

## Preparing for Your Examination

Prior to submission of your application, you need to explore your beliefs, review the Core Values and Standards of Nursing, and decide how your own philosophy relates to these. Once you conclude that they do, then you need to acquire sufficient knowledge to prepare you to practice as a Holistic Nurse or Nurse Coach, and you need to practice what you have learned.

AHNCC has identified Primary and Secondary resources. These can both be found in the Handbook/Application which can be found by going to the CERTIFICATION pages on our website [www.ahncc.org](http://www.ahncc.org) and clicking on the appropriate Handbook/application link.

### **PRIMARY REFERENCES**

The Primary References are offered specifically to help candidates prepare to take the national AHNCC Certification Examinations. Primary references for those preparing for the Certification Examination include: the **Core Essentials**. The AHNCC Core Essentials document can be found on the [AHNCC Certification page](#). This free document provides a listing of the practice competencies which were identified through an extensive literature review and validated through a Role Delineation Study undertaken by practicing Holistic Nurses and Nurse Coaches. The competencies provide a basis for the certification examinations. There are three sets of Competencies, depending on which examination you are intending to take. (These documents and others are available in the [Document Library](#)).

- **Core Essentials for the Practice of Basic Holistic Nursing (2017)**
- **Core Essentials for the Practice of Advanced Holistic Nursing (2017)**
- **Core Essentials for the Professional Nurse Coach Role (2023)**

The next primary reference recommended is [Holistic Nursing: Scope and Standards of Practice](#) (ANA/AHNA, 2019, 3<sup>rd</sup> ed.). The third primary reference suggested is the AHNCC Practice Examination, which can be found at [C-NET](#). The practice examinations offer a learning experience comparable to the testing experience. They are based on the examination blueprint, formatted exactly as our certification examinations. There are practice examinations for **HN-BC<sup>®</sup>**, **HNB-BC<sup>®</sup>**, **AHN-BC<sup>®</sup>**, **APHN-BC<sup>®</sup>** and **NC-BC<sup>®</sup>** certification examinations.

### **SECONDARY REFERENCES**

The Secondary References are offered to help candidates explore holistic nursing concepts, issues, philosophy, and related matters in greater depth and expand one's knowledge base. The secondary references that are offered are not exclusive; many others may also be used to build one's expertise in holistic nursing. They can be found in the [Application/Handbook](#).

**In conclusion**, if you want to review or add to your knowledge base as you prepare for the certification examination, we suggest that you start with the **Core Essentials**, review the **Holistic Nursing: Scope and Standards of Practice** (ANA/AHNA, 2019, 3<sup>rd</sup> ed.), and then select from the secondary references (examples are provided in the Handbook) to build your expertise. Finally, the AHNCC Practice Examination will help you test your expertise and give you experience with the AHNCC testing format (<https://www.cnetnurse.com/holistic-nursing>).