CARN Resources

Last Updated February 18th, 2025

DISCLAIMER:

The resources provided are study tools to help you prepare for the CARN Exam. Using these resources to prepare for the CARN certification examination does not guarantee a passing score on the certification exam.

Text-based Resources

1. American Psychiatric Association (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.; DSM-5-TR). Washington, DC: American Psychiatric Publishing.

2. Black, D. W. (2007). A review of compulsive buying disorder. *World Psychiatry*, *6*(1), 14–18.

3. Boyd, M. A., & Luebbert, R. (2022). *Psychiatric nursing: Contemporary practice,* 7th ed., Wolters Kluwer.

4. Herron, A.J., Brennan, T.K. (2020). *The ASAM Essentials of Addiction Medicine*, 3rd ed., Philadelphia: Wolters Kluwer.

5. Miller, S. C., Levy, S., Rosenthal, R. N., Saxon, A. J., Tetrault, J. M., Wakeman, S. E., & American Society of Addiction Medicine (Eds.) (2024). *The ASAM Principles of Addiction Medicine*, 7th ed., Philadelphia: Wolters Kluwer.

6. Miller, W. R., & Rollnick, S. (2018). *Motivational interviewing: Helping people change* (3rd ed.). The Guilford Press.

7. Morgan, K.I., Townsend, M.C. (2020). *Essentials of Psychiatric Mental Health Nursing,* 8th ed., Philadelphia: F.A. Davis.

8. Ruiz, P., Strain, E. (2014). *Substance Abuse Handbook.* 2nd ed., Philadelphia: Wolters Kluwer.

9. Ruiz, P., Strain, E. (2014) *Substance Abuse: A Comprehensive Textbook,* 5th ed., Philadelphia: Wolters Kluwer.

10. Shields, K.M, Kami, L.F, Liebrecht, C. (2020). *Pearson Nurse's Drug Guide 2020*. Hoboken, NJ: Pearson.

Video Resources

1. Boston Medical Center's Grayken Center for Addiction Training & Technical Assistance (2023, December). *Pharmacodynamics of medications for opioid use disorder* [Video]. YouTube. https://www.youtube.com/watch?v=GftLdCSi9bA

2. Boston Medical Center's Grayken Center for Addiction Training & Technical Assistance (2024, December). *Buprenorphine Extended-Release Injection: An Instructional Guide* [Video]. YouTube. https://www.youtube.com/watch?v=cBNLabyxNbM&t=1s

3. Boston Medical Center's Grayken Center for Addiction Training & Technical Assistance (2024, July). *Overdose prevention: Reviewing different naloxone formulations* [Video]. YouTube. https://www.youtube.com/watch?v=BNGpUkhxujk&list=PLoNCse8rBBDCEDDZTwTDve9zS0eZyO-5a&index=11

4. Boston Medical Center's Grayken Center for Addiction Training & Technical Assistance (2020, November). *Medications for Treatment of Alcohol Use Disorder* [Video]. YouTube. https://www.youtube.com/watch?v=6anZ3XGG-gE

5. Boston Medical Center's Grayken Center for Addiction Training & Technical Assistance (2020, September). ***Common Dilemmas in the Ethical Treatment of Inpatients with Substance Use Disorders*** [Video]. YouTube. https://www.youtube.com/watch?v=5eIEBNxN8pA

6. **Several additional, short resource videos are available at https://www.addictiontraining.org/resources/?category=8

Web-based Resources:

- American Society of Addiction Medicine
- Substance Abuse & Mental Health Services Administration
- Centers for Disease Control & Prevention
- Food & Drug Administration
- John Hopkins Medicine
- CDC National Center for Health Statistics
- National Center for PTSD
- National Council for Mental Wellbeing
- National Harm Reduction Coalition
- National Institute on Alcohol Abuse & Alcoholism
- National Institute on Drug Abuse
- Sexual Medicine Society of North America
- UCLA Gambling Studies Program
- United Nations Office on Drugs & Crime

1. Addictions Nursing Certification Board (2023, March). *CARN-AP certification handbook & application*. https://www.cnetnurse.com/_files/ugd/8331ae_cd2c735e298f48b7b506ad68dc71fd47.pdf

2. Massachusetts Department of Public Health Bureau of Substance Abuse Services (2016, March). Standards of care. https://www.mass.gov/doc/dph-bureau-of-substance-abuse-services-standards-of-care/download

3. National Council of State Boards Nursing (2018*). A Nurses Guide to Substance Use Disorder in Nursing.* Chicago: NCSBN. https://www.ncsbn.org/nursing-regulation/practice/substance-use-disorder/substance-use-in-nursing.page

4. Pew Charitable Trusts (2020, December 17). *Medications for opioid use disorder improve patient outcomes*. https://www.pewtrusts.org/en/research-and-analysis/fact-sheets/2020/12/medications-for-opioid-use-disorder-improve-patient-outcomes

5. S.445 - 117th Congress (2021-2022): Mainstreaming Addiction Treatment Act of 2021 (2021, February 25). https://www.congress.gov/bill/117th-congress/senate-bill/445

6. S.524 - 114th Congress (2015-2016): Comprehensive Addiction and Recovery Act of 2016. (2016, July 22). https://www.congress.gov/bill/114th-congress/senate-bill/524

Free resources and review course from Boston Medical Center Grayken Center for Addiction Training and Technical Assistance

- Addictions Nursing Certification Review: Practice Question Supplement for the CARN and CARN-AP Examinations
- Review Course & Test Taking Strategies courses are posted monthly for registration
- CARN/CARN-AP Exam Resources
- Upcoming Live Trainings
- Provider Resources
- OBAT Clinical Tools & Forms
- Extended-Release Buprenorphine Resources

Clinical Guidelines

- *Addiction Nursing Competencies: A Comprehensive Toolkit for the Addictions Nurse*
- *Buprenorphine Extended-Release Implementation Guide*
- *2021 Boston Medical Center OBAT Clinical Guidelines*
- *Boston Medical Center Project RESPECT Guidelines for Treating Opioid Use Disorder in Pregnant and Parenting Patients*

Free Clinical Decision-Making Application for web browser, iOS & Android

- MAT Quickstart App

Journal Articles

1. American College of Obstetricians and Gynecologists (2020). Tobacco and nicotine cessation during pregnancy: ACOG committee opinion, number 807. *Obstetrics and Gynecology*, *135*(5), e221–e229. https://doi.org/10.1097/AOG.0000000000003822

2. American Society of Addiction Medicine (2020). The ASAM national practice guideline for the treatment of opioid use disorder: 2020 focused update. *Journal of Addiction Medicine, 14*(2S Suppl 1), 1–91. https://doi.org/10.1097/ADM.0000000000000633

3. Argyriou, E., Bakoyannis, G., Wu, W., Rattermann, M. J., & Cyders, M. A. (2023). Individual factors predict substance use treatment course patterns among patients in community-based substance use disorder treatment. *PLOS ONE*, *18*(1), e0280407. https://doi.org/10.1371/journal.pone.0280407

4. Arhin, M., Mobley, J., Hamad, H., & Remick, P. (2023). Successful management of kratom use disorder with buprenorphine and naloxone. *Cureus*, *15*(6), e41146. https://doi.org/10.7759/cureus.41146

5. Bommersbach, T. J., Rosenheck, R. A., & Rhee, T. G. (2022). National trends of mental health care among US adults who attempted suicide in the past 12 months. *JAMA Psychiatry*, *79*(3), 219–231. https://doi.org/10.1001/jamapsychiatry.2021.3958

6. Brown, H. D., & DeFulio, A. (2020). Contingency management for the treatment of methamphetamine use disorder: A systematic review. *Drug and Alcohol Dependence*, *216*, 108307. https://doi.org/10.1016/j.drugalcdep.2020.108307

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8. Chokhawala, K., & Stevens, L. (2023, February 26). Antipsychotic medications. In *StatPearls*. https://www.ncbi.nlm.nih.gov/books/NBK519503/

9. Chu, A., & Wadhwa, R. (2023, May 1). Selective serotonin reuptake inhibitors. In *StatPearls*. StatPearls Publishing. https://www.ncbi.nlm.nih.gov/books/NBK554406/

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11. Earnshaw, V. A. (2020). Stigma and substance use disorders: A clinical, research, and advocacy agenda. *The American Psychologist*, *75*(9), 1300–1311. https://doi.org/10.1037/amp0000744

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13. Fluyau, D., Revadigar, N., & Manobianco, B. E. (2018). Challenges of the pharmacological management of benzodiazepine withdrawal, dependence, and discontinuation. *Therapeutic Advances in Psychopharmacology*, *8*(5), 147–168. https://doi.org/10.1177/2045125317753340

14. Griffin, C. E., 3rd, Kaye, A. M., Bueno, F. R., & Kaye, A. D. (2013). Benzodiazepine pharmacology and central nervous system-mediated effects. *Ochsner Journal*, *13*(2), 214–223. https://pmc.ncbi.nlm.nih.gov/articles/PMC3684331/

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16. Haskell, B. (2022). Identification and evidence-based treatment of post–acute withdrawal syndrome. *The Journal for Nurse Practitioners, 18*(3), 272-275. https://doi.org/10.1016/j.nurpra.2021.12.021

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20. Kelly, J. F., Abry, A., Ferri, M., & Humphreys, K. (2020). Alcoholics Anonymous and 12-Step Facilitation treatments for alcohol use disorder: A distillation of a 2020 Cochrane Review for clinicians and policy makers. *Alcohol and Alcoholism*, *55*(6), 641–651. https://doi.org/10.1093/alcalc/agaa050

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