

PANCE Review Tips

Joe Gilboy PA-C

Full Time ER PA Hoag Hospital

Co-owner www.paboardreview.org

Educational consultant

**UC Davis, Marshall Ketchum, Chapman University,
Loma Linda University, AT Stills University Mesa, AZ and
Touro University Henderson, NV**

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)

Break Down of the PANCE Organ System % of Exam Content

- **Cardiovascular 16**
- Dermatologic 5
- **EENT(Eyes, Ears, Nose and Throat) 9**
- Endocrine 6
- **Gastrointestinal/Nutritional 10**
- Genitourinary 6
- Hematologic 3
- Infectious Diseases 3
- **Musculoskeletal 10**
- Neurologic System 6
- Psychiatry/Behavioral 6
- **Pulmonary 12**
- **Reproductive 8**

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**
- **5. Kaplan Medical PANCE: The Complete Guide to Licensing Exam Certification for Physician Assistants**
- **6. Lange Q&A Physician Assistant Examination, Sixth Edition 6th Edition by Anthony Miller , Albert Simon , Rachel Carlson**

- **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.com

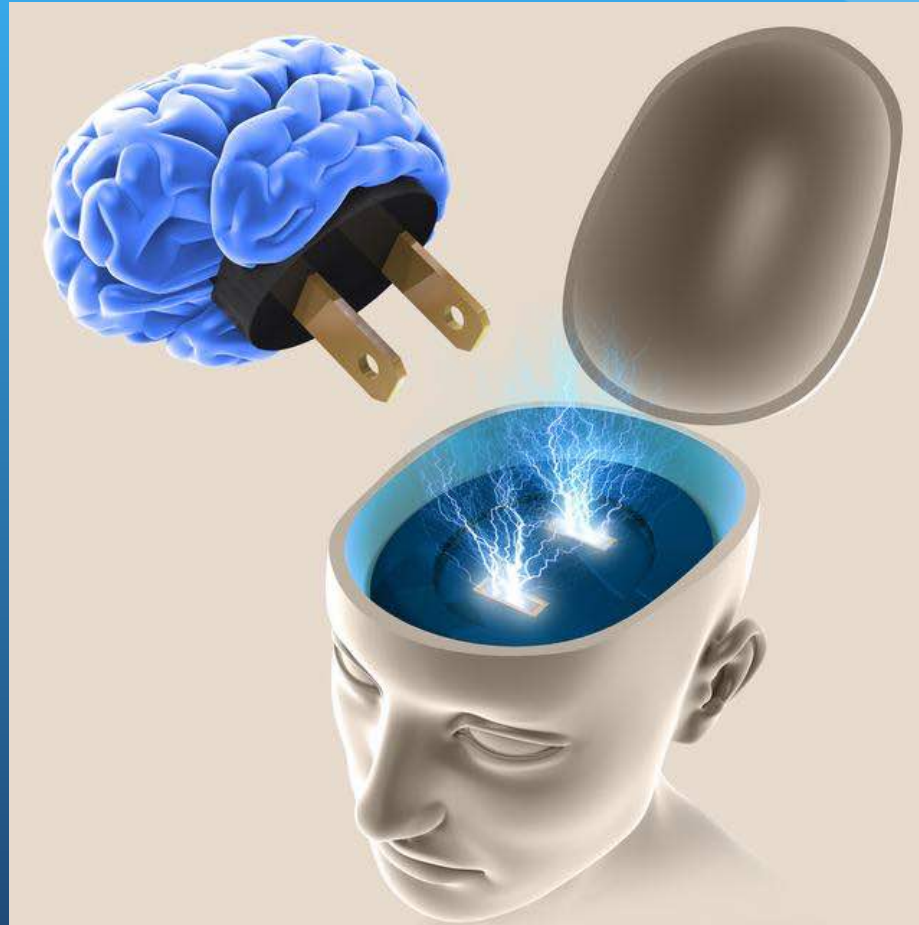
- 4. <http://emedicine.medscape.com>

- 5. <http://www.jwatch.org> (Journal Watch)

- 6. <http://www.thennt.com> (The Numbers Needed to Count)

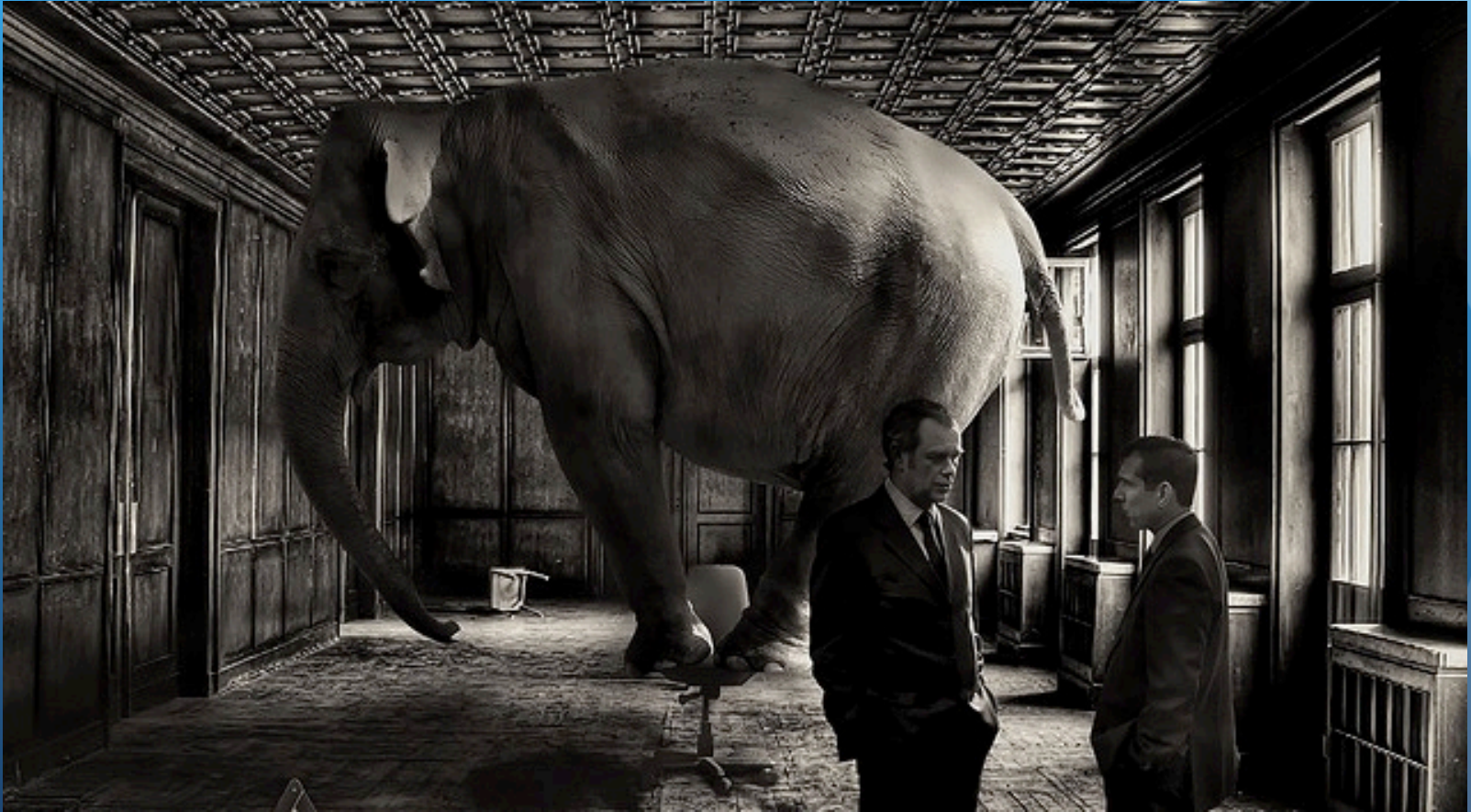
- Exam master

www.paboardreview.org



- 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 your 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

