

# DHHS CIC Study Sessions

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Week 1: Introduction

# Getting Your CIC

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# 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**

# 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 the following:

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

# CIC Exam Overview

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- 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%

<https://www.cbic.org/CBIC/Exam-and-Certification-FAQ.htm>

# 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)

# DHHS CIC Study Course

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# 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)
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## 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%)
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# Tips for Success

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# 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
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## 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
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## 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
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## 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
- Meehan, AK, Campbell, EA, Dudeck, MA, Edwards, JR, & Herzig, C. *Fundamental Statistics & Epidemiology in Infection Prevention*, 1st ed., APIC, 2016.
- Kulich P, Taylor D, eds. *The Infection Preventionist's Guide to the Lab*, APIC, Washington, DC, 2012.
- Brooks, Kathy. *Ready Reference for Microbes*, 4th ed., APIC; 2018.



# Round of Introductions

## **Tell us a little about yourself**

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