



## The Right Stuff

### THE “RIGHT STUFF”

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Just like John Glenn and the Mercury astronauts back in the 1960s, all professions must have members with the “right stuff.” Healthcare documentation specialists demonstrate that they have the “right stuff” by taking a credentialing exam. This is an exciting and positive step in an HDS’s career! There is *nothing* like that rush of adrenaline when the positive results flash before your eyes at the end of the exam!

Most of us experience test anxiety at one time or another which is very normal, but if we’re experiencing anxiety to the point where negative thoughts are distracting our focus, then it becomes a potential roadblock to success. No question here. We definitely want to tip the attitude scale to the positive side!

Here are some tips to help you go into the credentialing exam with a positive attitude and a Mercury booster rocket load of confidence!

**MAINTAIN A POSITIVE ATTITUDE:** Begin envisioning that screen flash message of passing the exam immediately and keep it in mind as you move toward your goal of taking the exam.



**ASSURE ADEQUATE PREPARATION:** Having that feeling of being as ready as possible for the exam is **THE BEST** confidence booster **EVER**. How do you accomplish that?

- Download and follow the recommendations on the Credentialing Candidate Guide from the AHDi website. Read through the blueprint for the exam you're taking, sample assessment items, and FAQs.
- Join a study group, or ask a credentialed healthcare documentation worker to mentor you. If you need help finding a group, email [ahdi@ahdionline.org](mailto:ahdi@ahdionline.org).
- Take a Practice Exam through AHDi.
- Watch any recorded webinars regarding the credentialing process on the AHDi website.
- Read and review the tips on the OWLS page of AHDi.

## BEFORE THE TEST

- Consider how you'll approach the test. Some people find it relaxing to approach tests as a giant jigsaw puzzle or game. Others find it soothing to think of it as a learning tool.
- Check your attitude—heartily congratulate yourself on your effort and accomplishments.
- Get a good night's sleep the night before.
- Consider your physical comfort. Have something nourishing to eat and drink before the test (don't forget to use the bathroom, if needed!)

## AT THE TEST

- Set your mind to a positive outcome, envisioning positive results. Continue to remind yourself of your amazing effort and accomplishments.
- Take a deep breath, and knowing that you are in control, jump in.
- Plan to use all the time allotted for the exam. (There is plenty!)
- Read instructions *oh-so-very* carefully. Trust that the test questions are not designed to be "tricky," but testing software requires specific input.
- Do questions that seem easy first and come back to the ones that seem more difficult. You'll build your confidence as you work through the test. (Answers can sometimes be found in the questions, themselves. Something in a question that you readily answered may jog your memory about something you find more difficult.)
- Continue to give yourself positive reinforcement (you've worked hard and done your best to prepare!)

## AFTER THE TEST

Congratulate yourself on a job well done! Celebrate that you've bravely and confidently taken a huge step forward in your career progress.