



College of Respiratory Therapists of Ontario
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Study Plan Guide

If you are unsuccessful in passing the entry-to-practice examination three (3) times, you are required to submit a study plan to the College of Respiratory Therapists of Ontario (CRTO) prior to challenging the exam again. The purpose of this guide is to help you prepare to re-write the exam and to provide you with constructive feedback. Please use this guide when developing your study plan. Once completed, submit your study plan to the College for review and approval.

In your plan be sure to:

1. Briefly describe any factors that may have contributed to your being unsuccessful in the past.
2. Include the following elements:
 - a. Identify the areas on which you will focus your study;
 - b. Establish learning goals based on a self-assessment;
 - c. Describe how you plan to meet these learning goals.
3. Include a study schedule and proposed date of completion that you intend to follow as you prepare for the exam.

We encourage you to monitor and record your progress as you move through your plan.

Self-assessment Phase

It is recommended that you take a systematic approach to preparing to write this exam by critically examining why you have been unsuccessful in the past. Reflecting on previous experiences will help you target areas for study and putting a systematic plan in place will ensure you don't overlook any areas.

Review CBRC exam results: In what areas of the exam were you unsuccessful? Carefully review the report you received from the CBRC which will have identified areas of weakness. These should be the first areas that you target in your study. Compare the results you received from the CBRC to the CSRT Occupational Profile and the CRTO's entry to practice competencies and list the competency categories they fall into.

The CSRT Occupational Profile and the CRTO's entry to practice competencies will list the minimum knowledge that you need to have in order to successfully pass the CBRC exam and gain entry into the profession. It is these competencies on which the CBRC exam is based.

Reference these competencies to your school program and find your study notes, book chapters etc. that cover this material.

Example: *Based on my result of the CBRC examination, the following topics need to be studied: patient evaluation/case studies, blood analysis, pulmonary diagnostics and general therapeutics.*

Planning Phase (setting goals)

1. Identify specific learning goals for each broad competency category that was identified in the CBRC results, for example:

- *Patient Evaluation / Case Studies:*
 - *conduct a complete physical assessment, interpret laboratory and radiological data, develop treatment plan*
- *Blood Analysis – Interpret results / to be able to explain:*
 - *Acid-base homeostasis*
 - *Regulation of acids, bases, and electrolytes*
 - *Differential diagnosis of acid-base disturbances and treatments*
- *Pulmonary Diagnostic – to be able to describe / explain:*
 - *PFTs, pulmonary stress test and polysomnography studies.*
- *General Therapeutics – to be able to discuss and describe:*
 - *humidity therapy and thermal regulation.*

2. Describe how you plan to meet these learning goals.

What will you do? Consider how you prefer to learn (seeing, doing, listening) as you plan the activities that may be required – this will help you to identify the study techniques and resources that may work best for you. At the same time, take into consideration what you have done in the past. What is and isn't working for you? Perhaps you need a new approach. Here are some suggestions for your consideration:

- **Identify reading materials:** This can be your text books, classroom notes, published study guides for respiratory therapy etc. Identify the areas that you really feel you need to focus on – refer to your self-assessment and your CBRC results.
- **Find a tutor:** Do you study more effectively with a partner? Would it help to get a tutor to assist you in preparing to write the exam again? Think about work colleagues or someone you went to school with. They may be an effective resource to you while you prepare to write this exam.
- **Refresher courses:** Many of the Ontario Community Colleges that offer RT programs and the Michener Institute offer continuing education courses geared directly to RTs. There may be a one-day workshop or distance education course that may assist you. For example:

RT Distance Education Courses at [Thompson Rivers University](#)

- There are many internet-based educational programs geared towards RTs that you may wish to access and which may be helpful to you. For example this internet-based educational resource lists many on-line courses that pertain to Respiratory Therapists: <http://www.worldwidelearn.com/continuing-education/respiratory-care.htm>

Other considerations:

- **Test wiseness:** The CBRC exam is a multiple choice (MC) exam. How do you approach MC exams? What is your approach to taking MC exams? There is a wealth of information on the internet about how to successfully approach taking MC exams.

For example, the University of Guelph has an excellent resource for preparing to write multiple-choice exams. http://www.tss.uoguelph.ca/pdfs/Handout_Guelph-MC%20Jan%2028-08.pdf. There are also several sites available through Simon Fraser University that deals with multiple-choice exam strategies. <http://learningcommons.sfu.ca/strategies/learning-studying/exam-types>

- **RT Practice Exams:** In keeping with preparing to write a multiple-choice exam, there are several practice exams which cover respiratory therapy content available by searching the internet. There are often practice test questions at the end of each chapter in most RT textbooks. Take these practice tests and evaluate your responses critically.

The National Board for Respiratory Care (NBRC) which is the credentialing agency for Respiratory Therapy in the United States, offers a web-based self-assessment evaluation which may be helpful. Although the questions are geared toward the American model for respiratory therapy, the ability to practice answering multiple-choice questions related to respiratory therapy may be very helpful. <https://www.nbrc.org/Examinations/RRT/tabid/60/Default.aspx>

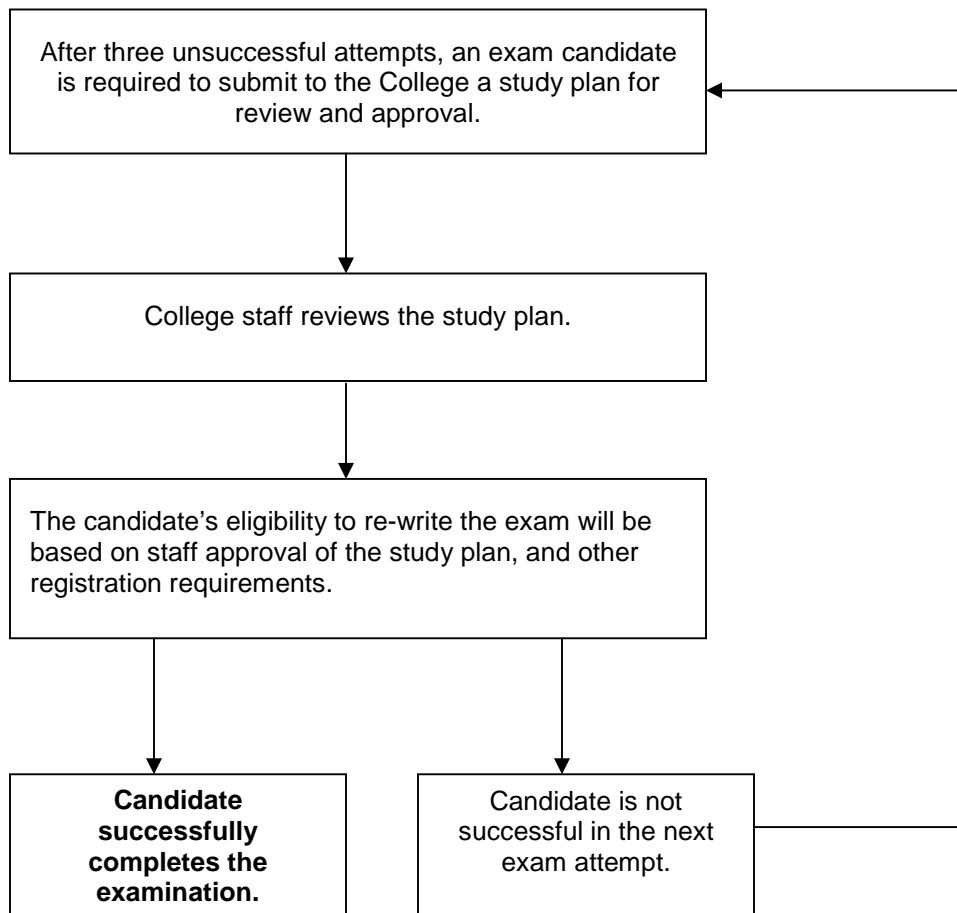
3. Set out a study schedule with completion deadlines.

It is a good idea to set a deadline for yourself to encourage completion of your learning/study goal(s). Carefully monitor your time and set out a time table that will help keep you on target. Record your progress, keep on track – don't rely on your memory. Using a table may assist you to follow your study plan and will serve as a record of your achievements.

Example:

<i>Time period</i>	<i>Competency Category/with sub-competencies listed</i>	<i>Resources required</i>	<i>Date completed</i>
<i>Week 1</i>	<i>Patient Evaluation / Case Studies: Conduct a complete physical assessment, interpret laboratory and radiological data, develop treatment plan.</i>	<i>-review textbook -review class notes -discuss with my tutor -do practice tests from my textbook</i>	<i>October 1</i>

Study Plan Approval



Submitting your Study Plan

Please forward your complete study plan to the Professional Practice Advisor using one of the following options:

By mail: **College of Respiratory Therapists of Ontario**
180 Dundas Street West, Suite 2103, Toronto, Ontario M5G 1Z8

By email: harrison@crto.on.ca

If you have any questions, please contact the College at 416.591.7800 or toll free at 1.800.261.0528