



Am I Ready to Test?

Thinking about the Pediatric Primary Care Mental Health Specialist (PMHS) certification exam? Use this checklist to get prepared and see strategies used by successful PMHS candidates. See [this video](#) for a short introduction to preparing.

✓ Assess Your Readiness Step-by-Step:

	<p>Start by reflecting on your clinical practice and education/CE. Consider how many patients you already serve who have these concerns. In addition to APRN education, licensure, and certification eligibility criteria, PNCB requires:</p> <ul style="list-style-type: none"> • a minimum of 2,000 hours of APRN pediatric developmental, behavioral, and mental health (DBMH) clinical practice experience (with or without preceptor) in the past 5 years and • either 1 graduate level DBMH course of at least 2 credits or 30 hours of DBMH CE in the past 5 years
	<p>Next, consider your prescriptive privileges.</p> <ul style="list-style-type: none"> • Pediatric psychopharmacology is covered on the exam, and those with full prescriptive authority scored higher than those with no prescriptive privileges on the 2010 pilot test.
	<p>Review all topics on the PMHS exam content outline/test blueprint.</p> <ul style="list-style-type: none"> • For your areas of weakness on the outline, find appropriate CE/CME, textbooks, or journal articles.
	<p>Consult the PMHS exam reference list and select a familiar textbook to support your studies.</p> <ul style="list-style-type: none"> • Ask colleagues who recently tested what texts they found helpful. • Note that any DSM items reference the DSM-5. • If you are a member of the NAPNAP Developmental Behavioral & Mental Health Special Interest Group, this may be a helpful network for you to discuss references and more.
	<p>Consider using the PMHS clinical practice resource list to supplement your studies. This list offers respected guidelines, statements, reports, and other possible support for learning.</p>
	<p>Note that you will see questions testing your ability to apply knowledge and skills, not simple recall. Try out these sample questions.</p>
	<p>Decide if you would prefer a review course. In the past, NAPNAP has offered one at its annual conference, and may make course notes available for purchase after the event. PNCB is unable to provide or endorse review courses.</p>
	<p>Create a structured study plan.</p> <ul style="list-style-type: none"> • Set SMART goals and put study days and times on your calendar. • Form a study group or journal club with interested colleagues. • Consider finding a mentor to shadow or with whom to discuss clinical patient presentations and management.
	<p>Consider PNCB's PMHS Practice Test, written by the experts involved in writing PMHS test questions. This module offers in-depth rationale for correct answers to enhance critical thinking skills. It is not a review course, and is not required.</p>
	<p>If test anxiety is an issue, find support. PNCB offers a module that addresses test anxiety, study tips, and strategies for answering multiple-choice questions called Test-Taking Strategies.</p>
	<p>Understand the policies in PNCB's Candidate Testing Handbook about how to schedule, required IDs, arrival time, and how to properly cancel your exam if needed. Prometric Testing Centers offer a check-in preview and an optional, fee-based Test Drive experience.</p>
	<p>Choose ONE best answer for each question during testing. Correct answers may not be indicative of local practice.</p>