DHHS CIC Study
Sessions

Week 1: Introduction
Getting Your CIC
What is the CIC?

- CIC stands for **Certification in Infection Control**
- Obtained by passing the **CIC exam**, a comprehensive assessment of mastery in infection prevention and control (IPC)
- CIC credentialing is awarded by the **Certification Board of Infection Control and Epidemiology (CBIC)**
- Allows you to use the internationally recognized **CIC initials** after your name/title
- Certification must be renewed **every 5 years**

https://www.cbic.org/CBIC/Exam-and-Certification-FAQ.htm
Who is eligible?

Applicants must meet educational and experience requirements to sit for the exam:

- A health-related degree (nursing, public health, etc) **AND**
- A minimum of 1 year full-time IPC experience*

*2 years/3,000 hrs part-time experience also accepted

IPC experience must include

**All of the following:**

- Identification of infectious disease processes
- Surveillance and epidemiologic investigation
- Preventing and controlling the transmission of infectious agents
- Environment of care
- Cleaning, disinfection, sterilization and asepsis

**At least two of the following:**

- Employee/occupational health
- Management and communication
- Education and research

CIC Exam Overview

- Computer based test with 150 multiple choice questions (135 are scored, 15 are future test questions)
- 3 hours to complete the test
- Questions are weighted according to difficulty, but approximately 75% needed to pass
- There is no penalty for wrong answers
- Pass rate is 58.4%

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CIC Exam Content

- Identification of infectious disease processes (22 questions)
- Surveillance and epidemiologic investigation (24 questions)
- Preventing/controlling the transmission of infectious agents (25 questions)
- Employee/occupational health (11 questions)
- Management and communication (13 questions)
- Education and research (11 questions)
- Environment of care (14 questions)
- Cleaning, sterilization, disinfection, asepsis (15 questions)

Course Objectives

- Prepare participants for the CIC exam
- Broaden IPC knowledge and improve practice
- Provide a forum to collaborate with IPC professionals with varying backgrounds and experience
- Offer opportunities to teach and share information with peers
Session Format

- Course will cover the material in the APIC Text of Infection Control and Epidemiology, a comprehensive IPC reference
- Each week includes 2-3 topics from the assigned reading (4-5 chapters per week) to discuss as a group
- Sessions will contain approximately 30 min of prepared content and 30 minutes of open discussion
- Participants will take turns leading discussions weekly discussions
- Please come to class prepared to engage in discussion
APIC TEXT

SUBSCRIPTIONS

Allowable Use:

- Printing off content for the purposes of research, demonstration, teaching, and/or private study
- Transferring a subscription within your institution (notify DHHS)
- Transcribing content for users with disabilities (braille, large text, etc)

Prohibited use:

- Sharing user access link (including within your organization)
- Systematically downloading, printing or reproducing the text
- Redistributing content to unauthorized users
- Modifying or altering the text in any way
Syllabus organized to align with the APIC Certification Study Guide

The APIC Certification Study Guide (6th ed)
Includes test-taking strategies, sample questions by topic, and 3 complete practice exams

- Test your knowledge after covering each topic
- Identify knowledge gaps to focus study efforts
- Take the practice exams to assess your readiness (aim for at least 80%)
Tips for Success
Successful Study Habits

**Do**

- Schedule daily study time (20-30 minutes)
- Use flashcards, acronyms, mnemonics, and other study aids
- Consider real life application and write down questions for discussion
- Take time to research answers to sample questions you miss
- Focus study efforts on identified weak areas

**Don’t**

- Cram a lot of content into a single study session
- Rush through the reading without taking time to really learn and understand the material
- Focus solely on memorizing facts
- Expect that study session attendance alone will adequately prepare you for your exam
- Get discouraged if you don’t pass the exam on your first attempt
When You are Presenting

**Do**

- Assume participants will come to class prepared
- Share helpful visual aids, charts, mnemonics, etc with the group
- Use case studies, questions or activities to help apply the content to real-life and encourage critical thinking
- Actively engage audience participation with quizzes, games, and/or activities
- Provide copies of your slides/materials to send to the group

**Don’t**

- Just summarize the assigned reading
- Feel like you need to be an expert on the assigned topics to present
- Hesitate to ask the group for help with questions you can’t answer
- Violate copyright laws or forget to appropriately cite material
- Get flustered if something doesn’t go as planned
Getting the most out of group sessions

**Do**

- Complete the assigned reading and come prepared to participate
- Turn your camera on and be an active participant
- Share your knowledge, experience, and helpful tips with the group
- Make it a priority to attend sessions regularly
- Be courteous and kind to others

**Don’t**

- Expect to passively absorb everything you’ll need to know
- Try to multitask during the session
- Be afraid of making mistakes during class quizzes or activities
- Hesitate to offer honest feedback to improve your learning experience
Additional Resources

- CBIC online practice exam: 70 question computer-based test similar to the content, difficulty and format of the actual exam
Round of Introductions

Tell us a little about yourself

- Name
- Professional background
- CIC goals/timeline
- Hobbies or fun fact about yourself