Licensure & Preparing for the NPTE/NPTAE

Major Willis, PT, DPT

Course Objectives

- At the conclusion of the program, the participant will be able to:
  - Describe the process of licensure from application to issuance
  - Describe the Prometric facility test-taking process
  - Describe the NPTAE/NPTE format and common test-taking strategies and pitfalls
  - Describe different study methods and their pros and cons
  - Maybe be a little less nervous....

Course Overview

- Licensure from start to finish
- Prometric
- All about the NPTAE/NPTE
- Studying for “THE TEST”
- Questions?

Licensure - Basic Steps

1) Find out what your jurisdiction requires
   - Jurisprudence Exam for CA for example
2) Complete a State Application Form*
3) Register and pay for exam*
4) Obtain jurisdiction approval
5) Schedule your Exam

Licensure - State application

- Fees = $225/$125
  - $125 Processing + $100 Initial License (PTs only)
- Application Form
  - Allow extra time for non-ordinary documents
- PIE – Sealed
- LiveScan (CA Residents) = ~ $70+

Licensure - Registering and Scheduling

- FSBPT Registration Fees = $400 (PTAs/PTs)
- CA Jurisprudence Exam = $30
- Receive ATT letter - Schedule with Prometric
Prometric
- NPTE/NPTAE = $85/$70
- CA Jurisprudence = $20
- Two forms of ID, pre-printed with name and signed

Total Costs
PT
- CA Fees = $225
- LiveScan = ~$70
- FSBPT = $400
- CLE = $30
- Prometric
  - NPTE = $85
  - CLE = $20
- TOTAL = ~$830
PTA
- CA Fees = $125
- LiveScan = ~$70
- FSBPT = $400
- CLE = $30
- Prometric
  - NPTE = $70
  - CLE = $20
- TOTAL = ~$720

NPTAE/NPTE Format
- Exam Structure
- Content
- More about the “Items” aka – test questions

NPTAE/NPTE Format - Comparison
PT
- 250 questions
  - 5 Blocks of 50 questions
  - 200 questions “Count”
- 5 Hours
  - Scheduled 15 min. break after section 2
  - Unscheduled breaks between sections
PTA
- 200 questions
  - 4 Blocks of 50 questions
  - 150 questions “Count”
- 4 Hours
  - Scheduled 15 min. break after section 2
  - Unscheduled breaks between sections

NPTAE/NPTE Format - Content
PT
- PT Examination
  - Eval, Diff Dx, Prognosis
- Interventions
- Non-Systems Domains
  - Equip, Devices, Modalities
  - Safety, Professional Responsibilities, Research
PTA
- PT Data Collection
  - Diseases/Conditions that impact Tx
  - Interventions
- Non-Systems Domains
  - Equip, Devices, Modalities
  - Safety, Professional Responsibilities, Research

NPTAE/NPTE Format - PT
NPTAE/NPTE Format - PTA

- All multiple choice with four answers
- Stem, Command Words
- “Best”, “Least”, “NOT”, “MOST”, etc
- Every correct answer has a text-book reference
- Clinical decision making questions
  - Recall vs. Recognition
- 50 questions are “Pre-test” questions

NPTAE/NPTE Test-taking

- Personal Perspectives
- Myths
- Do’s
- Don’ts
- Advice from recent test-takers

Studying for the NPTAE/NPTE

- Myths
  1. Studying your books and notes will be enough
     - Nope. This test is not just recognition of facts, it is a test of applying clinical decision making skills.
  2. Taking practice tests will be enough
     - Nope again. Although good scores on practice exams correlate to success, don’t count on it.
Studying for the NPTAE/NPTE
- Myths
  • Studying your books and notes will be enough
    ▫ Nope. This test is not just recognition of facts, it is a test of applying clinical decision making skills.
  • Taking practice tests will be enough
    ▫ Nope again. Although good scores on practice exams correlate to success, don’t count on it.

3. Study EVERYTHING!
    ▫ Wrong approach. Measure your strengths and weaknesses against content areas and develop a realistic plan.

NPTAE/NPTE Test-taking - DO’s
  • Identify what the question is actually asking for
    ▫ Don’t get lost in distracters
  • Pay particular attention to questions asking for: “the least”, “the most”, “is NOT”, etc
  • Save the hard ones for later*
    ▫ Mark them
  • Eliminate incorrect answers*
    ▫ Strike through to help clarify

NPTAE/NPTE Test-taking - DON’T’s
  • Getting hung up on a particular question
  • Second guessing yourself
  • Not letting submitted sections go
  • Think of exceptions, clinical experiences, etc.
    ▫ Only pay attention to what is in the question

NPTAE/NPTE Test-taking - DON’T’s
  • Moving the week before the exam and starting your PTLA position that same day so that you are completely exhausted and fried the day of your exam!
  • Changing your sleep/eating/break/test plan at the last minute to “make it better”
Studying for the NPTAE/NPTE

- How do you study for this thing that you just spent years of school for?
  - Identify your weaknesses
  - Knowledge, Test-taking, Decision Making
  - Content Areas
  - Prioritize
  - Make a plan – write it down
  - Be accountable to someone

Studying for the NPTAE/NPTE

- Study Guides
  - O’sullivan, Scorebuilders, etc
- Practice Tests
  - O’sullivan, Scorebuilders, PEAT*
- Online Study Prep
  - PT Final Exam, Therapy Exam Prep
- Mobile Study Tools
  - Apps: Flashcards, Question of the day, etc

Studying for the NPTAE/NPTE

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<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
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<tbody>
<tr>
<td>- Active learning</td>
<td>- Expensive</td>
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<tr>
<td>- Course directed</td>
<td>- Need to be plugged in</td>
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<tr>
<td>- Comprehensive</td>
<td>- Not self-directed</td>
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<tr>
<td>- Q &amp; A</td>
<td>- PTAs not specifically geared for PTA curriculum/content</td>
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Studying for the NPTAE/NPTE

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<tr>
<td>- Inexpensive (relatively)</td>
<td>- Passive</td>
</tr>
<tr>
<td>- Self-paced</td>
<td>- Heavy</td>
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<td>- Self-directed</td>
<td>- Variable complexity/language</td>
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Studying for the NPTAE/NPTE

<table>
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<th>Pros</th>
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<tbody>
<tr>
<td>- Active learning (moderate)</td>
<td>- Limited in scope</td>
</tr>
<tr>
<td>- Inexpensive (relatively)</td>
<td>- Limited in choice of material</td>
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<td>- Portable</td>
<td>- Great for downtimes</td>
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Studying for the NPTAE/NPTE Practice Tests- Scorebuilders, O’sullivan, PEAT

<table>
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<tr>
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<th>Cons</th>
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<td>Practice like you’ll perform</td>
<td>Can be falsely encouraging</td>
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<tr>
<td>Cost</td>
<td>Can be falsely discouraging</td>
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<td>Fair gauge of actual test</td>
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<tr>
<td>performance</td>
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<td>Good identifier of personal</td>
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<tr>
<td>weaknesses</td>
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TOP FIVE TIPS

5. Use all your resources. Friends, Faculty, etc.
   ▫ Bounce ideas off others, clarify your thoughts, look at things differently, group study, skype, etc

4. Work smarter, not harder
   ▫ Study hard, but remember all aspects of your health and learning and stick to the plan

3. There is NO ONE perfect study plan.
   ▫ Do what got you here!

2. Reward yourself
   ▫ Ice cream, Wine, Coffee, Exercise, whatever keeps you going when it’s break time.

1. Perfect practice leads to perfect performance
   ▫ Take your practice tests as realistically as possible.

Desire is the key to motivation, but it’s determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.

-Mario Andretti

References

- www.fsbspt.org
- www.ptbc.ca.gov
- www.ptfinalexam.com
- www.therapyexamprep.com