

Test Taking Strategies & Tips

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SECRET KEY #1 – PLAN BIG, STUDY SMALL _____

SECRET KEY #2 – MAKE YOUR STUDYING COUNT _____

SECRET KEY #3 – PRACTICE THE RIGHT WAY _____

SECRET KEY #4 – PACE YOURSELF _____

SECRET KEY #5 – HAVE A PLAN FOR GUESSING _____

TEST-TAKING STRATEGIES _____

Preparing for the Exam

1

Start Early

2

Create a Study
Schedule

3

Organize
Materials

4

Use Active
Study Methods

Some Tips



Start with the official test outline

[CRRN Outline 2022.pdf \(rehabnurse.org\)](https://rehabnurse.org/CRRN_Outline_2022.pdf)



Spread study time out- small steps, measurable goals



Avoid multitasking – keep distractions to a minimum



Maybe a Study Group can help you.



Retention is essential-

try recalling information later, maybe flashcards

Give the information context

Teach a friend or coworker about something that you have learned



Practice Tests- go back to the questions

you got wrong

the ones you guessed on

the ones that took you more time or more difficult

Taking notes

- Think about the concepts
 - Most of the questions are not pure knowledge they want you to show how you put things together
 - How do you address this using rehab principles?
 - Holistic, Function, Community Reintegration, QOL
 - How does this affect the person now, in the future
- If there is more than 1 right answer, pick the right answer for rehabilitation
 - If you don't know the answer, then guess but start by eliminating wrong answers and sometimes that can help you remember.

ARN Resources



- CRRN Candidate Handbook [CRRN Candidate Handbook](#)
 - Exam Content
 - Domain I: Nursing Models and Theories (8%)
 - Domain II: Functional Health Patterns (53%)
 - Domain III: The Function of the Rehabilitation Team and Transitions of Care (12%)
 - Domain IV: Legislative, Economic, Ethical, and Legal Issues (27%)
 - ARN Study Resources
- [Nursing Certification Test Prep: CRRN Study Guides for Rehab | ARN \(rehabnurse.org\)](#)

CRRN® Exam Content Outline

Domain I: Nursing Models and Theories (8%)

- Task 1: Understand nursing models and theories as a framework for rehabilitation nursing practice.
- Task 2: Incorporate relevant research, nursing models, and theories into individualized patient-centered rehabilitation care.

Domain II: Functional Health Patterns (53%)

- Task 1: Apply the nursing process to optimize the restoration and preservation of the patient's health and holistic well-being across the lifespan.
- Task 2: Apply the nursing process to promote optimal psychosocial patterns and coping and stress management skills of the patients and caregivers.
- Task 3: Apply the nursing process to optimize the patient's functional ability.
- Task 4: Apply the nursing process to optimize management of the patient's neurological and other complex medical conditions.
- Task 5: Apply the nursing process to optimize the patient's ability to communicate effectively.
- Task 6: Apply the nursing process to promote optimal nutrition and hydration.
- Task 7: Apply the nursing process to optimize the patient's elimination patterns.
- Task 8: Apply the nursing process to optimize the patient's sleep and rest patterns.

CRRN® Exam Content Outline

Domain III: The Function of the Rehabilitation Team and Transitions of Care (12%)

- Task 1: Collaborate with the interdisciplinary team to achieve patient- centered goals.
- Task 2: Apply the nursing process to promote the patient's community reintegration or transition to the next level of care.

Domain IV: Legislative, Economic, Ethical, and Legal Issues (27%)

- Task 1: Integrate legislation and regulations in the management of care.
- Task 2: Use the nursing process to deliver cost effective patient- centered care.
- Task 3: Incorporate ethical considerations and legal obligations that affect nursing practice.
- Task 4: Promote a safe environment of care for patients and staff to minimize risk.
- Task 5: Integrate quality improvement processes into nursing practice.

<https://www.mometrix.com/academy/crrn-practice-test/>



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CRRN Practice Test

Prepare for your test with realistic questions.

[Start Test](#)

The Certified Rehabilitation Registered Nurse (CRRN) exam is administered by the Rehabilitation Nursing Certification Board (RNCB) to assess the general knowledge and skills of prospective rehabilitation nurses.

Click "Start Test" above to take a free CRRN practice test!

[CRRN Online Course](#)[CRRN Study Guide](#)[CRRN Flashcards](#)

CRRN Exam Eligibility

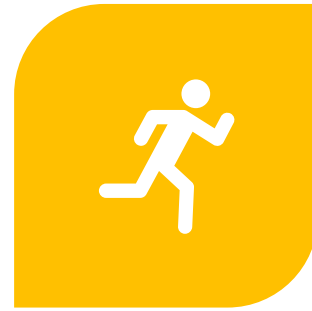
During the Test



READ
INSTRUCTIONS
AND QUESTIONS
CAREFULLY



MANAGE
YOUR TIME



KEEP
MOVING BUT
DON'T RUSH



CHECK YOUR
WORK

Question Strategies

1

Eliminate
wrong
answers

2

Answer every
question

3

Read all the
options
carefully

4

Watch for
tricky
wording

5

Use common
sense

Tips for Test Day



Good night's sleep



Eat a good breakfast



Arrive early



Bring all supplies



Manage test anxiety

Positive self talk

One question at a time

Breathing exercises