

Examination Content Outline - 2025 Exam

1 Patient Care: Activities of Daily Living

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1A Assist with Hygiene

- 1A1 routine personal care (e.g., bathing, shaving)
- 1A2 oral care
- 1A3 personal odor control (e.g., colostomy, perineal, wounds)
- 1A4 skin care

1B Assist with Grooming

- 1B1 hair care
- 1B2 nail care (e.g., cleaning, filing)
- 1B3 foot care (e.g., soaking, cleaning)
- 1B4 hearing aids and eyeglasses
- 1B5 dressing and undressing (clothing and accessories)

1C Assist with Ambulation/Mobility

- 1C1 foster/maintain independence
- 1C2 use of durable medical equipment (DME) (e.g., walker, mechanical lift)
- 1C3 positioning
- 1C4 exercise and range of motion
- 1C5 transfers
- 1C6 prevention of falls

1D Assist with Toileting

- 1D1 bowel and bladder training (e.g., scheduled toileting)
- 1D2 catheter care
- 1D3 ostomy care
- 1D4 adaptive equipment (e.g., raised toilet seat, bedside commode)

1E Nutrition/Hydration

- 1E1 support patient decision not to eat/drink
- 1E2 feed patient safely
- 1E3 offer fluids/foods according to patient's choice and comfort
- 1E4 observe and report issues related to tube feeding and IV hydration

2 Patient Status and Environment

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2A Observe and Report on Patient Condition

- 2A1 patient status in relation to the documented diagnosis
- 2A2 level of pain (e.g., on a 0-10 scale)
- 2A3 changes in level, type, and location in pain
- 2A4 nonverbal cues
- 2A5 effectiveness and side effects of medications

2B Facilitate Non-Drug Treatment for Symptoms

- 2B1 therapeutic support (e.g., meditation, music, massage)
- 2B2 deep breathing
- 2B3 diversional/recreational activities
- 2B4 hot/cold compresses
- 2B5 repositioning



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2C Maintain Infection Control

- 2C1 universal/standard precautions
- 2C2 biohazardous waste disposal (e.g., sharps, fluids)
- 2C3 isolation techniques

2D Provide and Maintain Best Possible Environment to Support Patient

- 2D1 personal environment (e.g., familiar objects, pictures, homelike)
- 2D2 death in patient's place of choice
- 2D3 care according to the patient's preferred schedule
- 2D4 safety (e.g., fall precautions, prevention of hazards, storage and use of oxygen)
- 2D5 privacy

2E Identify Changes in Physical Status

- 2E1 activity level
- 2E2 vital signs and weight changes
- 2E3 skin impairment (e.g., breakdown, rash, itching)
- 2E4 injury
- 2E5 elimination habits
- 2E6 swallowing ability
- 2E7 nausea/vomiting
- 2E8 edema and ascites
- 2E9 signs of impending death
- 2E10 seizure activity

2F Identify Changes in Mental Status

- 2F1 confusion
- 2F2 responsiveness
- 2F3 emotional change (e.g., anxiety, fear, depression)
- 2F4 agitation
- 2F5 terminal restlessness

2G Identify Changes in Functional Status

- 2G1 mobility
- 2G2 weakness
- 2G3 sleepiness
- 2G4 fatigue
- 2G5 appetite

2H Identify Changes in Respiratory Status

- 2H1 effectiveness of interventions (e.g., nebulizers, inhalers, oxygen therapy, air circulation)
- 2H2 change in breathing patterns (e.g., cough, apnea)
- 2H3 increased secretions

3 Psychosocial/Spiritual Care of the Patient and Family/Caregivers

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3A Spiritual Care

- 3A1 identify spiritual issues (e.g., guilt, estrangement, meaning of life)
- 3A2 honor and support individual spiritual beliefs
- 3A3 enable spiritual practices (e.g., sacraments, prayer, arrange transport services)
- 3A4 provide patient and family/caregivers support with letting go



3B Respect Differences and Maintain Neutral Attitude Regarding:

- 3B1 race, ethnicity, and cultural background
- 3B2 religious/spiritual preference
- 3B3 sexual preference
- 3B4 age
- 3B5 social and economic circumstances
- 3B6 treatment choices (e.g., advance directives, holistic approach)
- 3B7 veterans
- 3B8 gender identity
- 3B9 criminal background

3C Identify and Assist Patient and Family/Caregiver Needs

3C1 Education

- 3C1a signs and symptoms of end of life
- 3C1b agency/community services
- 3C1c grief and loss
- 3C1d infection control practices
- 3C1e nutrition/hydration (including unique needs as the patient declines)
- 3C1f personal care techniques and comfort measures

3C2 Patient and Family/Caregiver Support

- 3C2a respite (including volunteer support)
- 3C2b companionship and compassion
- 3C2c advocacy for patient and family/caregivers
- 3C2d reframing hope (patient's expectations)
- 3C2e end of life concerns

3D Assure Dignity and Honor Patient and Family/Caregiver Choices at the Time of Death

- 3D1 allow closure time for loved ones
- 3D2 bereavement resources (e.g., support groups, literature)
- 3D3 post-mortem care (e.g., care of body, care of room)
- 3D4 allow for cultural or spiritual practices at time of death

3E Assist with Communication Between Patient, Family/Caregivers, and Care Providers

- 3E1 barriers to communication
- 3E2 active listening
- 3E3 adaptive communication devices (e.g., word boards)
- 3E4 use of interpreters

3F Provide Support for Changes in Body Image

- 3F1 physical appearance (e.g., weight change, hair loss, amputation)
- 3F2 elimination changes (e.g., ostomies, incontinence, catheters)
- 3F3 loss of independence

3G Provide Support for Changes in Mental Status

- 3G1 memory
- 3G2 medication-related altered mental status
- 3G3 depression
- 3G4 anxiety
- 3G5 post-traumatic stress disorder



3H Observe and Report Threats to Patient and Family/Caregiver Safety

- 3H1 physical abuse
- 3H2 neglect
- 3H3 substance abuse
- 3H4 caregiver's inability to provide care
- 3H5 suicidal ideation

4 Professional Skills

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4A Interdisciplinary Collaboration

- 4A1 encourage patient and family/caregiver involvement in the plan of care
- 4A2 provide input to team members in carrying out the plan of care
- 4A3 provide support and communication during changes in levels of care and across care settings (e.g., assisted living, hospitalization, respite)
- 4A4 recognize and report change in family/caregiver dynamics
- 4A5 review death with the team

4B Ethics, Roles, and Responsibilities

- 4B1 identify and respond to ethical issues (e.g., confidentiality, honest communication)
- 4B2 maintain boundaries (e.g., within job description, with patient/family/caregivers)
- 4B3 assist in resolving work-related conflicts
- 4B4 maintain accurate and timely documentation according to the patient's plan of care
- 4B5 identify risks to personal safety (e.g., firearms in the home)
- 4B6 serve as a mentor/trainer for new staff
- 4B7 participate on committees, professional organizations, and performance-improvement projects
- 4B8 maintain continuing education
- 4B9 promote hospice and palliative care in the community
- 4B10 practice self-care (e.g., stress management)

Secondary Classifications

Cognitive Level	Number of items
Recall	20
Application	80



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