



Neonatal Therapy National Certification Examination Manual

2019

NTNCB Mission Statement

It is the mission of the NTNCB to recognize and advance inter-professional neonatal therapy practice through the development of evidence-based certification standards, including validation of clinical experience and knowledge essential for effective delivery of neonatal therapy.

Affiliation / Purpose / Objective

The Neonatal Therapy National Certification Board (NTNCB) was established by and is a subsidiary of the National Association of Neonatal Therapists (NANT). Due to criteria established by the Institute for Credentialing Excellence (ICE), the NTNCB maintains a completely separate leadership structure from NANT. As with most credentialing bodies when they are in development, the NTNCB is under the parent organization and garners support from NANT. The NTNCB applauds NANT for recognizing the importance of professional certification and appreciates its role in fostering excellence in neonatal therapy.

Testing Agency

The NTNCB contracts with AMP, a PSI business, to provide administrative support for the certification process, including examination development, validation, and administration. PSI/AMP carefully adheres to industry standards for development of practice-related, criterion-referenced examinations to assess competency.

PSI/AMP offers a full range of services, including practice analyses and development of examination specifications, psychometric guidance to committees of content experts during examination question writing, development of content, validation of examination instruments, examination administration, scoring, and reporting examination results.

PSI/AMP is a private corporation owned by PSI Services LLC in Burbank, California, and has been providing quality certification testing services for more than 30 years. PSI/AMP's focus is providing a full range of healthcare certification services, including test development and delivery, in a client-focused manner.

PSI Services LLC (PSI) has 70 years of experience providing worldwide testing solutions to corporations, federal and state government agencies, professional associations and certifying bodies. PSI offers a comprehensive solutions approach from test development to delivery to results processing, including pre-hire employment selection, managerial assessments, licensing and certification tests, license management services and professional services.

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Statement of Nondiscrimination

NTNCB and PSI/AMP do not discriminate among candidates on the basis of age, gender, race, color, religion, national origin, disability, marital status or any other protected characteristic.

Development of the Neonatal Therapy National Certification Examination

A rigorous process of development was used to create the Neonatal Therapy National Certification Examination. Questions were authored by physical therapists, occupational therapists, and speech-language pathologists who were considered experts in therapy delivery in the neonatal intensive care unit.

Each correct and incorrect answer was supported by specific evidence. A pool of evidence-based questions was tested through two rounds of review by a multidisciplinary team.

Problematic questions were discussed and dismissed if consensus on wording and clarity could not be achieved. Pilot testing was conducted using a larger number of questions than would be present on the final form of the examination. A group of experienced neonatal occupational therapists/physical therapists/speech-language pathologists ensured the pool of questions reflected general knowledge that should be known by a neonatal therapist as well as whether there were any nuances in the wording that could be confusing. A second round of pilot testing confirmed which test questions were appropriate knowledge for neonatal therapists, could be answered by a multidisciplinary group, were appropriately worded, and had adequate psychometric soundness. Biserial analyses were used to inform which questions would be used on the final form of the examination. Additional psychometric testing occurred after the first round of testing, which included 54 test takers from March 1-April 7, 2017. All questions passed criteria for continued inclusion on the test and cut score was determined to be 80%. The NTNCB is committed to ensuring an evidence-based exam that evolves as new knowledge is gained; therefore, a pool of exam questions will continue to be developed and incorporated into the exam.

Eligibility

The first step toward taking the Neonatal Therapy National Certification Examination is to complete the application for neonatal therapy certification at www.NTNCB.com. This documentation includes proof of professional credentialing, NICU clinical experience, professional education, and mentoring. Specific details about the application process and required documentation can be found at www.NTNCB.com. There are two windows for application submission each year. The first submission period is March 15 through May 15th; and the second submission period is September 15th through November 15th. The NTNCB will notify the applicant, after reviewing the contents of the application, regarding his/her eligibility for the Neonatal Therapy National Certification Examination within 90 days of the deadlines of May 15th or November 15th. After being notified of eligibility to take the exam, the applicant has a six-month period to take the examination. The exam can be scheduled at the candidate's convenience within that six-month period. A passing examination score is mandatory to satisfy the final requirement for neonatal therapy certification and credentialing.

Examination Administration

The Neonatal Therapy National Certification Examination is offered by computer at approximately 300 PSI/AMP Assessment Centers located throughout the United States and abroad. The examination is administered by appointment only, Monday through Saturday. Candidates are scheduled on a first-come, first-served basis.

The examination is not offered on the following holidays:

- New Year's Day
- Martin Luther King Jr. Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day (and the following Friday)
- Christmas Eve
- Christmas Day

Assessment Center Locations

PSI/AMP Assessment Centers have been selected to provide accessibility to candidates in most states and major metropolitan areas in the United States as well as more than 30 other countries. A current listing of PSI/AMP Assessment Centers, including addresses and driving directions, may be viewed at PSI/AMP's website located at <https://online.goamp.com/CandidateHome/displayTCList.aspx?pExamID=21630>. Specific address information will be provided when the candidate schedules an examination appointment.

Fees

The cost of certification is \$600. The application fee is \$200 and must be paid at application for certification, prior to review of materials, to determine eligibility to take the examination. The examination fee is \$400. If the applicant fails the exam on the first attempt, a reduced examination fee of \$250 is offered for a 2nd exam administration.

Exam Registration

Prior to scheduling the examination, each applicant must submit documentation to the NTNCB for review of eligibility to sit for the exam. Submissions are accepted during the two application periods of March 15th – May 15th and September 15th – November 15th. It may take up to one 90 days after the application deadlines of May 15th and November 15th to receive notice about eligibility to take the examination. Upon notification, the candidate will receive a unique identification number, along with information on how to pay the examination fee. Within one week of paying the exam fee, the candidate will receive information directly from PSI/AMP indicating how to schedule the examination. Certification applicants have six months from the date of notification of eligibility to take the Neonatal Therapy National Certification Examination.

Candidates must complete the examination demographics in full, using their name exactly as it appears on their current government-issued photo ID (such as a driver's license or passport).

Scheduling an Examination Appointment

After you have entered your demographic information at www.goAMP.com, you may schedule the examination by one of the following methods:

1. **Schedule online:** Schedule a testing appointment online at any time by using PSI/AMP's Online Application/Scheduling service at www.goAMP.com. To use this service, go to www.goAMP.com and select "Candidates." Follow the simple step-by-step instructions to choose your examination program and register for the examination.
2. **Schedule by phone:** Call PSI/AMP toll-free at 888-519-9901 to schedule an examination appointment from 7:00 a.m. to 9:00 p.m. (Central Time) Monday through Thursday, 7:00 a.m. to 7:00 p.m. on Friday, and 8:30 a.m. to 5:00 p.m. on Saturday. When you contact PSI/AMP to schedule an appointment, please provide your name and candidate identification number (NTNCB identification number, 3 letters and 6 digits). Also, be prepared to confirm a date and location for testing. All individuals are scheduled on a first-come, first-served basis. Refer to the following chart:

If you call PSI/AMP by 3:00 p.m. Central Time on	Depending on availability, your examination may be scheduled beginning the following
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday/Saturday
Thursday	Monday
Friday	Tuesday

Special Arrangements for Candidates with Disabilities

PSI/AMP is interested in ensuring that no individual with a disability is deprived of the opportunity to take the examination solely by reason of that disability. PSI/AMP will provide reasonable accommodations for candidates with disabilities.

1. Wheelchair access is available at all established assessment centers. Candidates must advise PSI/AMP at the time of registration that wheelchair access is necessary.
2. Candidates with visual, sensory, or physical disabilities that would prevent them from taking the examination under standard conditions may request special accommodations and arrangements. Please inform PSI/AMP of your need for special accommodations at 888-519-9901 and request and complete the two-page *Request for Special Examination Accommodations* form. The link for the special accommodations form is as follows:
http://online.goamp.com/CandidateHome/examination.aspx?p_category=HEALTHCARE&p_client_code=NTNCB&p_exam_id=21630 .

Verification of the disability and a statement of the specific type of assistance needed **must be made in writing to PSI/AMP** at least 45 calendar days prior to your desired examination date by completing the two-page *Request for Special Examination Accommodations* form. PSI/AMP will review the submitted forms and will contact you regarding the decision for accommodations.

Examination Appointment Changes

Candidates may reschedule their appointment ONCE, at no additional charge beyond the examination fee paid, by calling PSI/AMP at 888-519-9901 at least two business days prior to the examination. Candidates who wish to change their appointments within two days of the examination will not be refunded their examination fee and will be required to pay the entire examination fee for any future examinations.

If your Examination is scheduled on...	PSI/AMP must be contacted by 3:00 p.m. Central Time to reschedule the examination by the previous . . .
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Monday
Friday/Saturday	Tuesday

Missed Appointments/Forfeitures

A candidate risks forfeit of the examination registration fees paid under the following circumstances:

- The candidate wishes to reschedule an examination but fails to contact PSI/AMP at least two business days prior to the scheduled testing session.
- The candidate wishes to reschedule a second time.
- The candidate appears more than 15 minutes late for an examination.
- The candidate fails to report for an examination appointment.

Inclement Weather/Power Failure/Other Emergency

In the event of inclement weather or unforeseen emergencies on the day of an examination, PSI/AMP will determine whether circumstances warrant the cancellation, and subsequent rescheduling, of an examination. The examination will usually not be rescheduled if the Assessment Center personnel are able to open the Assessment Center.

You may visit PSI/AMP's website at www.goAMP.com prior to the examination to determine if PSI/AMP has been advised that any Assessment Centers are closed. Every attempt is made to administer the examination as scheduled; however, should an examination be canceled at an Assessment Center, all scheduled candidates will receive notification following the examination regarding rescheduling or reapplication procedures.

If power to an Assessment Center is temporarily interrupted during an administration, your examination will be restarted. The responses provided up to the point of interruption will be intact, but for security reasons the questions will be scrambled.

Forfeitures

Candidates who fail to arrive at the Assessment Center on the date and time they are scheduled for examination will not be refunded any portion of their examination fees and must re-register; examination fees may not be transferred to another appointment. Candidates who arrive more than 15 minutes late for an appointment will not be admitted, and risk forfeit their examination fee, and must re-register.

On the Day of Your Examination

On the day of your examination appointment, report to the Assessment Center no later than your scheduled time. Arriving a minimum of 15 minutes early is recommended. Once you enter the building, look for the signs indicating PSI/AMP Assessment Center Check-In. A candidate who arrives more than 15 minutes after the scheduled examination time will not be admitted.

Identification

To gain admission to the Assessment Center, you must present two forms of identification. The primary form must be government issued, current and include your name, signature and photograph. No form of temporary identification will be accepted. You will also be required to sign a roster for verification of identity.

Examples of valid primary forms of identification are: driver's license with photograph; state identification card with photograph; passport; military identification card with photograph.

The secondary form of identification must display your name and signature for signature verification (e.g., credit card with signature, social security card with signature, employment/student ID card with signature). If your name on your registration is different than it appears on your identification, you must bring proof of your name change (e.g., marriage license, divorce decree or court order).

Candidates must have proper identification to gain admission to the Assessment Center.

Failure to provide appropriate identification at the time of the examination is considered a missed appointment. There will be no refund of examination fees.

At the testing carrel, you will be prompted on-screen to enter your candidate ID number. Your photograph, taken before beginning the examination, will remain on-screen throughout your examination session. This photograph will also print on your score report.

Security

PSI/AMP administration and security standards are designed to ensure all candidates are provided the same opportunity to demonstrate their abilities. The Assessment Center is continuously monitored by audio and video surveillance equipment for security purposes. The following security procedures apply during the examination:

- Examinations are proprietary. No cameras, notes, tape recorders, pagers or cellular/smart phones are allowed in the testing room. Possession of a cellular/smart phone or other electronic devices is strictly prohibited and will result in dismissal from the examination.
- No calculators are allowed, nor is one required for the examination.
- No guests, visitors or family members are allowed in the testing room or reception areas.
- Candidates may be subjected to a metal detection scan upon entering the examination room.

Personal Belongings

No personal items, valuables or weapons should be brought to the Assessment Center. Only wallets and keys are permitted. Large coats and jackets must be left outside the testing room. You will be provided a soft locker to store your wallet and/or keys with you in the testing room. The proctor will lock the soft locker prior to you entering the testing room. You will not have access to these items until after the examination is completed. Please note the following items will not be allowed in the testing room except when securely locked in the soft locker.

- Watches
- Hats
- Wallets
- Keys

Once you have placed your personal belongings into the soft locker, you will be asked to pull out your pockets to ensure they are empty. If you bring personal items that will not fit in the soft locker, you will not be able to test. The site will not store or be responsible for your personal belongings.

If any personal items are observed or heard (such as cellular/smart phones, alarms) in the testing room after the examination is started, you will be dismissed and the administration will be forfeited.

Examination Restrictions

- Pencils will be provided during check-in.
- You will be provided with one piece of scratch paper at a time to use during the examination, unless noted on the sign-in roster for a particular candidate. You must return the scratch paper to the proctor at the completion of testing.
- No documents or notes of any kind may be removed from the Assessment Center.
- No questions concerning the content of the examination may be asked during the examination.
- Eating, drinking or smoking is not permitted in the Assessment Center.
- You may take a break whenever you wish, but you will not be allowed additional time to make up for time lost during breaks.

Misconduct

If you engage in any of the following conduct during the examination, you may be dismissed, your scores will not be reported, and examination fees will not be refunded. Examples of misconduct are when you:

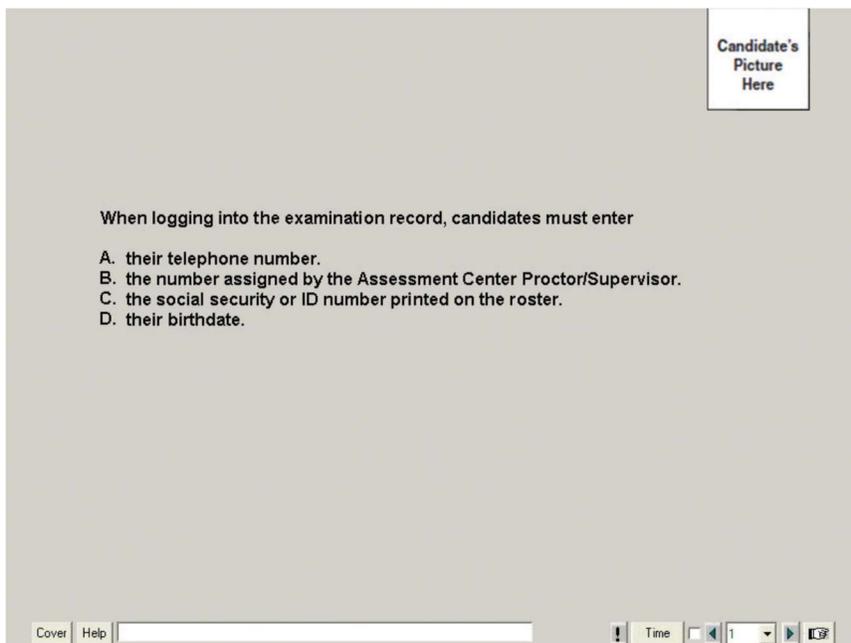
- Create a disturbance, are abusive or otherwise uncooperative;
- Display and/or use electronic communications devices such as pagers, cellular/smart phones;
- Talk or participate in conversation with other examination candidates;
- Give or receive help or are suspected of doing so;
- Leave the Assessment Center during the administration;
- Attempt to record examination questions or make notes;
- Attempt to take the examination for someone else;
- Are observed with personal belongings, or
- Are observed with unauthorized notes, books or other aids.

Practice Examination

Prior to attempting the timed examination, you will be given the opportunity to practice taking an examination on computer. The time you use for this practice examination is not counted as part of your examination time. When you are comfortable with the computer testing process, you may quit the practice session and begin the timed examination.

Timed Examination

Following the practice examination, you will begin the timed examination. Before beginning, instructions for taking the examination are provided on-screen. The examination contains 100 questions. Two hours are allotted to complete the examination. The following is a sample of what the computer screen will look like when candidates are attempting the examination:



Please note that the graphic above is a sample. There may be slight variations in the icons you see during the test. For instance, the advance button may be represented by a hand pointing forward as illustrated above, or by a double arrow. Similarly, the comments area may be a box labeled "comments" or may be an exclamation point icon. These are just cosmetic differences and will not affect how you take the test.

The computer monitors the time you spend on the examination. The examination will terminate if you exceed the time limit. You may click on the “Time” button in the lower right portion of the screen to monitor your time. A digital clock indicates the time remaining for you to complete the examination. The time feature may also be turned off during the examination.

Only one examination question is presented at a time. The question number appears in the lower right portion of the screen. The entire examination question appears on-screen. **Indicate your choice by either typing in the letter A, B, C, or D in the response box or clicking on the option using the mouse.** To change your answer, enter a different option by typing A, B, C, or D or clicking on the option using the mouse. You may change your answer as many times as you wish during the examination time limit.

To move to the next question, click on the forward arrow (>) in the lower right portion of the screen. This action will move you forward through the examination question by question. If you wish to review any questions, click the backward arrow (<) or use the left arrow key to move backward through the examination. After pushing any of the arrow keys, please allow time for the system to process your entry. Processing can take up to 15 seconds in some cases. If you experience a pause when advancing to the next question, please be patient and allow 15 seconds (do not re-click the arrow or ‘advance’ button, as this could cause technical issues and/or problems with saving answer choices).

A question may be left unanswered for return later in the examination session. Questions may also be bookmarked for later review by clicking in the blank square to the right of the Time button. Click on the hand icon to advance to the next unanswered or bookmarked question on the examination. To identify all unanswered and bookmarked questions, repeatedly click on the hand icon. When the examination is completed, the number of questions that were answered will be displayed. If not all questions have been answered and there is time remaining, return to the examination and answer those questions. Be sure to answer each question before ending the examination. **There is no penalty for guessing.** Once you have answered all the questions, you can go back and review your answers before submitting your final answers. When you are finished, in order to submit your exam, you will need to click the ‘exit’ button. Please note that once you click the exit button, you will not be able to re-enter the exam.

If at any time you have technical issues with your test, the PSI proctor is there to help. Please ask questions and report any problems promptly.

Candidate Comments

During the examination, you may make comments for any question by clicking on the button displaying an exclamation point (!) to the left of the time button. This opens a dialog box where comments may be entered. Comments will be reviewed, but individual responses will not be provided by PSI/AMP or the NTNCB.

Following the Examination

After finishing the examination, candidates are asked to answer a short evaluation of their examination experience. You will also receive a written document from the proctor as proof that you have taken the test. This report will include preliminary pass/fail scoring. A score report regarding your performance on the examination will also be e-mailed to you within 4 weeks of the testing date. Scores are not reported over the telephone or by facsimile.

Your score report will include your performance in different areas of the exam, and your overall score. Even though the examination consists of 100 questions, some questions may be pretest questions and not used in the final determination of pass/fail.

If You Pass the Examination

If you pass the examination, you may use the designation Certified Neonatal Therapist (CNT), immediately upon notification. This credential may be used for a period of five years from the date of this notification before recertification is required.

If You Do Not Pass the Examination

If you do not pass the examination, one examination re-take is permitted within one year at a reduced examination fee of \$250. If you fail the exam a second time, you will be required to wait a minimum of one year before reapplying for certification. This allows candidate time to gain more experience and knowledge in the field. The entire application and testing process will need to be re-completed.

Scores Cancelled by NTNCB or PSI/AMP

NTNCB is responsible for the integrity of the scores it reports. On occasion, occurrences such as computer malfunction or misconduct by a candidate may cause a score to be suspect. NTNCB is committed to rectifying such discrepancies as expeditiously as possible. NTNCB may void examination results if, upon investigation, violation of its regulations is discovered.

Confidentiality

Information about candidates for testing and their examination results are considered confidential. A list of certified applicants will be available on the NTNCB website. Information about applicants who have not passed the exam will be shared only with the applicant and will not be available to others. The NTNCB is dedicated to a continuous process of improvement, and there will be ongoing psychometric testing of test questions and applicant factors that contribute to success or failure. Studies and reports related to improving the quality of the process will not contain any identifiable information about the candidate, unless authorized by the candidate. Information on candidates or certificate holders will not be sold to any third party.

Copyrighted Examination Questions

All examination questions are the copyrighted property of NTNCB. It is forbidden under federal copyright law to copy, reproduce, record, distribute, or display these examination questions by any means, in whole or in part. Doing so may subject you to civil and criminal penalties.

Duplicate Score Report

Duplicate score reports can be downloaded from your NTNCB applicant portal at any time by accessing the message box. We recommend that you also save a local copy when you first receive the message with your score report.

Recertification

Recertification will be required every five years. Criteria for recertification can be found at www.NTNCB.com. Applicants with the minimum practice hours and continuing education hours in the recertification period do not need to retake the exam. Applicants who do not meet the minimum requirements may re-certify by retaking the certification exam and would incur the examination fee.

Content of Examination

The certification exam covers the areas described in NANT's Neonatal Therapy Core Scope of Practice Document, including:

- Family dynamics
- Fetal development
- High-risk infant outcomes
- Interventions in the NICU that are supported by evidence
- Maternal risk factors and complications
- Medical terminology, including pathologies specific to the NICU infant, and medical procedures
- Models of care and theory in the NICU
- Musculoskeletal, posture and alignment, and positioning
- Neurobehavioral development and reflex development
- NICU environment and culture
- Oral motor and feeding development, including basic feeding and swallowing, feeding products, and current models of care regarding feeding
- Pain assessment and management
- Sleep, states of arousal and state transition
- Standardized assessments

Note: Specific domains of content covered on the exam are available in the study guide, which is available on the NTNCB website under [Certification > Study Materials](#). The study guide also provides a reference list to guide study in each content domain.

Sample Examination Questions

Examination questions are multiple choice with four options. Read the question carefully and choose the option that best answers the question. Below are some sample examination questions so you can become familiar with their format and style. Explanations for correct answers are provided for your reference after the sample questions. Rationales are not provided during the examination.

1. In taking an infant out of their bed for therapy at 32 weeks postmenstrual age, which of the following issues should be considered to ensure safety during therapy?
 - A. The infant's ability to regulate their temperature.
 - B. Whether the infant can maintain the head in midline.
 - C. Whether the infant can maintain flexion of extremities.
 - D. Whether the infant has been off a ventilator for 48 hours.
2. With developmental care provision for an infant who needs a new intravenous (IV) line, the neonatal therapist should recommend the following sequence:
 - A. Complete routine cares and then proceed to insert the IV.
 - B. Insert the IV, and then follow with a diaper change and routine care.
 - C. Have parent hold the baby, insert the IV, and start therapy session.
 - D. Insert the IV, and follow with sucrose to decrease pain.

The following case scenario is used in questions 3-5:

Susie was born at 33 weeks gestation with tracheal-esophageal fistula and esophageal atresia. She had surgical repair on day of life 3. She was extubated from conventional ventilation at day of life 5. She is supported by high flow nasal cannula at 4 liters of flow and 30% FiO₂. She has an oral jejunal tube for small drip feedings. She is one week old today.

3. What is Susie's postmenstrual age?
 - A. 1 week
 - B. 33 weeks
 - C. 34 weeks
 - D. 35 weeks

4. What are the indications for neonatal therapy for Susie?
 - A. Oral motor dysfunction, motor dysfunction, potential swallowing dysfunction, breathing difficulties, and history of intubation.
 - B. Prematurity, limited positioning post-surgery, ongoing noxious sensory input, and potential swallowing dysfunction.
 - C. Neonatal therapy is not indicated for Susie because it can complicate post-operative recovery.
 - D. Prematurity only, as infant's oral and breathing issues were addressed and corrected by surgery.

5. What therapy services will most likely be needed for follow up post-discharge for this infant?
 - A. NICU follow-up clinic, early intervention services to include speech and motor therapy, and feeding clinic.
 - B. Speech therapy in surgery follow up clinic only.
 - C. No therapy follow up is indicated, as long as the infant is able to complete all feedings by mouth at discharge.
 - D. Outpatient occupational therapy services only.

Correct answers and rationales:

Question 1:

Correct answer: A is the correct answer as ability to regulate temperature would be a key consideration for infant safety when taking them out of their bed. B and C are incorrect because the infant may not be able to perform these two tasks, but this does not affect the safety of therapy. D is incorrect because time off the ventilator is not a guideline to determine therapeutic safety.

Question 2:

Correct answer: A is the correct answer because in order to decrease infant stress, the least noxious stimuli in the caregiving cluster should be introduced first, and the most noxious stimuli should be introduced last. B, C and D are incorrect because the most noxious stimulus is not introduced last. Also, in B and C, IV insertion can affect infant response to subsequent tactile handling. Finally, D is also incorrect because sucrose should be administered prior to the procedure to optimize pain control, not after the procedure.

Question 3:

Correct answer: C. Postmenstrual age is defined as the gestational age plus the chronological age. Answer A is the chronological age, answer B is the gestational age, and answer D is not relevant to the scenario.

Question 4:

Correct answer: B. The infant has all of the listed reasons identified by the American Academy of Pediatrics and the National Association of Neonatal Nurses to indicate therapy involvement to improve outcomes. A is incorrect because it is not noted that the infant has oral motor dysfunction or motor dysfunction, and this list does not include significant items such as prematurity. C is incorrect because prematurity, pain associated with current and past medical interventions, swallowing disorder, and ongoing noxious sensory input all indicate the need for therapy intervention. D is incorrect because documented outcomes of tracheal-esophageal fistula and esophageal atresia repair are noted to have ongoing swallowing and postural difficulties that can affect long term development.

Question 5:

Correct answer: A. Infants with tracheal-esophageal fistula (TEF) and esophageal atresia (EA) typically demonstrate ongoing swallowing difficulties and medical interventions for esophageal motility requiring feeding therapy. This infant's prematurity plus potentially long NICU hospitalization, as well as postural limitations sometimes associated with EA/TEF repair, warrant NICU follow-up and early intervention evaluation. B is incorrect because most infants who have TEF and EA benefit from speech therapy services, however, their ongoing sensory/feeding needs and postural needs cannot be addressed by speech therapy alone. C is incorrect because most infants who have TEF and EA benefit from speech therapy services addressing transitioning to solid foods, even when they swallow liquids with ease. D is incorrect because most infants who have TEF and EA benefit from speech therapy services addressing transitioning to solid foods, even when they swallow liquids with ease, and most likely will also need OT to address any ongoing sensory needs associated with prematurity and noxious sensory exposure.

Exam Preparation Tips

1. Review the reference list provided to you at the time you completed your application. Take NICU related continuing education courses and/or review material related to neonatal therapy.
2. After you pay your examination fee, you will have access to a study guide in the “examination” section of the NTNCCB portal. This document contains self-assessment tools and more sample questions. Use the guide to direct your study.
3. Plan ahead and pace yourself – make a schedule that helps you organize your study sessions and stick to it.
4. Don’t feel like you have to block large chunks of time for each study session. Studying for shorter periods but more frequently may work better in terms of sticking to a schedule, and it can help you better retain information.
5. Select an environment without distractions so you can focus on your studying.
6. Allow yourself breaks as needed, but if you feel like you are taking too many breaks, today may not be a good day for studying. It is acceptable to modify your schedule as long as you keep making progress.
7. Start with one or two topics that you feel most comfortable with, to reinforce what you know and to start on a positive note. Then move to a topic that is a bit more challenging.
8. Use the resource list to help you expand your knowledge in areas where you feel less comfortable.
9. Focus on relevant clinical knowledge – things every neonatal therapist who has several years of experience should know – rather than random facts.
10. As you study, think of possible questions related to the material. What are the nuggets of information that are critical in the material that you are reading? If you had to check if someone knows this topic, what would you ask them?
11. Make flashcards with important topics or write questions related to the material – then come back after a few weeks and see if you can answer them.
12. Get support from others who are preparing for the exam! Group studying can help reinforce information when you quiz one another or you share what you know on a topic. You can also help keep each other on track.
13. Arrive early at the testing center so you don’t feel rushed. Get a full night’s sleep the night before so you are rested and focused.
14. Eat something before you come. No food or drink is allowed at the testing center.