PANCE Review Tips

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Lets begin with the new guidelines for certification in 2014

- PA-C is now a 10-year certification maintenance process.
- “Old school” use to be every 6 years now it’s every 10 years
- If you are caught behind recertifying prior to 2014 when your 6 year window is up and when you take the test it will then become every 10 years
By the end of the sixth year (or tenth year) of the certification you must pass the PANRE

- You can take it twice in the 5th year and twice in the 6th year

- Or twice in your 9th year and twice in your 10th year

- If by chance you fail the exam you must wait at least 90 days before taking it again

- New rule can take exam in less than 90 days if it before the end of the year
• Why is NCCPA considering changing the PANRE?
  
  - NCCPA wants to evolve with the advances and changes in medicine as well as the PA profession
  
  - In recent surveys conducted by NCCPA, <40% of PAs felt that the PANRE was a relevant or meaningful experience
  
  - 79% of PAs practice in 9 specialties
  
  - Considered 5 new models before announcing current proposal
  
• When would these changes take effect?
  
  - Any changes would not be implemented until all PAs are in the 10 year cycle (earliest 2019 realistically 2023)
  
• Pilot program starts this year
What main concerns were discussed?

- Restriction to Mobility
- Time
- Cost
- Fairness

Consensus among all specialty groups present

- We want to remain generalists - mobility and flexibility is important
- Want to complete core medical knowledge throughout 10 year cycle
- Remove PI and SA requirements = was done on August 11, 2016
AAPA versus NCCPA

This fight will affect all of us
CME Requirements

New school is really old school

- During every two-year period you must earn and log a minimum of **100 credits of CME**.

- **50 hours of category CME I**
- Conferences, online test, ACLS, PALS

- **50 hours of category CME II**
- Reading journals, teaching at PA schools, student rotations
• PANCE The Exam

• 300 Questions in 5 parts of 60

• 60 minutes to complete about 1 minute/question

• Breaks??? (45 minutes)
Other things about the exam:

No “K” questions

Drugs are given in generic

If brand name given will be parentheses with trade mark ®

PANRE administered in 2015 test questions will include the DSM-5 terminology followed by the DSM-IV-TR terminology in parentheses.

Example: illness anxiety disorder (hypochondriasis)
<table>
<thead>
<tr>
<th>Organ System</th>
<th>% of Exam Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular</td>
<td>16</td>
</tr>
<tr>
<td>Dermatologic</td>
<td>5</td>
</tr>
<tr>
<td>EENT (Eyes, Ears, Nose and Throat)</td>
<td>9</td>
</tr>
<tr>
<td>Endocrine</td>
<td>6</td>
</tr>
<tr>
<td>Gastrointestinal/Nutritional</td>
<td>10</td>
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<tr>
<td>Genitourinary</td>
<td>6</td>
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<tr>
<td>Hematologic</td>
<td>3</td>
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<td>Infectious Diseases</td>
<td>3</td>
</tr>
<tr>
<td>Musculoskeletal</td>
<td>10</td>
</tr>
<tr>
<td>Neurologic System</td>
<td>6</td>
</tr>
<tr>
<td>Psychiatry/Behavioral</td>
<td>6</td>
</tr>
<tr>
<td>Pulmonary</td>
<td>12</td>
</tr>
<tr>
<td>Reproductive</td>
<td>8</td>
</tr>
</tbody>
</table>

This is 65% of the exam
5 major points in studying for the PANcE

1. Study
Start off at 2-3 hours/day build up to 4 hours/day
No more than 4 hours a day

2. The worst place to study is home
Make sure the study environment is stimulus free
No cell phones, no TV, nobody is near you
3. Figure out what you know and then make some sense of it
Use the blue print (internet NCCPA web site)
Write down what you know about the topic (ie. Mitral stenosis)
Now look it up in a reference and write down what you didn’t know

4. How to I handle the ambiguous questions?
Get to the 50-50 point
Does you answer supersede or out defends the other

Get out of the answers and back to the question you missed a “crumb”
5. Control your “X” factors
- Don’t change relationships
- Don’t change financial surroundings
- Don’t change family size
• **PANCE Review Books**

• 1. Comprehensive Review for the Certification and Recertification Examinations for Physician Assistants Fourth Edition

• 2. Physician Assistant Review
  
  By Auth Kerstein

• 3. Physician Assistant Board Review: Certification and Recertification with online exam simulation
  
  by James Van Rhee
• 4. Davis' Physician Assistant Exam Review: Focused Review for the PANCE/PANRE


7. PANCE Prep Pearls 1st Edition
   by Dwayne A. Williams (Author)

8. LANGE PANCE/PANRE Flashcards 1st Edition
   by Johanna L. Chelcun (Author), Kathy Moini (Author)

9. Family Practice Review by Swanson
• Websites
• 1. paeasy.com
• 2. Kaplan http://www.kaptest.com
• 3. Rosh Review www.roshreview.ocm
• 5. http://www.jwatch.org (Journal Watch)
• Exam master
The Ultimate Reference Book
2017 Current Medical Diagnosis and Treatment
Stephen J. McPhee and Maxine A. Papadakis
McGraw Hill/Lange
What PANCE?? I see no problem??
• So what do I do?? How do I start??
• Plan your work and work your plan (at least 2 months)
• Practice practice practice questions
• Figure out why you got it wrong
• Read up on what you don’t know and make your weakness you strength
Ultimate Pearls:

You can’t know everything so stop trying

When you get frustrated walk away

It’s not about who gets the answer 1st it’s about who gets it right

During the PANCE slowly walk through the question and analyze and pick up on every word

Try to come up with a few answers before you get to the end
If your stuck with two answers get back into the question one answer will outweigh the other there is a “crumb” on the floor you missed

A ↔ B

Lets Practice Together