

NMES Certification Handbook

Exam Content

The NDC exam is based on the NDC Test Content Outline (Test Blueprint). The Test Content Outline is based on the results of a job analysis study of Neuromuscular Electrical Stimulation for Dysphagia practice completed in 2016. The NDC Test Content Outline is composed of seven major subject areas, each with a percentage assigned to it. Each major subject area is represented in every test with the appropriate percentage of items. However, not all content sub-areas are included on every form of the test.

The NDC Test consists of 135 multiple-choice items (a question or incomplete statement followed by four answers or completions). Of those, 130 items count toward the candidate's score and 5 are "pretest" or experimental items. Candidates do not know which items are scored and which are pretest.

Page 6 has a free, 15-item NDC Practice Test. Practice tests provide examples of the type of items that you can expect to find on an examination; they are not intended to be study guides or to replace other forms of test preparation. Additional for-purchase practice tests are also available at DysphagiaU.org.

Acceptable Providers/Approvers of CE Required for Initial Certification

The following is a list of acceptable providers and approvers of continuing education required for initial NDC certification. NDC contact hours must have been approved or provided by an accredited provider/approver of continuing education listed below.

List Coming Soon!

NDC TEST CONTENT OUTLINE (TEST BLUEPRINT)

I. Clinical Evaluation: 12%

- A. Analyze swallowing disorders
- B. Perform structured evaluation
- C. Reviews and analyzes findings of assessments

II. Diagnosis: 14%

- A. Analyze evaluation results and formulate a list of impairments
- B. Analyze evaluation results identifying other contributing factors
- C. Describe conditions that are indications
- D. Describe conditions that are not indicators
- E. Describe conditions that are contra indicators

III. Treatment Plan: 11%

- A. Formulate a treatment plan based on evaluation results
- B. Appropriate diet modifications, feeding strategies and exercises
- C. Create a frequency of treatment sessions
- D. Convey treatment approach through patient and family education
- D. Document medical necessity
- E. Treatment plan based on muscle physiology and kinesiology

IV. Electrotherapy Competence: 29%

- A. Describe the effects of electrical stimulation
- B. Observe precautions and contraindications
- C. Problem solves common equipment issues
- D. Problem solves common electrode issues
- E. Corrects common equipment issues
- F. Versed in the Evidence based literature
- G. Recognize the need to refer patient to other services
- H. Properly exercise a standard of care
- I. Basic theory of neuromuscular electrical stimulation

V. Combining Electrotherapy with Conventional Dysphagia Therapy: 21%

- A. Benefits and limitations of various electrotherapy protocols
- B. Select appropriate electrotherapy protocol
- C. Select appropriate electrode positions
- D. Apply electrodes in correct anatomical location
- E. Observe precautions and contraindications
- F. Effectively establish therapeutic intensity
- G. Adhere to safe and ethical protocols
- H. Appropriate exercises and bolus presentation
- I. appropriate exercises while NMES device is active
- J. document details of treatment progression
- K. Effectively communicate treatment progression

VI. Reassessment: 7%

- A. Modify stimulation parameters appropriately
- B. Modify treatment plan based on periodic reevaluation

VII. Professional Standard Ethics: 6%

- A. Comply with professional board requirements
- B. Insure patients are only treated by trained coworkers
- C. Comply with NMES device limitations