RECERTIFICATION
A GUIDE FOR MAINTAINING YOUR CREDENTIAL

EFFECTIVE FOR 2021 RECERTIFICATION
November 1, 2020 - January 31, 2021
LATE FEE PERIOD: February 1 - 28, 2021

www.pncb.org
Thank you for choosing PNCB for PMHS specialty certification! All certification boards require a renewal or recertification process to document how you are maintaining competency in your practice. PNCB recertification, or Recert, is required every three years to maintain this credential.

**Clinical practice is not required for recertification.** If you need contact hours to recertify, PNCB’s Marketplace offers several CE modules that will count toward PMHS recertification, including 3 Pediatric Updates modules (7.5 contact hours each).

Use this guide to learn about the process and access helpful tools. You have options, but you also have requirements. If you have questions, let PNCB help! Email recert@pncb.org or call 888-641-2767. Our office is open Monday through Friday, from 8:30 am to 5:00 pm Eastern Time except during holiday closings.

### Questions?

Contact PNCB: recert@pncb.org or 888-641-2767 then press 5 for assistance.

Our office hours are Monday through Friday 8:30 am to 5:00 pm Eastern Time.

### TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>When to Recertify</td>
<td>3</td>
</tr>
<tr>
<td>Understand Requirements</td>
<td>4</td>
</tr>
<tr>
<td>Options to Meet Requirements</td>
<td>5</td>
</tr>
<tr>
<td>Contact Hours (CE/CNE/CME)</td>
<td>6</td>
</tr>
<tr>
<td>Accepted CE Providers</td>
<td>7</td>
</tr>
<tr>
<td>Professional Practice Learning (PPL)</td>
<td>8-10</td>
</tr>
<tr>
<td>Academic Credit</td>
<td>11</td>
</tr>
<tr>
<td>Fees</td>
<td>12</td>
</tr>
<tr>
<td>Tools &amp; Tips to Plan Ahead</td>
<td>13</td>
</tr>
<tr>
<td>Using the Online Application</td>
<td>14</td>
</tr>
<tr>
<td>Confirmation of Your Application</td>
<td>14</td>
</tr>
<tr>
<td>Print Your Updated Wallet Card</td>
<td>14</td>
</tr>
<tr>
<td>Planning to Retire?</td>
<td>15</td>
</tr>
<tr>
<td>Audit and Appeals</td>
<td>15</td>
</tr>
<tr>
<td>FAQs &amp; Assistance</td>
<td>16</td>
</tr>
</tbody>
</table>
When to Recertify

You recertify every 3 years...

during an open enrollment period between November 1 and January 31 prior to the expiration date on your online wallet card.

Avoid the late fee: A late fee is added if you wait to recertify between February 1 and February 28.

You pick which day during that window of time to recertify using PNCB’s online application.

PNCB will send you a postcard reminder. You also receive email reminders unless you opt out. Be sure to keep your contact information up to date.

Newly certified?

Your first year to recertify will be three years after you passed the exam. For example, if you passed the exam in 2018, you would need to recertify by completing an online application between November 1, 2021 and January 31, 2022 (or February 1 to 28, 2022 with a late fee).

PNCB will send you a postcard reminder and emails to ensure you don’t miss the date!

Regardless of when you became certified, the expiration month and day on your wallet card will always be February 28.

* PNCB will send you a postcard reminder and emails.

Be sure to keep your contact information up to date.
**UNDERSTAND Requirements**

*Every three years, you will need to meet the following requirements to maintain your PNCB certification.*

1. **Maintain any advanced practice certification (NP or CNS) that was required per PMHS exam eligibility criteria.** You will attest that this certification is active and in good standing when completing the online recertification application. This certification does not have to be the same one held when you took the PMHS exam (e.g., an FNP who has since become PNP certified or someone who has changed boards).

2. **Maintain current, active, unencumbered US or Canadian advanced practice nursing licensure.** You will attest that this licensure is active and in good standing when completing the online recertification application.

3. **Complete an equivalent of 45 contact hours of pediatric developmental/behavioral/mental health (DBMH), of which 15 contact hours MUST be pediatric psychopharmacology.**

   - These hours must be earned within 36 months preceding your recertification application submission.
   - Your 15 hours of pediatric psychopharmacology must be accredited contact hours of CE or CME earned from conferences, online modules, or journals. A maximum of 10 contact hours could be from academic credit consisting of fully pediatric psychopharm content.
   - Your remaining 30 hours of pediatric DBMH can be from accredited contact hours of CE/CME or from other equivalents that PNCB will accept. See the following pages for full details.

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**If you also hold PNCB’s CPNP-PC or CPNP-PC/AC certification:**
Accredited contact hours earned for PMHS recertification can also be applied to your CPNP recertification.

**If your APRN license is encumbered:**
Contact recert@pncb.org with an explanation of why your license is encumbered and send a copy of the state board of nursing documentation relating to the encumbered license.
Options to Meet Requirements

So how should you meet the 45 contact hour requirement?

Your 15 contact hours of pediatric psychopharmacology must be accredited contact hours of CE or CME earned from conferences, online modules, or journals. A maximum of 10 contact hours could be from academic credit consisting of fully pediatric psychopharm content.

- **Tip!** PNCB’s Psychopharmacology Pediatric Updates module offers 7.5 contact hours. The module preloads in your Recert application after CE certificate processing (within 24 hours of successful module completion).

Your 30 contact hours of pediatric developmental/behavioral/mental health (DBMH) could be from accredited contact hours of CE or CME as well. But there are other equivalents that PNCB will accept.

- **Tip!** PNCB has launched 2 more PMHS-related Pediatric Updates awarding 7.5 contact hours each for successful completion: Primary Care: Developmental and Behavioral Essentials and Primary Care: Developmental and Behavioral Disorders and Treatments.

How you stay up-to-date during the year can guide your choices for meeting the 30 DBMH hour requirement.

For example:
- Do you attend conferences or earn CE/CME online or at work?
- Do you work at least 200 direct patient care hours related to the PMHS role in a 12-month period?
- Did you complete a PMHS-relevant university course, article, or poster presentation?

Here are different choices for fulfilling the 30 contact hours of pediatric DBMH. Professional Practice Learning (PPL) includes activities like direct-care clinical practice hours, lectures, poster presentations, authorship, precepting, or committee membership. For more about PPL, see page 8.

- 30 contact hours of DBMH CE
- 25 contact hours of DBMH CE + 5 hours of PPL (1 activity)
- 20 contact hours of DBMH CE + 10 hours of PPL (2 activities)
- 20 contact hours of DBMH CE + 1 academic credit
- 15 contact hours of DBMH CE + 15 hours of PPL (3 activities)
- 15 contact hours of DBMH CE + 1 academic credit + 5 hours of PPL (1 activity)

You will use an online application to document completed activities.
Accredited Contact Hours

Contact hours (CE/CNE/CME) are earned for participating in accredited continuing education activities. One contact hour is equivalent to a 60-minute educational program. Examples can include lectures, presentations, seminars, conferences, online education, grand rounds, journal CE, in-services, and CME.

Are actual contact hours required?
• For your 15 hours of pediatric psychopharm, the answer is yes unless you have 10 contact hours’ worth of academic credit (i.e., 1 semester or quarter credit). PNCB currently offers a Psychopharmacology Pediatric Updates module for 7.5 contact hours.
• For your 30 hours of DBMH, you could use up to 15 hours of other PNCB-accepted activities like Professional Practice Learning (PPL), clinical practice, or academic credit to count as contact hours.

What content is accepted?
• For your pediatric DBMH requirement (30 hours or accepted equivalents needed): Hours must reflect advanced practice nursing related to the pediatric DBMH arena and applicable to primary care.
• For your pediatric psychopharmacology requirement (15 hours needed): Hours must be related to prescribing and management of drug treatments for children and adolescent with behavioral/mental health needs. Learning opportunities you select must focus on the use of medications and other substances utilized for their effect on behavior and the mind, particularly in the context of treatment of mental disorders, and the indications, contraindications, use, dosing, monitoring and adverse effects.

When do I need to earn the contact hours? Within 36 months preceding your Recert application submission.

What information do I type on the application? You will choose “Self Reported” and type the name of activity, date contact hours were awarded, accrediting body, and number of hours. You will be able to document whether the hours are psychopharmacology.

Can I enter a single aggregate “lump sum” entry for UpToDate, Audio Digest, Prescriber’s Letter, etc. and conferences? You must enter each individual CME/CE activity by topic/session name as a separate entry on the application/tracker so that the link to your PMHS certification specialty is clear. If the activity is fully pediatric DBMH content, then you may enter it as a single line item.

I attended a conference with applicable content in some but not all sessions. Can I document portions of the conference? Yes. Make your best assessment of the amount of pediatric primary care DBMH content.

I attended a psychopharmacology conference that did not identify how many contact hours are specific to pediatric psychopharmacology on the CE certificate. Can I use any of these hours? How would I document the hours for my recertification? You may use contact hours related to pediatric psychopharmacology from approved accredited providers. The session or workshop title should provide an obvious connection to pediatric-relevant content. Make your best assessment.
More about Contact Hours

**Pediatric psychopharmacology is incorporated within many mental health CE offerings I take concerning ADHD, anxiety, depression, etc. However, the pharm hours are not specified as “pediatric psychopharmacology.” Can these pharm hours be counted toward the pediatric psychopharm requirement for recertification?** You are expected to select and complete pediatric psychopharmacology CE pertinent to your continuing competency educational needs. Make your best assessment of the amount of pediatric content. Session or workshop titles should provide obvious relevance to pediatric behavioral and mental health. PNCB realizes that not all accredited providers make this clear on CE certificates.

**Do I need to send paperwork or CE certificates?** Not unless selected for audit. PNCB conducts random audits of Recert applications. If your application is selected for audit, you will be required to submit all supporting documents. Please maintain copies of any supporting certificates and other documents for at least 24 months after you recertify to satisfy any audit requests.

**What accrediting bodies must award the hours?** PNCB accepts hours from the accrediting organizations listed below, among others. The accrediting body will be listed on your CE certificate. This list is not inclusive of all organizations accepted as PNCB often adds to this list throughout the year. If you do not see a particular organization when completing the online recertification application, please contact recert@pncb.org.

- Accreditation Council for Continuing Medical Education (ACCME) Category 1 (AMA)
- Accreditation Council for Pharmacy Education (ACPE)
- American Academy of Family Physicians (AAFP)
- American Academy of Nurse Practitioners (AANP)
- American Academy of Pediatrics (AAP)
- American Academy of Physician Assistants (AAPA)
- American Association of Critical Care Nurses (AACN)
- American Association of Diabetes Educators (AADE)
- American Nurses Credentialing Center (ANCC)
- American Psychological Association (APA)
- Centers for Disease Control (CDC)
- Emergency Nurses Association (ENA)
- International Association for Continuing Education and Training (IACET)
- National Association of Pediatric Nurse Practitioners (NAPNAP)
- National Association of Social Workers (NASW)
- National League for Nursing (NLN)
- Nurse Practitioner Associates for Continuing Education (NPACE)
- Society of Critical Care Medicine (SCCM)
- Society of Pediatric Nurses (SPN)
- State Boards of Nursing (SBN)
- State Nurses Associations (SNA)

**Save conference brochures and related literature from the event for your records in case your recertification application is selected for random audit.**

During audit, PNCB reviews and validates your documentation of CE by event title or description to determine that the earned CE was related to pediatric behavioral mental health and/or pediatric psychopharmacology.
Professional Practice Learning (PPL)

*Can count for a maximum of 15 DBMH contact hours*

PPL activities contribute to professional growth and development. PPL offers an alternative to accredited contact hours or academic credit.

PPL can be direct- or indirect-care clinical practice work hours (includes teaching, consultation, or research), authorship, poster presentations, lectures, presentations, precepting, committee membership, or quality improvement projects. The activity must be related to pediatric primary care developmental/behavioral/mental health. Use the chart on the next page for specific PPL criteria.

Clinical practice is not required for recertification. If documenting clinical practice on the application, it will be entered on its own separate screen.

How many contact hours does a PPL activity equal? 1 PPL equals 5 contact hours toward recertification.

How PPL works: You can count a maximum of 3 PPL activities for PMHS recertification.

1 PPL + 25 accredited DBMH contact hours = 30 DBMH hours for your recertification
2 PPL + 20 accredited DBMH contact hours = 30 DBMH hours for your recertification
3 PPL + 15 accredited DBMH contact hours = 30 DBMH hours for your recertification

How current must the PPL be? The activity must have been accomplished within 36 months preceding your recertification application submission.

Can I count more than one PPL in a single year? Yes. PNCB does not limit you to only 1 PPL per year for PMHS Recert. For example, a PMHS may accomplish both clinical practice and precepting in a single 12-month timeframe (2 PPLs per year). Another PMHS may accomplish a poster, a conference presentation, and clinical practice in a single 12-month timeframe (3 PPLs per year).

Do I need to send paperwork? Not unless selected for random audit.

What information do I type on the application? You will be prompted to enter basic descriptive information such as the name of activity and date accomplished.
# What Counts for PPL

## PPL TYPE | WHAT IS ACCEPTED
---|
**Clinical Practice** *(Teaching, research, and more count in this category)* | Direct or indirect pediatric primary care DBMH advanced practice work hours (paid or volunteer)
- Completed while holding active licensure for the state/territory in which the hours were performed
- **If Non-faculty**
  - May be direct “hands-on” assessment or clinical management of children with primary care DBMH issues
  - Or may be indirect care such as consultation, clinical education, or management of other personnel to support patient care goals
- **If Faculty**
  - May be teaching class time that awarded accredited academic credit to students
  - Or may be direct supervision of pediatric DBMH clinical hours with advanced practice nursing students in primary care (can be CNS or NP students)
- **If Research-related (faculty or non-faculty)**
  - May be IRB research for which you are a primary researcher; does not need to be a primary component of your employment

**Authorship** | DBMH-related peer-reviewed journal article, textbook contributions, teaching aids for patients and families, or research:
- May be any page length and may be co-authored
- May also be unpublished or published Doctoral dissertation/capstone project or Master’s thesis

**Poster** | Scholarly poster presentation selected for conference or hospital presentation
- Related to pediatric DBMH nursing practice in primary care

**Lecture or Presentation** | Use PPL specifically for non-academic Settings *(e.g., conferences)*. For academic settings, faculty should now count classroom lectures as Clinical Practice above.
- Related to your certification specialty
- Sponsored by employer or a membership or an educational organization and at least one hour in length
- Included learning objectives and a reference list
- In addition, this option must have:
  - Awarded CE to attendees or
  - Included education materials created for public education or patient/family teaching. Please submit education materials for approval to recert@pncb.org prior to recertifying.
- A specific lecture cannot be used more than once for PPL credit

**Preceptor Hours** | A minimum of 80 hours completed in the past 36 months prior to Recert application submission
- Level-appropriate: must precept graduate NP or CNS students with a focus on mastery of pediatric DBMH clinical content related to primary care
- Completed while holding active licensure for the state/territory in which the hours were performed
- Does not include staff orientation
- Preceptor hours cannot also be used as a clinical practice option for Recert

**Committee Membership** | Local, state, or national level as an officer or committee task force member for an organization related to pediatric DBMH concerns
- DBMH-related review and editorial board membership also accepted
- PNCB committee members receive CE and discounted recertification fees for volunteering and therefore cannot also apply PNCB activity to the committee PPL option

**Quality Improvement Project** | Individuals concerned if their QI project meets PPL requirements are welcome to fill out the [description form](#) and submit for approval prior to recertification.
- A minimum of 10 hours of your involvement in the project. Not required to be a primary project lead but must have held a significant role.
- Must be involved in the entirety of the project from conception through completion. Completion is defined as one complete cycle from conception to initiation, implementation, measurement of outcomes, and re-evaluation/future initiatives.
- Project must have been completed in the past 24 months prior to Recert enrollment.
- A project previously submitted for PPL, either as a publication or poster presentation, cannot be used again for QI PPL. Conversely, QI PPL cannot be duplicated as a publication or poster presentation for another Recert application.
More PPL FAQs

May I use clinical hours for each of the past 3 years for a total of 15 contact hours? Yes, a minimum of 200 clinical hours worked in 1 year counts as 5 contact hours as PPL. This means a potential of 600 clinical hours worked over a 3-year period count as a maximum of 15 contact hours. Use your best judgment to estimate the number of applicable hours; these hours need to reinforce your continuing competency in the specialized PMHS role.

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Take credit for clinical hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>A PMHS works full time (40 hours) in a primary care office. Caring for children with behavioral and mental health issues is a theme during every clinical day.</td>
<td>40 hours per week (or 160 hours per month)</td>
</tr>
<tr>
<td>A PMHS works full time (40 hours) in a primary care office, with in-depth behavioral/mental health screening, evaluation and management by appointment only, and for only 3 days per week.</td>
<td>24 hours per week (or 96 hours per month)</td>
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</tbody>
</table>

If I have precepted more than one student, each for at least 80 hours for each of the last 3 years, may I use this as Professional Practice Learning (PPL) three times on the recertification application for a total of 15 contact hours? Yes. Preceptorship must be of graduate nursing students, and it is expected that the precepting hours you count focus on behavioral/mental health issues in primary care. A total of 80 hours precepted in 1 year counts as 5 contact hours. This means a potential of 240 precepting hours over a 3-year period count as a maximum of 15 contact hours.

| 80 hours of precepting in 3 years | 5 contact hours |
| 160 hours of precepting in 3 years | 10 contact hours |
| 240 hours of precepting in 3 years | 15 contact hours |

How do I determine the number of hours of DBMH I teach when precepting students? Provide your best estimate when determining DBMH-related hours when precepting. There is no requirement for detailed documentation.
Academic Credit

*Can count for a maximum of 10 pediatric DBMH contact hours*
*If pediatric psychopharmacology, can count as 10 psychopharmacology hours*

Academic credit is coursework taken by you relevant to pediatric behavioral/mental health or pediatric psychopharmacology whereby you earned a grade from an accredited institution/college/university.

**Is academic credit required?** No. Academic credit is optional.

**How many contact hours does academic credit equal?** PNCB equates 1 semester or quarter hour of academic credit to 10 contact hours.

**How current must the academic credit be?** Academic credit must have been awarded by an institution within 36 months preceding your recertification application submission.

**Do I need to send paperwork?** Not unless selected for random audit.

**What information do I type on the application?** You will be asked to enter basic descriptive information such as the course name and date completed.

**Restrictions:**
- Cannot be the same credit applied in a previous PMHS recertification application.
- Psychopharmacology coursework may be applied toward the required 15 hours of psychopharmacology or toward the required 30 hours of DBMH, but cannot be applied to both.

**How academic credit works:**
- If the content is pediatric DBMH, you can count academic credit as 10 contact hours and combine it with any other accepted activity equaling 20 contact hours to meet the total requirement of 30 pediatric DBMH contact hours.
### PMHS Recertification Fees

<table>
<thead>
<tr>
<th>Cost to Recertify: Not applying PNCB Psychopharm Pediatric Updates</th>
<th>$200</th>
<th>You will pay this online when you submit your web-based application.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to Recertify: PNCB Psychopharm Pediatric Updates Used</td>
<td>(cost above reduced by price of module)</td>
<td>You are not required to complete any available PNCB psychopharmacology Pediatric Updates, but if you do, then your Recert cost will be reduced by the price of 1 successfully completed psychopharmacology module applied to recertification. Limit 1 discount per PMHS Recert application. You must earn a score of 70% or above to receive module credit.</td>
</tr>
<tr>
<td>Late Recert Application</td>
<td>$100</td>
<td>If you miss the January 31 deadline to submit your online recertification application, you can still recertify with a late fee between February 1 and 28.</td>
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*All fees subject to change without notice. Check [www.pncb.org](http://www.pncb.org) for current costs.*
TOOLS & TIPS

To Plan Ahead

TOOLS

PMHS Recert Dashboard
Log in to see for basic policies for PMHS recertification.

ReCErt Tracker
Log in to preload completed activities and save time on the Recert application. PNCB’s Pediatric Updates, Free CE, and Alternative CE modules automatically load for you when your CE certificate is processed.

• Note that you will be asked to enter your license information on the actual Recert application, even if you recently entered it in the ReCErt Tracker.

• Use the Applied Points column to see the number of hours applied toward a past Recert. If no number is listed, hours may be available to apply. Check Completed Date to confirm they will not expire before you submit your Recert application.

TIPS

Complete Activities Before Recertifying
When you start the online application, you will be asked to document completed activities. You cannot document activities that are incomplete or scheduled for the future.

Have Your Paperwork Handy
Gather CE certificates and allow approximately 15 minutes to complete the online form. Or refer to your ReCErt Tracker before starting your application and note the details of preloaded activities before you begin.

Consider DBMH Activity for CPNP Certification Too
If your CE options are limited, maximize your earned activities: because PMHS is an added specialty credential with a primary care focus, CE you earn in support of PMHS recertification also supports CPNP-PC and CPNP-PC/AC dual continuing competency.
WHAT YOU Need to Know

RECERTIFYING USING PNCB’S ONLINE APPLICATION

Find the Application
Log in to the PNCB portal at https://mypncb.pncb.org/pncbssa. You will also find the portal login link at the upper right of the PNCB website. If you also hold PNCB’s CPNP or CPN certification, you will complete a separate application for that recertification; PMHS Recert will not be combined with a CPN or CPNP recertification application.

Device Compatibility
The application works best with a PC, and we do not guarantee compatibility with iPads, iPhones, Kindles, or other devices. Contact website@pncb.org for technical assistance. We will respond during normal office hours.

Dates
You recertify by completing the online application during open enrollment between November 1 and January 31. You can recertify with a late fee between February 1 and February 28. You pick the day and time to recertify during the open enrollment timeframe.

Check the Boxes
After you enter activity on the Recert application (or if you see preloaded activity from your ReCEr Tracker), you will need to check the boxes to the right of the activity to apply it on the application.

Restarting an In-Progress Application
If you start an application but don’t finish it, your submittals grid will guide your next step.

- **Click the Details link unless your application is expired.** If an application is in progress, you may see a status of pending, No Pass, No Pay, or checkout, etc. Return to your in-progress application by clicking the blue word Details at the far right of the final line item.
- **Expired status?** An application expires in 10 days if you don’t complete it. If the application has expired, create a new one with the lower right blue button.
CONFIRMATION OF YOUR APPLICATION
After payment and submission of your application, look for your receipt email. If you do not see it within 24 hours, check your spam inbox or log in to Message History Report at the PNCB website.

PRINT YOUR UPDATED WALLET CARD
Your online wallet card is always available online. It is updated immediately after your application is submitted. A good time to print or download a copy of your updated card for your records is right after recertifying. Log in to Profile & Wallet Card for this documentation.

PLANNING TO RETIRE?
Read about how to officially retire your certification so we can remove your email from recertification reminders and send you a letter thanking you for your years of service to children and families.

AUDIT
PNCB is required by our accreditor to randomly audit recertification applications. PNCB will notify you if selected and inform you of how and when to submit supporting documentation. If your record is audited, you will be required to submit supporting documents, such as a copy of the completion CE certificate(s) showing the dates, title, number of contact hours, accrediting organization, etc. In addition, you may be required to provide evidence of the applicability of the program/course to your certification. Non-compliance with audit may affect your certification.

APPEALS
An appeals process is available to those who wish to contest an adverse decision or proposed action affecting their application for certification, exam results, or recertification. Decisions made by PNCB during the appeals process are final. See Appeals Procedures.

ETHICS
To support excellence in nursing practice, PNCB requires that every nurse certified by this organization will uphold and adhere to the Certificant Code of Ethics. In addition to addressing patient care, respect, and safety, the Certificant Code of Ethics states that you cannot falsify information provided to PNCB or act dishonestly concerning PNCB exams and recertification. This includes disclosure of exam content to candidates. Protect your certification by adhering to the Certificant Code of Ethics.

All PNCB policies and requirements are subject to change without notice.
FAQs and Assistance

Contact PNCB any time of the year for questions about recertifying. Our office hours are Monday through Friday 8:30 am to 5:00 pm Eastern Time. See holiday closings.

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<th>Recertification</th>
<th><a href="mailto:recert@pncb.org">recert@pncb.org</a></th>
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<tr>
<td>Web Technical Support</td>
<td><a href="mailto:website@pncb.org">website@pncb.org</a></td>
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Can I recertify if I no longer hold an APRN license? Can I recertify if I no longer hold an RN license?
A current, active, unencumbered advanced practice RN (APRN) license is required to maintain PMHS certification. An RN license is not required.

Can I recertify if I no longer hold a certification required for PMHS eligibility?
On the recertification application, you are required to attest that a primary certification (NP or CNS) per PMHS exam eligibility requirements is active and in good standing. It may be a different certification than what you held when meeting PMHS exam criteria (e.g., an FNP who has since become PNP certified or someone who has changed boards), but you must hold one of those foundational certifications.

Can I recertify if I’m no longer practicing in a setting where my PMHS credential is applicable?
Yes, as long as you can continue to meet PMHS recertification requirements.

Can CE I earned for my PMHS recertification also be used for my PNCB Primary Care or Dual Primary Care/Acute Care CPNP recertification?
Yes. Because PMHS is an added specialty credential with a primary care focus, CE you earn in support of PMHS recertification also supports CPNP-PC and CPNP-PC/AC dual continuing competency. If you hold only Acute Care CPNP certification, you are not eligible to take the PMHS exam, and therefore PMHS-related CE will not be accepted for Acute Care CPNP recertification.

If I am also a CPNP or CPN, do I need to complete 2 separate Recert applications, one for each credential?
Yes. Please note that recertifying your CPNP credential does not recertify your PMHS credential or vice versa. PMHS recertification has a separate application since demographic questions will vary for each certification. Recertification programs are consistent with the professional scopes and standards of practice for roles.

Contact recert@pncb.org if you have additional questions so we can help. Thank you for recertifying!