



# Orthopaedic Nurses Certification Board

# Candidate Handbook



Orthopaedic Nurses Certification Board  
*Recognizing Excellence • Improving Care*

**March 2021**



## Table of Contents

ABOUT ONCB®.....	1	SECURITY.....	7
MISSION STATEMENT.....	1	PERSONAL BELONGINGS.....	7-8
INDEPENDENT TESTING AGENCY.....	1	EXAMINATION RESTRICTIONS.....	8
NONDISCRIMINATION POLICY.....	1	MISCONDUCT.....	8
INTERNET-BASED EXAMINATION ADMINISTRATION.....	1	COPYRIGHTED EXAMINATION QUESTIONS.....	8
PAYMENT AND REFUND POLICY.....	1	FOLLOWING THE EXAMINATION.....	8
ABOUT THE ONC® EXAMINATION.....	2	PASS/FAIL SCORE DETERMINATION.....	9
ONC Eligibility Criteria.....	2	SCORES CANCELED BY ONCB OR SCANTRON.....	9
Detailed Content Outline –		IF YOU PASS THE EXAMINATION.....	9
ONC Examination.....	2	IF YOU DO NOT PASS THE EXAMINATION.....	9
ONC Examination Fees.....	3	CONFIDENTIALITY.....	10
ABOUT THE ONP-C® EXAMINATION.....	3	RECERTIFICATION.....	10
ONP-C Eligibility Criteria.....	3	ONCB “RETEST FOR SUCCESS” INCENTIVE	
Detailed Content Outline –		PROGRAM.....	10
ONP-C Examination.....	3-4	ONLINE PRACTICE EXAMINATIONS.....	10
ONP-C Examination Fees.....	4	REFERENCES.....	11-12
REGISTERING FOR THE EXAMINATION.....	4	SAMPLE QUESTIONS FOR THE ONC EXAMINATION.....	13
FIRST-TIME CANDIDATE ELIGIBILITY PERIOD.....	5	SAMPLE QUESTIONS FOR THE ONP-C	
“RETEST FOR SUCCESS” PROGRAM CANDIDATE		EXAMINATION.....	14
ELIGIBILITY PERIOD.....	5	NOTES.....	15
NOTICE TO SCHEDULE.....	5		
REQUIRED IDENTIFICATION FOR EXAMINATION			
ADMISSION.....	5		
RESCHEDULING OR CANCELING AN EXAMINATION.....	6		
TEST CENTER LOCATIONS.....	6		
SPECIAL ARRANGEMENTS FOR CANDIDATES WITH			
DISABILITIES.....	6		
SCANTRON MISSED APPOINTMENTS.....	6-7		
FAILING TO REPORT FOR AN EXAMINATION.....	7		
INCLEMENT WEATHER, INTERNET			
CONNECTIONS.....	7		

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## About ONCB®

The Orthopaedic Nurses Certification Board (ONCB) was established in 1986 to promote the highest standards of orthopaedic nursing practice through the development, implementation and coordination of all aspects of certification for orthopaedic nurses. The ONC® and ONP-C® examinations are accredited by the Accreditation Board for Specialty Nursing Certification. ONCB is a member of the American Board of Nursing Specialties (ABNS). ABNS is an advocate for consumer protection by establishing and maintaining standards for professional specialty nursing certification.

## Mission Statement

ONCB improves musculoskeletal health by providing orthopaedic nurses with certifications that promote professional development and advance the practice of orthopaedic nursing.

Certification granted by the ONCB is pursuant to a voluntary procedure intended solely to test for specialty knowledge. The ONCB does not purport to license, to confer a right or privilege upon, or otherwise to define the qualifications of any person for nursing practice. The significance of certification in any jurisdiction or institution is the responsibility of the candidate to determine. The candidate should contact the appropriate state Board of Nursing or institution for clarification.

## Independent Testing Agency

ONCB has contracted with Scantron to assist in the development, administration, scoring, and analysis of the ONCB certification examinations. Scantron is a leader in the testing industry, offering certification, licensing, and academic assessment solutions worldwide.

## Nondiscrimination Policy

ONCB and Scantron do not discriminate among candidates on the basis of age, race, sex, sexual orientation, gender identity, religion, national origin, ethnicity, disability, or marital status.

## Internet-Based Examination Administration

Examinations are delivered by computer. They can be taken at Scantron-affiliated testing centers throughout the United States, Puerto Rico, and Canada. Live online fing (LOP) is also available in these areas with the candidate's equipment (see page 5). Examinations are administered by appointment Monday through Sunday. Appointment starting times may vary by location. Candidates are scheduled on a first-come, first-served basis.

## Payment and Refund Policy

Payment may be made by credit card (VISA, MasterCard, American Express). Cash is not accepted for payment of fees.

Any candidate who desires a refund of examination fees can request return of payment from ONCB less a \$100 administrative fee.

If the candidate does not schedule an exam by the end of the defined 90-day eligibility period, no refund will be provided.

Scheduled examination refund requests must be received at least 2 business days before a scheduled examination date; **a candidate must log into the scheduling system and pay the \$50.00 reschedule/cancellation of appointment fee to be eligible for a refund.** If this deadline is not met or the candidate is absent for a scheduled exam without notification of the vendor, no refund will be provided.



## About the ONC<sup>®</sup> Examination

The ONC examination is based on periodic analyses of orthopaedic nursing practice. It consists of 150 multiple-choice questions, which includes 135 questions used to compute your score plus 15 unscored questions that are being pretested for future use. You will have three hours to complete this examination.

### ONC Eligibility Criteria

#### BSN Not Required

Candidates for the ONC examination must meet the following eligibility criteria **at the time of application**:

- Hold a current, full and unrestricted license as a registered nurse (RN) in the United States or its possessions.
- Hold a current, full and unrestricted license to practice as a first-level, general nurse in the country in which the general nursing education was completed, and
- meet the eligibility criteria for licensure as a registered nurse (RN) in the United States in accordance with requirements of the Commission on Graduates of Foreign Nursing Schools, International.
- Have 2 full years of experience practicing as an RN, or with an equivalent license as described above.
- Have a minimum of 1,000 hours of work experience as an RN in orthopaedic nursing practice within the past 3 years. Eligibility verification form must be signed by your immediate supervisor within 180 days of application submission date.

The ONCB defines practice broadly for the ONC program. See the ONCB web site for additional information on examination eligibility and appeal processes ([www.oncb.org](http://www.oncb.org) > “Certifications” > “ONC Certification” > “Exam Eligibility”).

### Detailed Content Outline – ONC Examination

**Condition** (number of items shown in parentheses)

1. Degenerative Disorders (51)
2. Orthopedic Trauma (26)
3. Sports Injuries (15)
4. Inflammatory Disorders (11)
5. Metabolic Bone Disorders (12)
6. Congenital/Pediatric Disorders (7)
7. Musculoskeletal Tumors (7)
8. Neuromuscular Disorders (6)

**Tasks with broad objectives** (range for number of items shown in parentheses)

**A. Self Care:**

Teach self care to achieve maximum functional capacity. (22-32)

**B. Pain:**

Select appropriate management strategies for patient's altered comfort. (35-45)

**C. Complications:**

Select appropriate measures to prevent, minimize, or alleviate complications. (31-41)

**D. Activity:**

Identify activity & positioning parameters, assistive devices, for musculoskeletal conditions. (15-25)

**E. Nutrition:**

Identify strategies to promote optimal hydration & nutrition. (3-9)

**F. Psychosocial:**

Select appropriate emotional support strategies in relation to specific musculoskeletal problems. (3-9)



## ONC Examination Fees

Application Type	Fee
ONC Initial Certification - Member	\$295.00
ONC Initial Certification - Non-member	\$410.00
ONC Initial Certification Retake - Member	\$245.00
ONC Initial Certification Retake - Non-member	\$360.00
ONC Initial Certification/Retest-for-Success Program - Member	\$295.00
ONC Initial Certification/Retest-for-Success Program - Non-Member	\$410.00

Membership in NAON/NOVA/AANP/CONA must be current through the examination date to be eligible for the reduced fee.

## About the ONP-C® Examination

The ONC examination is based on periodic analyses of orthopaedic nursing practice. It consists of 150 multiple-choice questions, which includes 135 questions used to compute your score plus 15 unscored questions that are being pretested for future use. You will have three hours to complete this examination.

## ONP-C Eligibility Criteria

Candidates for the ONP-C certification examination must meet the following eligibility criteria **at the time of application**:

- Hold a current, full and unrestricted license as a registered nurse (RN) in the United States or its possessions.
- Have 3 full years of experience practicing as an RN, or with an equivalent license as described above.
- Have 2,000 worked hours in orthopaedic NP role. Eligibility verification form must be signed by your immediate supervisor within 180 days of application submission date.
- Hold a graduate degree in nursing with preparation as a nurse practitioner from an accredited educational program **in the United States**. Certificate-prepared nurse practitioners (non-Master's degree) are not eligible to test.

See the ONCB web site for additional information on examination eligibility and appeal processes ([www.oncb.org](http://www.oncb.org) > "Certifications" > "NP Certification" > "Exam Eligibility").

## Detailed Content Outline – ONP-C Examination

**Condition** (number of items)

1. Degenerative Disorders (53)
2. Orthopedic Trauma (27)
3. Sports Injuries (20)
4. Inflammatory Disorders (12)
5. Metabolic Bone Disorders (11)
6. Congenital/Pediatric Disorders (7)
7. Musculoskeletal Tumors (5)
8. Neuromuscular Disorders (5)



**Roles with broad description** (range for number of items shown in parentheses)

**A. Clinician/Practitioner:**

Assess, diagnose, and treat patients; health promotion, disease prevention. (85-95)

**B. Educator:**

Teaching/coaching of patient and family. Serve as preceptor/mentor for staff and healthcare professionals. (13-23)

**C. Manager:**

Monitor and ensure quality of healthcare practice. (3-9)

**D. Consultant:**

Serve as a consultant to nursing staff, other disciplines, and the community regarding musculoskeletal health. (11-19)

**E. Researcher:**

Apply research findings in patient care management; conduct/participate in research. (3-9)

## ONP-C Examination Fees

Application Type	Fee
ONP-C Initial Certification - Member	\$345.00
ONP-C Initial Certification - Non-member	\$460.00
ONP-C Initial Certification Retake - Member	\$295.00
ONP-C Initial Certification Retake - Non-member	\$410.00
ONP-C Initial Certification/Retest-for-Success Program - Member	\$345.00
ONP-C Initial Certification/Retest-for-Success Program - Non-Member	\$460.00

Membership in NAON/NOVA/AANP/CONA must be current through the examination date to be eligible for the reduced fee.

## Registering for the Examination

Your examination application can only be completed online via the Scantron Connect Registration System:

<https://www.scantronassessment.com/connect/oncb>

Applications are accepted on a continual basis. The examination is offered on-demand following the application's approval. You will be prompted to create an online profile that will serve as the basis for all interaction with Scantron. You should record your username, password, and email address as used on the application for future reference and/or access to the system at a later time. You must register with the name that appears on the government-issued photo identification that you will use to enter the testing center to sit for your examination.

Complete applications will be evaluated and candidate eligibility determined within seven (7) business days of receipt. If the application is incomplete, a notice will be issued to the candidate either by email. If the application is not completed within 90 days of submission, the application will be closed.

If special accommodations are being requested due to disability, please contact Scantron at 919-572-6880 to confirm required documentation. Additional information is available on page 6 of this handbook. Supporting documentation must be uploaded during completion of the online examination application.



## First-Time Candidate Eligibility Period

Once confirmed, candidate eligibility will be valid for 366 days without reapplication. Candidates will be permitted up to four testing attempts (including the initial exam) during the 366-day eligibility period, with at least a 90-day waiting period between attempts. If a candidate does not take the examination for which he or she applied within the 366-day eligibility period, the application will be closed and the candidate must submit a new application with the “first time” candidate fees. Any application started but not finished within the 366-day eligibility period also will be closed. If a candidate who failed the examination does not pay the reduced retake fee and reschedule within the 366-day eligibility period, the application will be closed and the candidate must submit a new application with the “first time” candidate fees. An email reminder will be issued to schedule testing to eligible candidates who have not yet completed test scheduling.

## “Retest for Success” Program Candidate Eligibility Period

Retest for Success candidates may sit for an examination a maximum of two (2) times within their 270-day eligibility period (one initial and one retake attempt). Retest for Success candidates who do not pass the examination in two (2) testing attempts or before the eligibility period expires must reapply as an initial candidate.

## Notice to Schedule (NTS)

Scantron will send you a Notice to Schedule (NTS) via email, which will give you a username, password, and any additional information you need to schedule your testing appointment.

Two test administration options are available: local test centers and live online proctoring (LOP). For LOP, you will test from your own computer rather than going to a local test center. With LOP, your exam administration will be monitored remotely by a proctor contracted by ONCB’s testing vendor Scantron. Reliable Internet connection and specific equipment are required for testing by LOP. Please review the information on LOP on the ONCB web site (<https://www.oncb.org/register-for-exam/lop/>) to ensure LOP is an appropriate option for you.

You will select a testing session from a list of available testing centers by geographic location, test date, and available seating. You must submit your test scheduling request at least two (2) days before your preferred test date during the defined 90-day testing window. **You must test within 90 days of submitting your application.**

Most testing centers will have morning and afternoon testing sessions available. Scantron will do its best to accommodate the requested test site and date. Seats are filled on a first-come, first-served basis, based on test center availability, so it is to your advantage to schedule your test appointment as soon as you receive your NTS. You will be notified of the exact test location, date, and time via email. **You must bring your printed email confirmation with you to the test site.**

An email reminder will be issued to eligible candidates who have not yet completed test scheduling.

For questions regarding examination registration, please contact Scantron Candidate Support (919-572-6880 or [candidatesupport@scantron.com](mailto:candidatesupport@scantron.com)).

## Required Identification for Examination Admission

Bring a current, government-issued photo identification (ID) with signature (driver's license, immigration card, passport, U.S. passport card, state ID card, or military ID card). You will NOT be admitted without proper identification. Candidates who fail to provide proper identification will be considered a no-show and will forfeit exam fees. Original documents are required.

Your **first and last name** on the confirmation notice must match the **first and last name** on your identification exactly. Unacceptable forms of identification include gym memberships, warehouse memberships, school identification cards, credit cards, and identification with signature only (no photo). You will also be required to sign a





roster for verification of identity.

**Failure to provide appropriate identification at the time of the examination is considered a missed appointment. There will be no refund of examination fees.**

## Rescheduling or Canceling an Examination

### Cancellations, Rescheduling, and Absence (No-shows)

You may cancel or reschedule a testing session up to two (2) business days before your testing appointment through the online scheduling system. A \$50 nonrefundable fee will apply when you reschedule your exam appointment.

Day of Testing Appointment:	Must Reschedule/Cancel By:
Monday	Tuesday of the previous week
Tuesday	Wednesday of the previous week
Wednesday	Thursday of the previous week
Thursday	Friday of the previous week
Friday	Monday of the current week
Saturday	Tuesday of the current week
Sunday	Wednesday of the current week

Absence (no-show) from your testing appointment will be consider a no-show and your entire testing fee will be forfeited. Exams also cannot be rescheduled in the last two (2) business days before the testing appointment. If you have existing eligibility remaining, you will be able to pay the re-examination fee to schedule your test. If you have no eligibility remaining, you must complete a new application to test.

## Test Center Locations

Scantron-affiliated testing centers have been selected to provide accessibility to most candidates in all states and major metropolitan areas. Specific address information will be provided when you schedule your examination appointment.

## Special Arrangements for Candidates with Disabilities

ONCB and Scantron comply with the Americans with Disabilities Act and strive to ensure that no individual with a disability is deprived of the opportunity to take the examination solely by reason of that disability. Scantron will provide reasonable accommodations for candidates with disabilities.

Wheelchair access is available at Scantron-affiliated testing centers. Candidates with visual, sensory, or physical disabilities that would prevent them from taking the examination under standard conditions may request special accommodations and arrangements. Please contact Scantron at 919-572-6880 to confirm required documentation.

Reasonable accommodations provide candidates with disabilities a fair and equal opportunity to demonstrate their knowledge and skill in the essential functions being assessed by the examination. Reasonable accommodations are decided based on the individual's specific request, disability, documentation submitted, and appropriateness of the request. Reasonable accommodations do not include steps that fundamentally alter the purpose or nature of the examination.

Requests for accommodation must be submitted in writing to Scantron no later than 30 days before the candidate's preferred testing date, and candidates must submit their scheduling request at least 30 days prior to their preferred test date. It is recommended that this documentation be submitted at least 45 days prior to the preferred testing date.

## Scantron Missed Appointments

You will forfeit the examination registration fees under the following circumstances.

- You wish to reschedule an examination but fail to contact Scantron at least 2 business days before the scheduled





- testing session,
- You fail to report for an examination appointment.

You will be marked as a no-show candidate and your entire testing fee will be forfeited. If you have existing eligibility remaining, you will be able to pay the re-examination fee again to test. If you have no eligibility remaining, you must complete a new application to test.

## Failing to Report for an Examination

If you fail to report for an examination, you will forfeit the registration and all fees paid to take the examination. A new application and examination fee payment are required to reschedule the examination.

## Inclement Weather, Internet Connections

You may visit [www.scantronassessment.com](http://www.scantronassessment.com) before the examination to determine if Scantron has been advised that any Test Centers are closed. Scantron will contact you by email and phone if a site closes and will work with you to reschedule your testing appointment. If you feel conditions in your area make it unsafe to travel to your testing center, please contact Scantron as soon as you are able for instructions.

Computer-based tests are delivered via secure Internet connections. Internet connections are subject to local Internet providers. While it is not the norm, Internet connections can on occasion be lost momentarily, requiring the proctor to log you back into your exam. If you lose your Internet connection, inform the proctor, who will assist you in logging back into your exam. Upon logging back into your exam, you will resume at the first unanswered question. Your exam time remaining will be exactly the same as it was when the Internet connection was lost.

## Security

ONCB and Scantron maintain examination administration and security standards designed to ensure all candidates are provided the same opportunity to demonstrate their abilities. The Test Center is continuously monitored for security purposes.

The following security procedures apply during the examination:

- Examinations are proprietary. No cameras, notes, tape recorders, pagers or cellular/smart phones are allowed in the Test Center. Use of a cellular/smart phone or other electronic devices is strictly prohibited and will result in dismissal from the examination.
- No calculators are permitted.
- No guests, visitors or family members are allowed in the exam room or reception areas.
- No personal items, valuables, or weapons should be brought to the Test Center. Personal items will NOT be allowed in the exam room and must be left outside the exam room AT YOUR OWN RISK.
- No hats or large coats are allowed in the exam room.
- Sweaters and sweatshirts without pockets or hoods are permitted to be worn.

## Personal Belongings

- No personal items, valuables, or weapons should be brought to the Test Center. Personal items will NOT be allowed in the exam room and must be left outside the exam room AT YOUR OWN RISK. You will not have access to these items until after the examination.
- Candidates are expressly prohibited from bringing the following items to the test site:
  - Cameras, cell phones, optical readers, or other electronic devices that have the ability to photograph, photocopy, or
  - otherwise copy test materials.
  - Notes, books, dictionaries, or language dictionaries.
  - Bookbags or luggage.
  - Purses or handbags.



- iPods, mp3 players, tablets, headphones, or pagers
- Calculators, computers, PDAs, or other electronic devices with one or more memories
- Personal writing utensils such as pencils, pens, and highlighters
- Google and smart glasses (any glasses with electronics)
- Weapons
- Watches, smart devices, and other jewelry except wedding or engagement rings
- Medicine, including cough drops (except as expressly permitted in advance)
- Food or beverages
- Coats and jackets
- Hats, hoods, or other headwear are not permitted in the exam room unless required for religious purposes. All items are subject to inspection by the proctor if suspicious behavior is detected.
- Sweaters and sweatshirts without pockets or hoods are permitted to be worn.

## Examination Restrictions

- Pencils or a marker will be provided during check-in at the Test Center.
- Possession of a cellular/smart phone or other electronic devices is strictly prohibited and will result in dismissal from the examination.
- You will be provided with one piece of scratch paper or a dry erase board to use during the examination. You must return the paper/board to the proctor at the completion of testing, or you will not receive a score report. No documents or notes of any kind may be removed from the exam room.
- No questions concerning test content may be asked during the examination.
- Eating, drinking, or smoking will not be permitted in the Test Center.
- You may take a break whenever you wish, but you will not be allowed additional testing time to make up for time lost during breaks.

## Misconduct

Individuals who engage in any of the following misconduct may be dismissed from the examination; their scores will not be reported and examination fees will not be refunded. Examples of misconduct are when a candidate:

- creates a disturbance, is abusive, or otherwise uncooperative;
- displays and/or uses electronic communications equipment such as pagers or cellular/smart phones;
- talks or participates in conversation with other examination candidates;
- gives or receives help or is suspected of doing so;
- attempts to record examination questions or make notes;
- attempts to take the examination for someone else; or
- is observed with notes, books or other aids.

## Copyrighted Examination Questions

All examination questions are the copyrighted property of ONCB. It is forbidden under federal copyright law to copy, reproduce, record, distribute, or display these examination questions by any means, in whole or in part. Doing so may subject you to severe civil and criminal penalties.

## Following the Examination

After completing the examination, you will be issued your scores at the Test Center. Your scores will also be available on the Scantron web site (<https://www.scantronassessment.com/Connect/ONCB>). You will need to use the login credentials you created when you completed your examination application. Scores are not reported over the telephone, by electronic mail, or by facsimile.

Candidates will receive a score report indicating “pass” or “fail.” Your pass/fail status is determined by your raw score (number of correctly answered items of the 135 scored items on the exam). Additional detail is provided in the form of raw scores by major content category.



## Pass/Fail Score Determination

The methodology used to set the minimum passing score is the Angoff method, applied during the performance of a Passing Point Study by a panel of subject matter experts in the field.

The experts evaluated each question on the examination to determine the number of correct answers needed to demonstrate the knowledge and skills required to pass this examination. Your ability to pass the examination depends on the knowledge and skill you display, not on the performance of other candidates.

Passing scores may vary slightly for each version of the examination. To ensure fairness to all candidates, a process of statistical equating is used. This involves selecting an appropriate mix of individual questions for each version of the examination that meet the content distribution requirements of the examination content outline. Because each question has been pretested, a difficulty level can be assigned. The difficulty of each question on each version of the examination is then considered, with the intent to match the difficulty level of each version of the examination as closely as possible. To assure fairness, slight variations in difficulty level are addressed by adjusting the passing score up or down, depending on the overall difficulty level statistics for the group of scored questions that appear on a particular version of the examination.

Content area scores on the score report are not used to determine pass-fail outcomes. They are only provided to offer a general indication regarding your performance in each content area. The examination is designed to provide a consistent and precise determination of a candidate's overall performance and is not designed to provide complete information regarding a candidate's performance in each content area. You should remember that areas with a larger number of items (questions) will affect the overall score more than areas with a fewer number of items. Because the precision and consistency of scores diminish with fewer items, sub-scores should be interpreted with caution, especially those that correspond to content areas with very few items.

## Scores Canceled by ONCB or Scantron

ONCB and Scantron are responsible for the validity and integrity of the scores they report. On occasion, occurrences, such as computer malfunction or misconduct by a candidate, may cause a score to be suspect. ONCB and Scantron reserve the right to void or withhold examination results if, upon investigation, violation of testing regulations is discovered.

## If You Pass the Examination

Each successful candidate will receive a digital badge and certificate of attainment from ONCB, and will be able to use the designation "ONC" or "ONP-C" to indicate certification. Names of successful candidates will be published in *Orthopaedic Nursing*, the official journal of the National Association of Orthopaedic Nurses, and on the ONCB web site. Individuals who do not wish their names to be reported must contact the ONCB directly to make this request ([oncb@oncb.org](mailto:oncb@oncb.org)).

After being awarded the designation, candidates will be given an option to receive a digital badge via email. The digital badge can be shared with others on social networking sites, internal corporate profiles, email signatures, digital resumes, or websites.

Certification is awarded for a 5-year period contingent upon maintenance of full and unrestricted licensure as an RN.

## If You Do Not Pass the Examination

Any candidate who does not pass the examination will receive a report of the number of correct answers for each content area. The ONCB does not limit the number of times a candidate may retake the certification examination.

However, a candidate cannot retake for 90 days following the most recent examination date. The candidate not



registered through “Retest for Success” is eligible for a \$50 retest discount with any future examination. The discount will be applied automatically when the candidate logs in to the online application portal Connect to reapply for the examination. It is not necessary to create a new application unless more than 366 days have passed since the original application was completed.

## Confidentiality

Information about candidates for testing and their examination results are considered confidential. Studies and reports concerning candidates will contain no information identifiable with any candidate, unless authorized by the candidate.

## Recertification

Your certification will be valid for 5 years. You will earn recertification either by retaking and passing the certification examination before the expiration date of your current certification term, or by meeting continuing education and practice requirements as established by ONCB:

- The ONC must earn 75 contact hours of continuing nursing education over the 5-year period (minimum of 50 hours in orthopaedic nursing, no more than 25 hours in general nursing education). More information about recertification can be viewed at [www.oncb.org](http://www.oncb.org) (“Recertification”).
- The ONP-C must earn 100 contact hours of continuing nursing education over the 5-year period (minimum of 65 hours in orthopaedic nursing, no more than 35 hours in general nursing education). More information about recertification can be viewed at [www.oncb.org](http://www.oncb.org) (“Recertification”).
- Meeting stated eligibility requirements for initial certification, including the requirement for hours of nursing practice as a registered nurse or advanced practice registered nurse, as determined by the credential.
- Submitting completed application form for recertification and paying all applicable fees.

All certifications expire uniformly on the fifth occurrence of June 30 after the nurse has been certified for one year.

## ONCB “Retest for Success” Incentive Program

ONCB’s “Retest for Success” incentive program requires a 1-year contract from a hospital or other healthcare employer. By completing a “Retest for Success” program contract, nurse leaders can enroll groups of three or more RNs to take the ONC or ONP-C examination (mixed groups accepted). Any enrollee who fails the exam on the first attempt can retest without additional payment, but must wait a minimum of 90 days before the second examination. Please call the ONCB (888-561-6622) with questions about this great program!

## Online Practice Examinations

ONCB offers online practice examinations for ONC and ONP-C examinations. Bundled pricing is also available (<https://www.oncb.org/exam-preparation-products/>).

Practice examinations are offered only as a self-assessment and examination preparation aid; their completion is not required to be eligible to take the ONC or ONP-C examination, and does not guarantee successful performance on the examination. Questions on the practice exams do not appear on the certification examination.



## References

The following references may be helpful in preparing for the examination. This list is not all inclusive of acceptable references nor is it suggested that the examinations are solely based on these references.

### ONC® Exam Study Resources

ONCB. ONC® Practice Examinations. Retrieved from <https://www.oncb.org/exam-preparation-products/>

Kizior, R.J., & Hodgson, B. (2017). *Saunders Nursing Drug Handbook 2017*. St. Louis: Saunders Elsevier. OR EQUIVALENT GENERAL REFERENCE

Schoenly, L. (Ed.). (2013). *Core Curriculum for Orthopaedic Nursing* (7<sup>th</sup> ed.). Chicago, IL: NAON.

NAON. (2017). *Orthopaedic Surgery Manual* (3<sup>rd</sup> ed.). Chicago, IL: Author.

*Orthopaedic Nursing* journal, last 3 publication years

Zychowicz M. (Ed.). (2018). *Introduction to Orthopaedic Nursing* (5<sup>th</sup> ed.). Chicago, IL: NAON.

Muscular Dystrophy Association ([www.mda.org](http://www.mda.org))

National Multiple Sclerosis Society ([www.nationalmssociety.org](http://www.nationalmssociety.org))

Parkinson's Disease Foundation ([www.pdf.org](http://www.pdf.org))

Post-Polio Health International (<http://www.post-polio.org/>)

Myasthenia Gravis Foundation of America (<http://myasthenia.org/>)

In addition to the above references, examination questions may be drawn from the current clinical practice guidelines of the National Association of Orthopaedic Nurses (NAON) (free to NAON members) and the musculoskeletal evidence-based practice reports of the Agency for Healthcare Research and Quality (AHRQ). Please see the following Web sites:

<http://www.orthonurse.org/p/cm/ld/fid=47>

<https://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/index.html>

### ONP-C® Exam Study Resources

ONCB. ONP-C® Practice Examinations. Retrieved from <https://www.oncb.org/exam-preparation-products/>

AAOS clinical guidelines. Retrieved from <http://www.aaos.org/guidelines/>

Armstrong, A.D., & Hubbard, M.C. (Eds.). (2015). *Essentials of Musculoskeletal Care* (5<sup>th</sup> ed.). Rosemont, IL: AAOS. PREFERRED REFERENCE FOR THIS EXAM.

Kizior, R.J., & Hodgson, B. (2019). *Saunders Nursing Drug Handbook 2019*. St. Louis: Saunders Elsevier. OR EQUIVALENT GENERAL REFERENCE

NAON. (2017). *Orthopaedic Surgery Manual* (3<sup>rd</sup> ed.). Chicago, IL: Author.

*Orthopaedic Nursing* journal, last 3 publication years

Polit, D. F., & Beck, C. T. (2017). *Nursing research: Generating and assessing evidence for nursing practice* (10<sup>th</sup> ed.). Philadelphia, PA: Wolters Kluwer.

Schoenly, L. (Ed.) (2013). *Core Curriculum for Orthopaedic Nursing* (7<sup>th</sup> ed.). Chicago, IL: NAON.



Wheeless, C.R., Nunley, J.A., & Urbaniak, J.R. (Eds.) (2016). *Wheeless' Textbook of Orthopaedics*. Retrieved from <http://www.wheelessonline.com/> PREFERRED REFERENCE FOR THIS EXAM.

Muscular Dystrophy Association ([www.mda.org](http://www.mda.org))

National Multiple Sclerosis Society ([www.nationalmssociety.org](http://www.nationalmssociety.org))

Parkinson's Disease Foundation ([www.pdff.org](http://www.pdff.org))

Post-Polio Health International (<http://www.post-polio.org/>)

Myasthenia Gravis Foundation of America (<http://myasthenia.org/>)

In addition to the above references, examination questions may be drawn from the musculoskeletal evidence-based practice reports of the Agency for Healthcare Research and Quality (AHRQ) and the clinical practice guidelines of the American Academy of Orthopaedic Surgeons (AAOS). Please see the following Web sites:

<https://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/index.html>

<https://www.aaos.org/guidelines/?ssopc=1>



## Sample Questions for the ONC Examination

1. A nurse is caring for a 58-year-old female patient. Which of the following should the nurse recognize as a risk factor for development of osteomalacia in this patient?

- a. Excessive sunlight exposure
- b. Gastric bypass surgery
- c. Unmanaged hypertension
- d. Sickle cell disease

Key: b

Rationale: Osteomalacia primarily results from conditions related to vitamin D disturbances, including malabsorption syndromes that result from procedures such as gastric bypass surgery. It can also occur from inadequate sunlight exposure. It is not related to hypertension or sickle cell disease.

Reference: *Core Curriculum for Orthopaedic Nursing* (7th ed.), 2013, p. 383

2. The nurse is reviewing the medications of a patient with gout. The nurse should recognize that use of which of the following medications could have contributed to the development of gout?

- a. Hydrochlorothiazide (HCTZ)
- b. Atenolol (Tenormin®)
- c. Metformin (Glucophage®)
- d. Esomeprazole (Nexium®)

Key: a

Rationale: Use of certain common drugs can contribute to development of secondary gout. These medications include thiazide diuretics, salicylates, nicotinic acid, and alcohol.

Reference: *Core Curriculum for Orthopaedic Nursing* (7th ed.), 2013, p. 354

3. The nurse notes in the medical record that hemiplegia is the specific diagnosis for a child with cerebral palsy. Which of the following should the nurse expect to identify in this patient?

- a. Ambulation in normal time
- b. Tongue thrusting
- c. Hearing loss
- d. Minimally affected speech

Key: a

Rationale: The child with hemiplegia is able to ambulate within normal time. Minimally affected speech is typical of a child with spastic diplegia. Options b and c are associated with dyskinetic cerebral palsy.

Reference: *Core Curriculum for Orthopaedic Nursing* (7<sup>th</sup> ed.), 2013, p. 274, table 11.2





## Sample Questions for the ONP-C Examination

1. The NP examines a patient with apparent traumatic shoulder dislocation. Ordered radiographs included AP and axillary views, but the axillary films could not be obtained. To confirm the presence of a posterior dislocation, the NP should request which view in addition to the AP?

- a. Trans-scapular lateral
- b. Oblique
- c. Cross table lateral
- d. Caudal tilt

Key: a

Rationale: Posterior dislocation of the shoulder may be missed if only an AP view is obtained. If an axillary view cannot be obtained, the NP should request a trans-scapular lateral view (also called scapular Y view). Oblique view is indicated for suspected scapular fractures. A cross table lateral view would be indicated for possible proximal femur fracture, and the caudal tilt view is performed for rotator cuff tears to visualize a spur.

Reference: *Essentials of Musculoskeletal Care* (5<sup>th</sup> ed.), p. 346

2. A patient is being evaluated by the NP for hip osteoarthritis. As part of the examination, the NP assesses the patient's walk and determines the patient has an abductor lurch. The NP should describe this as which of the following?

- a. Swaying the trunk over the affected hip
- b. Short stance on the painful leg
- c. Lateral shift of the body weight
- d. Uncoordinated and uncontrolled movement

Key: a

Rationale: An abductor lurch gait is swaying of the trunk over the affected hip. Option B describes antalgic gait; option C describes Trendelenburg gait, and option D describes ataxic gait.

Reference: *Essentials of Musculoskeletal Care* (4<sup>th</sup> ed.), pp. 650-651

3. The NP is interested in studying the persons with multiple sclerosis. Which of the following qualitative sampling methods should the NP consider most efficient in trying to study a broad population or community group?

- a. Snowball
- b. Purposive
- c. Random case
- d. Deviant case

Key: a

Rationale: Snowball sampling involves asking early informants to refer other study participants; it has distinct advantages over convenience or purposive sampling from a broad population or community group. Researchers may spend less time screening people to determine their appropriateness for the study. They may also more readily specify the characteristics they want new participants to possess. Random sampling is not typical of qualitative research. Deviant case sampling allows opportunities to learn from the most unusual or extreme informants.

Reference: Polit, D. F., & Beck, C.T. (2017). *Nursing research: Generating and assessing evidence for nursing practice* (10<sup>th</sup> ed.). Philadelphia, PA: Wolters Kluwer. p. 493



## Notes

