

## WOCNCB CCCN 2023 DETAILED CONTENT OUTLINE

**Exam content purpose:** The CCCN certification examination aims to ensure specialized competence and professionalism for nurses who provide continence care assessment, intervention, and education in all settings across the healthcare continuum. The purpose of the credentialing exam is to establish and measure the level of knowledge required for certification. This exam outline summarizes the list of performance domains, tasks, knowledge, and skills needed for assessing specialized competence. The content outline contains categories relevant to each of the performance areas and specifies the number of questions for each category. Complexity levels for questions are also assigned as recall, application and analysis.

The following table shows the exam weights for domains and tasks	Total number of overall exam questions (110)	Exam Percentage	Test Specifications, number of items per Domain or Task
<b>Classification</b>			
<b>Domain I: Assessment</b>	<b>010000</b>	<b>24.58%</b>	<b>27</b>
<b>Task 1: Obtain patient health history through interviews, established medical records, and questionnaires to determine the patient's current health and risk status.</b>	<b>010100</b>	<b>8.25%</b>	<b>9</b>
<b>Knowledge of:</b>			
a. Principles of continence (e.g., normal micturition and defecation)	010101		
b. Principles of patient-centered care (e.g., psychosocial, health literacy, cultural beliefs, informed consent)	010102		
c. Etiologies and contributing factors (e.g., diet, fluid intake, obstruction, functional impairment, neurological factors, retention, muscle damage, urethral hypermobility, bladder irritants, infection)	010103		
d. Pediatric voiding and bowel dysfunction (e.g., enuresis, encopresis, congenital anomalies)	010104		
e. Available resources (e.g., support and advocacy, supply access, post-acute care)	010105		
<b>Skill in:</b>			
f. Evaluating the effectiveness of the current treatment plan (e.g., medication, voiding/bowel diaries, nutrition and fluid, surgical interventions, catheters/devices)	010106		
g. Interpreting lab values and diagnostic test results (e.g., urodynamics, postvoid residual, anorectal manometry and defecography)	010107		
<b>Task 2: Assess health-related quality of life of patients with voiding dysfunction, urinary incontinence, bowel dysfunction and fecal incontinence.</b>	<b>010200</b>	<b>7.42%</b>	<b>8</b>
<b>Knowledge of:</b>			

a. Psychosocial factors affecting care (e.g., patient and caregiver ability to learn and perform care, economic implications, education, coping mechanisms)	010201		
b. Special considerations (e.g., population, cultural beliefs, changes in body image, intimacy)	010202		
<b>Skill in:</b>			
c. Interpreting pain/coping using verbal and nonverbal tools	010203		
<b>Task 3: Perform focused assessments to determine continence status.</b>	<b>010300</b>	<b>8.91%</b>	<b>10</b>
<b>Knowledge of:</b>			
a. Types of voiding dysfunction (e.g., stress, urge, reversible, mixed, reflex, functional, nocturnal enuresis)	010301		
b. Types of bowel dysfunction (e.g., constipation, diarrhea, fecal impaction and incontinence, motility disorders)	010302		
c. Behavioral strategies (e.g., biofeedback, bladder/bowel training, pelvic floor muscle exercise)	010303		
d. Reversible causes of incontinence (e.g., delirium, infection, stool impaction)	010304		
e. Causes of voiding and bowel dysfunction (e.g., motility disorders, trauma, malignancy)	010305		
f. Assessment tools (e.g., Bristol stool chart, Urinary incontinence severity index, Timed up and Go)	010306		
<b>Skill in:</b>			
g. Conducting physical assessments (e.g., digital exam, sensory awareness, pelvic exam, skin health)	010307		
h. Identifying continence complications (e.g., fungal skin infection, UTI, IAD, ITD)	010308		
<b>Domain II: Intervention</b>	<b>020000</b>	<b>17.53%</b>	<b>19</b>
<b>Task 1: Recommend and/or provide interventions to manage voiding dysfunction and urinary incontinence.</b>	<b>020100</b>	<b>8.79%</b>	<b>10</b>
<b>Skill in:</b>			
a. Address reversible causes	020101		
b. Recommend medications (e.g., anti-spasmodic, anti-cholinergic)	020102		
c. Behavioral strategies (e.g., diet and fluid modification, bladder training, pelvic floor muscle exercise, timed voiding/scheduled toileting, double-voiding, "Knack")	020103		
d. Initiating voiding diaries	020104		
e. Skin health and protection (e.g., skin barriers, cleansers)	020105		
f. Pediatric voiding dysfunction (e.g., environmental and behavioral)	020106		
<b>Task 2: Recommend and/or provide interventions to manage bowel dysfunction and fecal incontinence.</b>	<b>020200</b>	<b>8.74%</b>	<b>9</b>

<b>Skill in:</b>			
a. Address reversible causes	020201		
b. Recommend medications (e.g., anti-diarrheal, laxatives)	020202		
c. Behavioral strategies (e.g., diet and fluid modification, bowel training, exercise)	020203		
d. Initiating bowel diaries	020204		
e. Skin health and protection (e.g., skin barriers, cleansers)	020205		
f. Pediatric bowel dysfunction (e.g., environmental and behavioral)	020206		
<b>Domain III: Treatment</b>	<b>030000</b>	<b>20.49%</b>	<b>23</b>
<b>Task 1: Manage voiding dysfunction and urinary incontinence.</b>	<b>030100</b>	<b>10.47%</b>	<b>12</b>
<b>Skill in:</b>			
a. Protecting skin health (e.g., skin barriers, cleansers)	030101		
b. Manage urinary retention (e.g., intermittent catheterization, prevention of infection)	030102		
c. Manage containment modalities (e.g., absorbent pads, urethral inserts)	030103		
d. Catheter/device management (e.g., external, indwelling, straight/CIC, pessary)	030104		
e. Treating incontinence complications (e.g., fungal skin infection, MASD)	030105		
<b>Task 2: Manage bowel dysfunction and fecal incontinence.</b>	<b>030200</b>	<b>10.02%</b>	<b>11</b>
<b>Skill in:</b>			
a. Protecting skin health (e.g., skin barriers, cleansers)	030201		
b. Manage containment modalities (e.g., absorbent pads, fecal diversion systems)	030202		
c. Treating incontinence complications (e.g., fungal skin infection, MASD)	030203		
d. Treating bowel dysfunction (e.g., medications, digital stimulation, exercise, bowel training, diet)	030204		
<b>Domain IV: Care Planning</b>	<b>040000</b>	<b>14.08%</b>	<b>15</b>
<b>Task 1: Develop a patient-centered plan of care by using health history and assessments to establish goals for the management of voiding and bowel dysfunction.</b>	<b>040100</b>	<b>6.98%</b>	<b>7</b>
<b>Knowledge of:</b>			
a. Principles of patient-centered care (e.g., psychosocial, health literacy, access to care and supplies, cultural beliefs, coping mechanisms)	040101		
b. Special considerations (e.g., populations, disabilities, changes in body image, intimacy)	040102		
<b>Skill in:</b>			
c. Identifying and supporting patient and caregiver goals (e.g., self-care, activity)	040103		

<b>Task 2: Evaluate the patient-centered plan of care by using periodic assessments to promote continence and prevention of complications.</b>	<b>040200</b>	<b>7.09%</b>	<b>8</b>
<b>Skill in:</b>			
a. Evaluating the effectiveness of the current treatment plan	040201		
b. Interpreting patient responses to interventions	040202		
c. Modifying interventions based on revised patient needs and goals	040203		
<b>Domain V: Education and Referral</b>	<b>050000</b>	<b>23.33%</b>	<b>26</b>
<b>Task 1: Educate patients and caregivers across the lifespan on care principles and techniques to encourage patient autonomy.</b>	<b>050100</b>	<b>8.60%</b>	<b>9</b>
<b>Skill in:</b>			
a. Etiologies and contributing factors (e.g., diet, fluid intake, obstruction, functional impairment, neurological factors, retention, muscle damage, urethral hypermobility, bladder irritants, infection)	050101		
b. Modifiable risk factors (e.g., tobacco cessation, exercise, safety awareness, diet)	050102		
c. Healthy bladder/bowel habits (e.g., bowel and bladder training, skin care, preventing UTI)	050103		
d. Maintaining voiding/bowel diaries	050104		
e. Skin health and protection (e.g., skin barriers, cleansers)	050105		
f. Behavioral strategies (e.g., bladder/bowel training, pelvic floor muscle exercise)	050106		
g. Management techniques (e.g., continence devices, fluid management, digital stimulation, medication)	050107		
h. Manage containment modalities (e.g., absorbent pads, urethral inserts)	050108		
i. Catheter/device management (e.g., external, indwelling, straight/CIC, pessary, fecal diversion systems)	050109		
j. Incontinence complications (e.g., fungal skin infection, MASD, urinary tract infection)	050110		
k. Special considerations (e.g., populations, disabilities, cognition, changes in body image, intimacy, cultural beliefs, psychosocial factors)	050111		
<b>Task 2: Educate other health care professionals on care principles and techniques to promote optimal management and prevent complications.</b>	<b>050200</b>	<b>7.78%</b>	<b>9</b>
<b>Skill in:</b>			
a. Etiologies and contributing factors (e.g., diet, fluid intake, obstruction, functional impairment, neurological factors, retention, muscle damage, urethral hypermobility, bladder irritants, infection)	050201		
b. Modifiable risk factors (e.g., tobacco cessation, exercise, safety awareness, diet)	050202		

c. Healthy bladder/bowel habits (e.g., bowel and bladder training, skin care, preventing UTI)	050203		
d. Maintaining voiding/bowel diaries	050204		
e. Skin health and protection (e.g., skin barriers, cleansers)	050205		
f. Behavioral strategies (e.g., bladder/bowel training, pelvic floor muscle exercise)	050206		
g. Management techniques (e.g., continence devices, fluid management, digital stimulation, medication)	050207		
h. Manage containment modalities (e.g., absorbent pads, urethral inserts)	050208		
i. Catheter/device management (e.g., external, indwelling, straight/CIC, pessary, fecal diversion systems)	050209		
j. Incontinence complications (e.g., fungal skin infection, MASD, urinary tract infection)	050210		
k. Special considerations (e.g., populations, disabilities, cognition, changes in body image, intimacy, cultural beliefs, psychosocial factors)	050211		
<b>Task 3: Multidisciplinary care collaboration and referrals to support patient-centered care.</b>	<b>050300</b>	<b>6.95%</b>	<b>8</b>
<b>Skill in:</b>			
a. Available resources (e.g., support groups and advocacy, supply access, post-acute care)	050301		
b. Referrals for diagnostic testing (e.g., urodynamics, anorectal manometry and defecography)	050302		
c. Referrals for other services (e.g., rehabilitation/biofeedback/pelvic floor, nutrition, social services, mental health)	050303		
d. Facilitate appropriate consultations (e.g., surgery, GI/GU, oncology, gynecology)	050304		
e. Provide handoff communication across care settings	050305		