants with documented disabilities that interfere with test taking (e.g., reading or learning disorders).

If you wish to make such arrangements you must notify C-NET in writing by emailing info@cnetnurse.com. C-NET will provide you with forms to complete and instructions on how to proceed with your request.

**MATERIALS TO BRING TO THE EXAMINATION**

Applicants arriving at the examination site must present the following materials to the proctor when checking in:

- The original C-NET examination permit
- A government-issued photo ID card bearing a signature (e.g., applicant’s driver’s license)

- Applicants who appear without photo identification will not be permitted to sit for the examination.
- The name appearing on the applicant’s photo identification card must be the same as the name appearing on the examination permit.

Reference books, notes, or other study materials may not be brought into the examination room. Examination questions do not include calculations that require a calculator. Personal belongings must be placed away from the examinee’s immediate testing area. All cell phones, pagers, and other communication devices must be turned off and put away.

**TAKING THE EXAMINATION**

The certification examinations are multiple-choice tests. It is important to read each question carefully and choose the one answer that you think answers the question correctly. There is no penalty for guessing, so an educated guess is appropriate if you are unsure of the answer. Three (3) hours are allotted to complete the examination.

**INAPPROPRIATE BEHAVIOR DURING THE EXAMINATION**

The performance of all examinees will be monitored. Any examinee who gives or receives assistance, or otherwise engages in dishonest or improper behavior during the examination, may be required to cease taking the examination and leave the examination site. The examination manager will notify the C-NET office of any inappropriate behavior. The C-NET personnel will then notify ANCB.
After reviewing a reported incident, the ANCB will determine whether there is reason to allow the individual to retake the examination, refuse to release test results, or revoke the individual’s eligibility to sit for future examinations. Any individual who removes or attempts to remove materials from the examination site, or who discloses, reproduces, distributes, or otherwise misuses a test question from a certification examination, may face legal action.

EXAM RESULTS AND NOTIFICATION

Scores will be available immediately upon completion of the examination.

• A total score will be provided for examinees who successfully pass the examination.
• Approximately 75% of the CARN test items and 75% of the CARN-AP test items must be answered correctly to receive a passing score.
• A total score and subscores in all the major test areas of concentration will be provided for examinees who do not pass the examination.

CONFIDENTIALITY

To insure the security of the examination, the test materials are confidential and will not be released to any person or agency. An applicant’s individual test results will be released only upon the applicant’s written request.

IF YOU PASS THE EXAMINATION

If you pass the examination, you will receive a certificate attesting to the attainment of certification and will be able to use the designation earned (CARN or CARN-AP) to indicate certification status. Certification is awarded for a period of four (4) years, contingent upon maintenance of full and unrestricted license as an RN.

IF YOU DO NOT PASS THE EXAMINATION

Unsuccessful candidates who wish to retake the examination must reapply and remit all applicable fees and documentation. You may retake the examination as many times as you wish.

ELIGIBILITY CRITERIA - CARN

To be determined eligible to participate in the certification examination, candidates must meet the following requirements:

1. Hold a current, full, and unrestricted license as a registered nurse (RN) in the United States, its possessions or Canada. If licensed in more than one jurisdiction, the candidate must hold full and unrestricted licenses in all jurisdictions. Non-US nurses who meet the eligibility criteria are also invited to apply for the CARN examination, but must submit evidence of equivalent licensure as RN.

2. Have a minimum of 2000 hours (one year) of nursing experience related to addictions as an RN in a staff, administrative, teaching, private practice, consultation, counseling, or research capacity and;

3. 30 hours of continuing education related to addictions nursing within the last three (3) years.

ELIGIBILITY CRITERIA – CARN–AP

To be determined eligible to participate in the certification examination for advanced practice in addictions nursing, a candidate must meet the following requirements:

1. Hold a current, full, and unrestricted license as a registered nurse (RN) in the United States, its possessions, or Canada. If licensed in more than one jurisdiction, the candidate must hold full and unrestricted licenses in all jurisdictions. Non-US or Canadian nurses who meet eligibility criteria are also invited to apply for the CARN-AP examination, but must submit evidence of equivalent licensure as an RN.

2. Hold a master’s degree or higher in nursing.

3. The applicant must provide documentation verifying a minimum of 500 hours of supervised, direct client contact in advanced clinical practice working with individuals and families impacted by addictions/dual diagnoses. All 500 hours may be earned while in the master’s program.
• Submit a copy of the candidate’s master’s program transcript verifying the hours of supervised clinical practice.

    AND/OR:

• Submit the enclosed Verification Form(s), signed by the consultant(s)/supervisor(s), to verify completion of post-master’s hours of supervised direct client/patient contact, which together with hours of supervised practice in the master’s program, equal 500 or more hours.

• It is preferable that the post-master’s consultation/supervision be provided by a professional with experience and expertise in the field of addictions. The consulting/supervising professional may be one of the following: a) an addictions nurse specialist with a master’s or higher degree and CARN or CARN-AP certification; b) a master’s prepared licensed/ certified mental health social worker; c) a psychiatrist; d) a psychologist prepared at the doctoral level and listed in the National Registry of Health Service Providers in Psychology; or e) a psychologist prepared at the doctoral level in an APA-accredited program in one of the following clinical areas: clinical psychology, counseling, psychology, or school psychology.

ALTERNATIVE TO DISCIPLINE POLICY

ANCB recognizes the positive impact nurses in recovery bring to the specialty of addiction nursing. Alternative to Treatment Program Involvement:

1. If license is surrendered or if the nurse has violated the agreement, applicant will be found ineligible to sit for the exam.

2. If the nurse has a license with restrictions a letter from the monitoring program will be required before applicant may sit for the exam. The monitoring program letter will need to support that the license is active, the applicant is complying with his/her agreement and that the monitoring program supports the applicant sitting for the exam.

3. Each applicant will be expected to abide by their state nurse practice act and the laws of their state regarding alternative to discipline programs.

APPEALS

An appeals process is available to certification candidates. A letter of appeal, detailing the issues should be directed to ANCB c/o C-NET.

DUPLICATE SCORE REPORT

You may purchase additional copies of your results at a cost of $25.00 per copy. Requests must be submitted to C-NET. The request must include your name, mailing address, telephone number, date of the examination, and examination taken.

Submit this information with the required fee, payable to C-NET in the form of a check, money order, or cashier’s check. Duplicate score reports will be mailed within approximately two weeks after receipt of the request and fee. Requests must be submitted within one (1) year of your examination to be processed.

CERTIFICATION RENEWAL PROGRAM

Successful candidates will receive a certificate attesting to the attainment of certification and will be able to use the designation earned (CARN or CARN-AP) to indicate certification status. Certification is awarded for a period of four (4) years, contingent upon maintenance of full and unrestricted license as an RN.

The certified nurse will be able to renew certification status by:

a. meeting stated eligibility requirements for certification.

b. submitting completed application form for recertification and payment of all applicable fees

c. meeting ONE of the following requirements:
   1. successfully passing the certification examination.
   2. meeting stated continuing education requirements for recertification.

It is the responsibility of the applicant to notify ANCB and C-NET of any address changes so that renewal notices are sent to the correct address and to contact ANCB if the renewal notice is not received. Failure to receive the renewal notice does not relieve the CARN of the responsibility to apply for
certification renewal. Questions related to the certification program, including questions about recertification procedures, should be directed to ANCB at the following address:

**ANCB**  
c/o C-NET  
35 Journal Square, Suite 901  
Jersey City, NJ 07306  
info@cnetnurse.com  
www.cnetnurse.com  
800-463-0786 x 11

**EXAMINATION FEES**

Members of IntNSA who are eligible for certification may apply at a reduced fee. Membership to IntNSA must be current through the date of the examination to be eligible for the reduced fee. If you are not currently a member, you will receive one year of membership to IntNSA by selecting the “New Member” category. If you do not wish to receive the membership you may choose the “Non-Member” category. For more information on membership benefits visit [www.intnsa.org](http://www.intnsa.org).

**LATE APPLICATION FEE**

The regular fee applies to applications filed by the deadline date indicated. Late applications received after the deadline, but prior to the final cutoff date are assessed a late fee of $25.00, which must be included with the application.

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<tr>
<th></th>
<th>Spring Testing Period</th>
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<th>Fall Testing Period</th>
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<td></td>
<td>May 1-31</td>
<td>October 1-31</td>
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<tr>
<td></td>
<td>CARN Examination Fee*</td>
<td>CARN-AP Examination Fee*</td>
<td>Application Receipt</td>
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<td>Deadline</td>
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<td>Late Application</td>
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<td>Receipt Deadline*</td>
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<tr>
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<td>$195.00</td>
<td>$295.00</td>
<td>April 1</td>
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<tr>
<td>New Member</td>
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<tr>
<td>Non-Member</td>
<td>$455.00</td>
<td>$555.00</td>
<td>April 8</td>
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*Applications received between April 2 and April 8 will require an additional $25.00 late fee. Applications received **AFTER** April 8 will be processed for the next examination period.

*Applications received between September 2 and September 8 will require an additional $25.00 late fee. Applications received **AFTER** September 8 will be processed for the next examination period.
CARN AND CARN-AP EXAMINATIONS

The ANCB Certification examinations are based on a Role Delineation Study (RDS), also known as a practice analysis, which was completed in 2012. The purpose of that study was to identify the content specifications separately for the two examinations, based on survey responses of addictions nurses and advanced practice nurses, as interpreted by a panel of subject matter experts. An executive summary of each study is available at www.intsna.org. The RDS resulted in the Detailed Content Outlines that are shown here. Each examination will include 120 items used to compute candidates’ scores, as specified in the outlines. In addition, 25 unscored pretest items will be presented to candidates, in scrambled order, to allow ANCB to evaluate the quality of those items for use on future examination forms.

CARN CONTENT OUTLINE

<table>
<thead>
<tr>
<th># of Items</th>
<th>1. Assessment</th>
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<tbody>
<tr>
<td>28</td>
<td>A. Base assessment considerations</td>
</tr>
<tr>
<td>1</td>
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<td>B. Observe, interview, and assess patients to identify care needs</td>
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</table>

| 17         | 7. Assess factors that affect pain management in the patient with addiction |
| 18         | 8. Identify behavioral effects of alcohol use |
| 19         | 9. Identify behavioral effects of drug use |
| 20         | 10. Recognize early signs and symptoms of alcohol abuse |
| 21         | 11. Recognize early signs and symptoms of drug abuse |
| 22         | 12. Recognize acute/chronic effects of alcohol use |
| 23         | 13. Recognize acute/chronic effects of drug use |
| 24         | 14. Recognize acute/chronic effects of nicotine |
| 25         | 15. Identify behavioral effects of impulse control disorders |
| 26         | 16. Identify associated behaviors of eating disorders |
| 27         | 17. Assess patient’s readiness for behavioral change |
| 28         | 18. Assess patient’s health literacy |

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<thead>
<tr>
<th># of Items</th>
<th>2. Diagnosis</th>
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<tbody>
<tr>
<td>12</td>
<td>A. Base diagnoses on criteria consistent with accepted classifications</td>
</tr>
<tr>
<td>B. Derive and prioritize nursing diagnoses from the assessment data using complex clinical reasoning</td>
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<tr>
<td>C. Actual diagnosis</td>
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<tr>
<td>D. Risk diagnosis</td>
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<tr>
<td>E. Health promotion diagnosis</td>
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<tr>
<th>14</th>
<th>3. Identifying Outcomes</th>
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<tbody>
<tr>
<td>A. Identify expected outcomes that incorporate scientific evidence and are achievable through implementation of evidence-based practices</td>
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<tr>
<td>B. Identify expected outcomes that incorporate cost and clinical effectiveness, patient satisfaction, and continuity and consistency among providers</td>
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<tr>
<td>C. Account for the entire wellness-addictions continuum</td>
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<tr>
<td>D. Differentiate outcomes that require care process interventions from those that require system-level interventions</td>
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<tr>
<td>F. Identify assessment strategies, diagnostic strategies, and therapeutic interventions that reflect current evidence, including data, research, literature, and expert clinical knowledge</td>
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<tr>
<td>G. Identify with consideration of the patient’s age, ethnicity and socioeconomic and environmental circumstances</td>
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<tr>
<th>20</th>
<th>4. Planning of Care</th>
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</thead>
<tbody>
<tr>
<td>A. Collaborate with multidisciplinary team in developing treatment plan</td>
<td></td>
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</table>
B. Tailor treatment plan to accommodate patients’ health needs, beliefs, and practices
C. Include specific interventions with measurable treatment goals rooted in evidence-based practice
D. Engage the patient and family in the development of the treatment plan
E. Integrate gender differences in the development of the treatment plan
F. Integrate ethnic differences in the development of the treatment plan
G. Integrate cultural differences in the development of the treatment plan
H. Present plan to patient in understandable terms
I. Integrate patient’s readiness for behavioral change in the development of the treatment plan
J. Integrate identified risk and protective factors for the patient and family into the development of the treatment plan
K. Integrate acute and chronic pain management in the treatment plan

5. Implementation of Care

A. Principles of nursing implementation
   1. Use systems, organizations, and community resources to implement the plan
   2. Use continuous quality improvement principles to improve patient outcomes
   3. Collaborate with nursing and other colleagues to implement the plan
   4. Utilize best practices in implementation of the plan
   5. Promote a safe environment for implementation of the plan
   6. Use therapeutic communication skills to improve patient outcomes
   7. Use patient-centered care principles to improve patient outcomes

B. Coordination of care
   1. Provide care with consideration of patient’s needs and desired outcomes
   2. Collaborate with healthcare team to monitor health conditions of patients
   3. Lead the coordination of integrated patient care services

C. Health teaching and health promotion
   1. Advocate on behalf of the patient/family
   2. Educate patients and family members about co-occurring mental health, physical health, and addiction disorders
   3. Educate patients and family members about preventive health measures and self care
   4. Educate patients and family members about expected effects and potential side effects of medications
   5. Educate patients and family members about relapse prevention
   6. Utilize motivational enhancement strategies to promote behavioral change
   7. Utilize brief interventions to promote behavioral change
   8. Utilize evidence-based literature to educate patient and family about the neurobiological basis of addictions
   9. Employ learning theory models when designing health information programs
   10. Employ behavioral change theories when designing health information programs
   11. Design health information and patient education appropriate to the patient’s developmental level
   12. Design health information and patient education appropriate to the patient’s readiness to learn
   13. Design health information and patient education appropriate to the patient’s cultural values and beliefs
   14. Evaluate health information resources (e.g., print materials, web sites) in the area of practice for accuracy, readability, and comprehensibility to help patients access quality health information
   15. Provide anticipatory guidance to individuals, families, groups, and communities to promote health and prevent or reduce the risk of health problems

D. Provide evidence based education related to:
   1. Substance use disorders across life span
   2. Alcohol use
   3. Drug abuse
   4. Nicotine use
   5. Process addictions

E. Provide evidence based education about:
   1. The risks of alcohol use in pregnancy
   2. The risks of nicotine use in pregnancy
   3. The risks of drug use during pregnancy
   4. The risks of eating disorders in pregnancy
   5. Risky health behaviors
   6. Proper nutrition
   7. The importance of regular exercise
   8. The biological consequences of substance use
   9. The psychosocial consequences of substance use

F. Consultation
   1. Facilitate the effectiveness of a consultation by involving the patient and significant others in decision-making
   2. Base consultation on mutual respect and defined role responsibility

G. Treatment
   1. Ensure safe detox
   2. Offer emotional support to patient
   3. Provide specialized direct and indirect care to inpatients and outpatients
   4. Offer counseling regarding changes in behavior and thinking
   5. Offer one-to-one counseling for the patient and family
   6. Establish boundaries in treatment with patients
   7. Administer medication for management of alcohol withdrawal symptoms
8. Administer medication for management of drug withdrawal symptoms
9. Administer medications to reduce cravings from alcohol
10. Monitor patient’s response to medications for management of alcohol withdrawal symptoms
11. Monitor patient’s response to medications for management of drug withdrawal symptoms
12. Monitor patient’s response to medications to reduce cravings from alcohol
13. Initiate treatment based on vital signs and/or laboratory results for patients with substance use disorders
14. Manage symptoms of concurrent psychiatric disorders in patients with substance use disorders
15. Follow evidence-based protocols to treat patients with addictions
16. Evaluate therapeutic and potential adverse effects of pharmacological treatments
17. Evaluate therapeutic and potential adverse effects of non-pharmacological treatments

H. Psychotherapy and complementary therapy
1. Base therapeutic modalities on needs of the patient
2. Base therapeutic modalities on current theory, research and best practices
3. Utilize cognitive behavioral strategies to improve patient outcomes

I. Referral
1. Ensure continuity of care when making referrals to other levels of care
2. Refer patients to specific care providers for additional care based upon patient needs with consideration for benefits and costs
3. Maintain confidential information in accordance with legal standards

6. Evaluation of Care
   A. Evaluate patient’s and family’s response to interventions
   B. Revise diagnoses and plan of care as needed
   C. Ensure ongoing evaluation involving other care providers

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### CARN-AP CONTENT OUTLINE

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<td>8. Identify behavioral effects of alcohol use</td>
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<tr>
<td>9. Identify behavioral effects of drug use</td>
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<tr>
<td>10. Recognize early signs and symptoms of alcohol abuse</td>
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<tr>
<td>11. Recognize early signs and symptoms of drug abuse</td>
<td></td>
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<tr>
<td>12. Recognize acute/chronic effects of alcohol use</td>
<td></td>
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<tr>
<td>13. Recognize acute/chronic effects of drug use</td>
<td></td>
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<tr>
<td>14. Recognize acute/chronic effects of nicotine</td>
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<tr>
<td>15. Identify behavioral effects of impulse control disorders</td>
<td></td>
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<tr>
<td>16. Identify associated behaviors of eating disorders</td>
<td></td>
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<tr>
<td>17. Assess patient’s readiness for behavioral change</td>
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<tr>
<td>18. Assess patient’s health literacy</td>
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</table>

#### 2. Diagnosis

<table>
<thead>
<tr>
<th># of Items</th>
<th>19</th>
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</thead>
<tbody>
<tr>
<td>A. Basic diagnosis considerations</td>
<td></td>
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<tr>
<td>1. Base diagnoses on criteria consistent with accepted classifications</td>
<td></td>
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<tr>
<td>B. Derive and prioritize nursing diagnoses from the assessment data using complex clinical reasoning</td>
<td></td>
</tr>
<tr>
<td>1. Actual diagnosis</td>
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<tr>
<td>2. Risk diagnosis</td>
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<tr>
<td>3. Health promotion diagnosis</td>
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<tr>
<td>C. Formulate differential diagnoses by systematically analyzing clinical and other related findings</td>
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<tr>
<td>1. Diagnose alcohol and drug intoxication</td>
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<tr>
<td>2. Diagnose withdrawal related to addictions</td>
<td></td>
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<tr>
<td>3. Diagnose substance use disorders</td>
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<tr>
<td>4. Diagnose substance abuse disorders</td>
<td></td>
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<tr>
<td>5. Diagnose substance dependence disorders</td>
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<tr>
<td>6. Diagnose process addictions</td>
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<tr>
<td>7. Diagnose eating disorders</td>
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</tbody>
</table>

#### 3. Identifying Outcomes

<table>
<thead>
<tr>
<th># of Items</th>
<th>11</th>
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</thead>
<tbody>
<tr>
<td>A. Identify expected outcomes that incorporate scientific evidence and are achievable through implementation of evidence-based practices</td>
<td></td>
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<tr>
<td>B. Identify expected outcomes that incorporate cost and clinical effectiveness, patient satisfaction, and continuity and consistency among providers</td>
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<tr>
<td>C. Modify plan of care based on changes in patient’s healthcare status</td>
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<tr>
<td>D. Account for the entire wellness-addictions continuum</td>
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<tr>
<td>E. Differentiate outcomes that require care process interventions from those that require system-level interventions</td>
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<tr>
<td>F. Identify assessment strategies, diagnostic strategies, and therapeutic interventions that reflect current evidence, including data, research, literature, and expert clinical knowledge</td>
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<tr>
<td>G. Identify with consideration of the patient’s age, ethnicity and socioeconomic and environmental circumstances</td>
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<tr>
<td>H. Lead the design and development of interprofessional processes to address the identified diagnosis or issue</td>
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</table>
4. Planning of Care

A. Collaborate with multidisciplinary team in developing treatment plan
B. Tailor treatment plan to accommodate patients’ health needs, beliefs, and practices
C. Include specific interventions with measurable treatment goals rooted in evidence-based practice
D. Engage the patient and family in the development of the treatment plan
E. Integrate gender differences in the development of the treatment plan
F. Integrate ethnic differences in the development of the treatment plan
G. Integrate cultural differences in the development of the treatment plan
H. Integrate genetic differences in the development of the treatment plan
I. Present plan to patient in understandable terms
J. Integrate patient’s readiness for behavioral change in the development of the treatment plan
K. Integrate identified risk and protective factors for the patient and family into the development of the treatment plan
L. Integrate acute and chronic pain management in the treatment plan

5. Implementation of Care

A. Principles of nursing implementation
   1. Use systems, organizations, and community resources to implement the plan
   2. Use continuous quality improvement principles to improve patient outcomes
   3. Collaborate with nursing and other colleagues to implement the plan
   4. Utilize best practices in implementation of the plan
   5. Promote a safe environment for implementation of the plan
   6. Use therapeutic communication skills to improve patient outcomes
   7. Use patient-centered care principles to improve patient outcomes
B. Coordination of care
   1. Provide care with consideration of patient’s needs and desired outcomes
   2. Collaborate with healthcare team to monitor health conditions of patients
   3. Lead the coordination of integrated patient care services
C. Health teaching and health promotion
   1. Advocate on behalf of the patient/family
   2. Educate patients and family members about co-occurring mental health, physical health, and addiction disorders

D. Provide evidence based education related to:
   1. Substance use disorders across life span
   2. Alcohol use
   3. Drug abuse
   4. Nicotine use
   5. Eating disorders
   6. Process addictions

E. Provide evidence based education about:
   1. The risks of alcohol use in pregnancy
   2. The risks of nicotine use in pregnancy
   3. The risks of drug use during pregnancy
   4. The risks of eating disorders in pregnancy
   5. Risky health behaviors
   6. Proper nutrition
   7. The importance of regular exercise
   8. The biological consequences of substance use
   9. The psychosocial consequences of substance use

F. Consultation
   1. Synthesize clinical data, theoretical frameworks, and evidence-based practice when providing consultation to healthcare providers to improve patient outcomes
   2. Facilitate the effectiveness of a consultation by involving the patient and significant others in decision-making
### G. Treatment
1. Ensure safe detox
2. Offer emotional support to patient
3. Provide specialized direct and indirect care to inpatients and outpatients
4. Offer counseling regarding changes in behavior and thinking
5. Offer one-to-one counseling for the patient and family
6. Establish boundaries in treatment with patients
7. Monitor patient’s response to medications for management of alcohol withdrawal symptoms
8. Monitor patient’s response to medications for management of drug withdrawal symptoms
9. Monitor patient’s response to medications to reduce cravings from alcohol
10. Manage medication for alcohol withdrawal symptoms
11. Manage medication for drug withdrawal symptoms
12. Prescribe medications to reduce cravings from alcohol
13. Prescribe medications for pain management for patient with substance use disorder
14. Initiate treatment based on vital signs and/or laboratory results for patients with substance use disorders
15. Manage symptoms of concurrent psychiatric disorders in patients with substance use disorders
16. Follow evidence-based protocols to treat patients with addictions
17. Initiate evidence-based protocols to treat patients with addictions
18. Evaluate therapeutic and potential adverse effects of pharmacological treatments
19. Evaluate therapeutic and potential adverse effects of non-pharmacological treatments
20. Provide information about costs and alternative treatment options and procedures

### H. Psychotherapy and complementary therapy
1. Base therapeutic modalities on needs of the patient
2. Base therapeutic modalities on current theory, research and best practices
3. Work with the patient to identify ongoing psychotherapy goals
4. Utilize cognitive behavioral strategies to improve patient outcomes
5. Incorporate complementary and alternative therapy options
6. Present theory, research and the practice of complementary therapies to patient to ensure informed choices

### I. Referral
1. Ensure continuity of care when making referrals to other levels of care
2. Refer patients to specific care providers for additional care based upon patient needs with consideration for benefits and costs
3. Maintain confidential information in accordance with legal standards

### 6. Evaluation of Care

<table>
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<tr>
<th># of Items</th>
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<tr>
<td>A. Evaluate patient’s and family’s response to interventions</td>
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<tr>
<td>B. Revise diagnoses and plan of care as needed</td>
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<tr>
<td>C. Ensure ongoing evaluation involving significant others</td>
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<tr>
<td>D. Ensure ongoing evaluation involving other care providers</td>
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<tr>
<td>E. Analyze evaluation results to recommend system changes including policy, procedure, or protocol revision</td>
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</table>

**Total** 120
SAMPLE ITEMS

The following items are intended to illustrate the format and style for the examination, which is similar for the CARN and the CARN-AP examinations. Specific content will differ for the two examinations. ANCB subject matter experts approve all items as corresponding to the detailed content outline as being appropriate for the respective examination. Some items may be presented as a situational set, in which a scenario is provided, followed by several items pertaining to the scenario.

1. A patient has been on a detoxification unit for alcoholism and occasional use of marijuana and cocaine. He is now in small group therapy sessions led by a nurse. On his second meeting, he fidgets in his seat and finally says, “I’m having difficulty sitting still. Am I bothering some of you who are here? Maybe I should stop coming to these meetings.” Which of these actions in response to this patient would be appropriate?

   A. Encourage him to share his problem with the group members and ask for their help.
   B. Recognize that this is manipulative behavior and encourage him to remain in the group.
   C. Remove him from the group and further assess his needs.
   D. Tell him not to concern himself about the group members and to continue in the group.

   Correct response – **A**

2. A 50-year-old is admitted to the detoxification unit for heavy drinking. Orders include oxazepam (Serax) 10mg every 6 hours prn and diphenhydramine hydrochloride (Benadryl) 50 mg every 6 hours prn. During the nurse’s initial assessment, which of these questions should take priority?

   A. "Have you been taking any over-the-counter medication?"
   B. "Have you ever had a withdrawal seizure?"
   C. "When did you have your last drink?"
   D. "What has been your usual daily alcohol consumption?"

   Correct response – **C**

3. Mr. Bruce Mann, who is on the chemical dependency unit, tells the nurse that he is having cravings for cocaine. In addition to acknowledging the discomfort, the nurse suggests that he exercise at the gym, where various exercise machines are available. The appropriateness of this decision is based on which of these understandings about cocaine addicts?

   A. They are more comfortable alone.
   B. They need to be kept mentally occupied.
   C. They are highly motivated to improve their physique.
   D. They need outlets for physical tension to reduce craving.

   Correct response – **D**

4. A drug screen was administered to a patient who last used cannabis (marijuana) 48 hours ago. The results will most likely be positive for marijuana. A positive result will remain for

   A. 7 hours.
   B. 7 days.
   C. several weeks.
   D. several months.

   Correct response – **C**
SUGGESTED REFERENCES FOR EXAMINATION PREPARATION

This list includes materials used as references for the certification examinations. It is not meant to be an exhaustive bibliography for the examination but rather a way of giving you an idea of the examination content.


Treatment Improvement Protocol Series (TIPs). Published by US Department of HHS, PHS, Substance Abuse and Mental Health Service Administration, Center for Substance Abuse Treatment. Rockville, MD. (Also available online at http://www.samhsa.gov/index.htm).


### CHECKLIST FOR CARN APPLICATION

- Completed and signed application form (printed with black ink or typed). (page 16)
- Clear photocopy of current RN license or copy of verification from Board of Nursing website showing expiration date.
- Signed Verification of Experience in Nursing Related to Addictions Form(s) confirming 2000 hours (1 year) of addictions nursing practice. (page 18)
- Evidence of 30 hours of continuing education related to addictions nursing in the past three (3) years.
- Fee for the certification examination: (Money order or check made payable to Addiction Nursing Certification Board (ANCB). Please note ‘CARN examination’ in the memo section of the check.)
  - $195.00 – IntNSA Member
  - $395.00 – New-IntNSA Member (includes one year membership to IntNSA)
  - $455.00 – Non-IntNSA Member
  - $25.00 – Late Fee, if applicable

### CHECKLIST FOR CARN-AP APPLICATION

- Completed and signed application form (Printed with black ink or typed). (page 16)
- Clear photocopy of current RN license or copy of verification from Board of Nursing website showing expiration date.
- Copy of transcript verifying master’s degree in nursing.
- Evidence of 500 hours of supervised direct patient/client contact in advanced clinical practice related to addictions. (page 19)
  - Verification forms signed by a faculty preceptor to verify the hours of supervised clinical practice included in the master’s program, OR
  - Copy of transcript from the master’s program verifying the hours of supervised clinical practice.
- Fee for the certification examination: (Money order or check made payable to Addiction Nursing Certification Board (ANCB). Please note ‘CARN-AP examination’ in the memo section of the check.)
  - $295.00 – IntNSA Member
  - $495.00 – New-IntNSA Member
  - $555.00 – Non-IntNSA Member
  - $25.00 – Late Fee, if applicable
ADDCITIONS NURSING CERTIFICATION EXAMINATION APPLICATION

Complete all sections of this application and submit with payment by mail to:
ANCB Examination Processing, c/o C-NET, 35 Journal Square, Ste 901, Jersey City, NJ 07306

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>MI</th>
<th>Other Name Used</th>
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Street Address or PO Box

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<tr>
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<th>State</th>
<th>Zip Code</th>
<th>Country</th>
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</tbody>
</table>

Home Phone Number

Work Phone Number

Cell Number

Email Address

RN License:

State: ____________________________ Permanent Number: ____________________________

Date of Original License: ____________________________ Expiration Date: ____________________________

Testing Period:

☐ May 1-31
  - Application receipt deadline April 1
  - Late application receipt deadline April 8*

☐ October 1-31
  - Application receipt deadline September 1
  - Late application receipt deadline September 8*

I am applying for the following exam and IntNSA membership status:

CARN

☐ Member .................. $195
☐ New Member ............... $395
☐ Non-Member ............... $455
☐ *Late Fee (if applicable) .......... $25

CARN-AP

☐ Member .................. $295
☐ New Member ............... $495
☐ Non-Member ............... $555
☐ *Late Fee (if applicable) .......... $25

Acceptable forms of payment include personal check, money order, cashier check and credit card. Please make checks payable to C-NET in U.S. Currency via a U.S. bank.

If paying by credit card, please provide the following:  ☐ VISA  ☐ MasterCard

Credit Card Account Number

Expiration Date (Month/Year)

Please print your name as it appears on the credit card.

Signature: ____________________________ Date: ____________________________

Denial, Suspension, or Revocation of Certification. The occurrence of any of the following actions will result in the denial, suspension, or revocation of Addictions Nursing Certification: (1) falsification of the CARN application; (2) falsification of any material information requested by the ANCB; (3) any restrictions such as revocation, suspension, probation, or other sanctions of professional RN license by nursing authority; (4) misrepresentation of CARN status; (5) cheating on the CARN examination.

STATEMENT OF UNDERSTANDING

I hereby attest that I have read and understand the Addictions Nursing Certification Board’s policy on Denial, Suspension, or Revocation of Certification and that its terms shall be binding on all applicants for certification and all certified addictions nurses for the duration of their certification. I hereby apply for certification offered by the Addictions Nursing Certification Board (ANCB). I understand that certification depends upon successful completion of the specified requirements. I further understand that the information accrued in the certification process may be used for statistical purposes and for evaluation of the certification program. I further understand that the information from my certification records shall be held in confidence and shall not be used for any other purpose without my permission. To the best of my knowledge, the information contained in this application is true, complete, correct, and is made in good faith. I understand that the ANCB reserves the right to verify any or all information on this application.

Signature: ____________________________ Date: ____________________________
DATA FORM FOR CARN AND CARN-AP EXAMINATION APPLICATION

Please complete the following items to provide important research data to the Addictions Nursing Certification Board. The information will be handled anonymously and will be used only for research to assist in the assessment of test validity.

Check your current position:
1. Administrator
2. Manager
3. Supervisor
4. Clinical Nurse Specialist
5. Researcher
6. Other
7. Educator
8. Staff Nurse

Check the primary client problem(s) with which you work (at least 25% of your working hours):
1. Alcohol/Drug Addictions
2. Dual Diagnosis
3. Infectious Diseases
4. Eating Disorders
5. Gambling Addictions
6. General Addictions
7. Sexual Addictions
8. Codependency/Family

Highest level of education completed:
1. Diploma
2. Bachelor’s Degree-Nursing
3. Master’s Degree-Nursing
4. Associate Degree-Nursing
5. Bachelor’s Degree-Other
6. Master’s Degree-Other
7. Associate Degree-Other
8. Doctorate-Nursing
9. Doctorate-Other

Gender:
1. Male
2. Female

Ethnic Category:
1. Hispanic or Latino
2. Not Hispanic or Latino

Racial Category:
1. American Indian/Alaska Native
2. Asian
3. Black or African American
4. Native Hawaiian or Other Pacific Islander
5. White

Years of experience as an RN:
1. 0-5 years
2. 6-10 years
3. 11-15 years
4. 16-20 years
5. 21-25 years
6. 26-30 years
7. 31-35 years
8. 36-40 years
9. 41-45 years
10. 46-50 years
11. 51+ years

Years of experience as an RN in addictions nursing:

Check your current practice setting:
1. General Hospital
2. Addictions specialty hospital/unit
3. Educational Institution
4. Private Practice
5. Free-standing Facility
6. Detoxification Unit
7. Substitution Clinic (e.g. Methadone Maintenance Clinic)
8. Community Agency
9. Other
10. Not currently employed

Which of the following describes the ages of most of your clients? (Select all that apply.)
1. Newborns
2. Infants/Children
3. Adolescents (age 12-21)
4. Adults (age 22-65)
5. Older Adults (age 65 and above)

What hours do you usually work?
1. Days
2. Evenings
3. Nights
4. Other

How many years have you been working in your current position?
1. Less than one year
2. 1 to 3 years
3. 4 to 6 years
4. 7 to 10 years
5. More than 10 years

How did you hear about the certification examination?
1. Nursing journal
2. IntNSA Newsletter
4. World Wide Web – Other
5. Employer
6. Nursing Colleague
7. Marketing
8. Other

Are you currently certified in any other specialty?
1. No
2. Yes

Please indicate current professional membership(s):
1. International Nurses Society on Addictions (IntNSA)
2. State Nurses Association
3. National League for Nursing
4. Sigma Theta Tau International
5. Other
ADDICTIONS NURSING CERTIFICATION EXAMINATION APPLICATION

VERIFICATION OF EXPERIENCE IN NURSING RELATED TO ADDICTIONS FOR CARN

______________________________________________________ is applying to take the Addictions Nursing Certification Examination (CARN examination) sponsored by the Addictions Nursing Certification Board. As part of the application process, the applicant must provide verification of a minimum of 2000 hours (1 year) of nursing experience related to addictions, within the three years prior to the application, as a Registered Nurse in a staff, administrative, teaching, consultation, private practice, counseling or research capacity.

This form is to be completed by the applicant’s supervisor(s) who must complete, sign, and return it to the applicant. If your required hours are with more than one employer you must have additional forms filled out. All application materials, including supervisor verification form(s), should be sent with the application.

______________________________________________________ has had experience in nursing related to addictions

Applicant’s Name
totaling __________ hours, in the following capacity ________________________________

______________________________________________________

Dates of experience: From ________________________________ to ________________________________

Month Year Month Year

Practice Setting: ________________________________

City State Zip

I further attest that ____________________________________________________________

Applicant’s Name

is currently licensed as a registered nurse in the state of ________________________________

______________________________________________________

Supervisor’s Signature Date

Supervisor Contact Information:

Name ___________________________________________ Title ________________________________

Contact Number _____________________________ Email Address ________________________________

Note: Please photocopy this form if additional forms are needed for verification by more than one supervisor.
ADDICTIONS NURSING CERTIFICATION EXAMINATION APPLICATION

VERIFICATION OF SUPERVISED ADVANCED-PRACTICE NURSING EXPERIENCE RELATED TO ADDICTIONS FOR CARN-AP

_____________________________________________________________________________ is applying to take the Addictions Nursing Certification Examination for Advanced Practice sponsored by the Addictions Nursing Certification Board. As part of the application process, the candidate must provide verification of a minimum of 500 hours of supervised direct patient/client contact in advanced clinical practice related to addictions. If the master’s program does not include at least 500 hours of supervised clinical practice, the difference in hours must be completed after the master’s degree is conferred, before the candidate can be deemed eligible to sit for the examination.

This form is to be completed by the applicant’s supervisor(s) who should complete and sign the form and return it to the candidate. If your required hours are with more than one employer you must have additional forms filled. All application materials, including supervisor verification form(s), should be sent with the application.

_____________________________________________________________________________ has had __________ hours of supervised direct patient/client contact in advanced clinical practice in the area of addictions/psychiatric/mental health nursing

☐ during the master’s program ☐ following completion of the master’s program.

Dates of experience: From _____________________________ to _____________________________

Month Year Month Year

Practice Setting: __________________________________________________________________________
________________________________________________________________________________________________________

City State Zip

Please indicate the type of supervision provided: ______________________________________________________________________________________
________________________________________________________________________________________________________

______________________________________________________________________________

Supervisor’s Signature Date

Supervisor Contact Information:

Name________________________ Title________________________

Contact Number________________________ Email Address________________________

Note: Please photocopy this form if additional forms are needed for verification by more than one supervisor.
## ADDICTIONS NURSING CERTIFICATION EXAMINATION APPLICATION

### VERIFICATION OF 30 HOURS OF CONTINUING EDUCATION IN ADDICTIONS NURSING FOR CARN

The applicant must provide verification of a minimum of 30 hours of continuing education related to addictions nursing. These educational units must have occurred within the last three (3) years. The completed form attesting to the 30 hours of continuing education in addictions nursing must be returned with the certification application. If necessary, please use additional copies of this form.

Please print or type and avoid using abbreviations.

<table>
<thead>
<tr>
<th>(1) Sponsor (including provider no., if applicable)</th>
<th>(2) Date(s) of program</th>
<th>(3) Type of program</th>
<th>(4) Title of program</th>
<th>(5) Explain program applicability to addictions nursing practice</th>
<th>(6) Total number of contact hours (points)</th>
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Minimum number of points accepted is 30.
1 contact hour (50-60 minutes) = 1 point.

ANCB Certification Processing  
c/o C-NET  
35 Journal Square, Suite 901  
Jersey City, NJ 07306