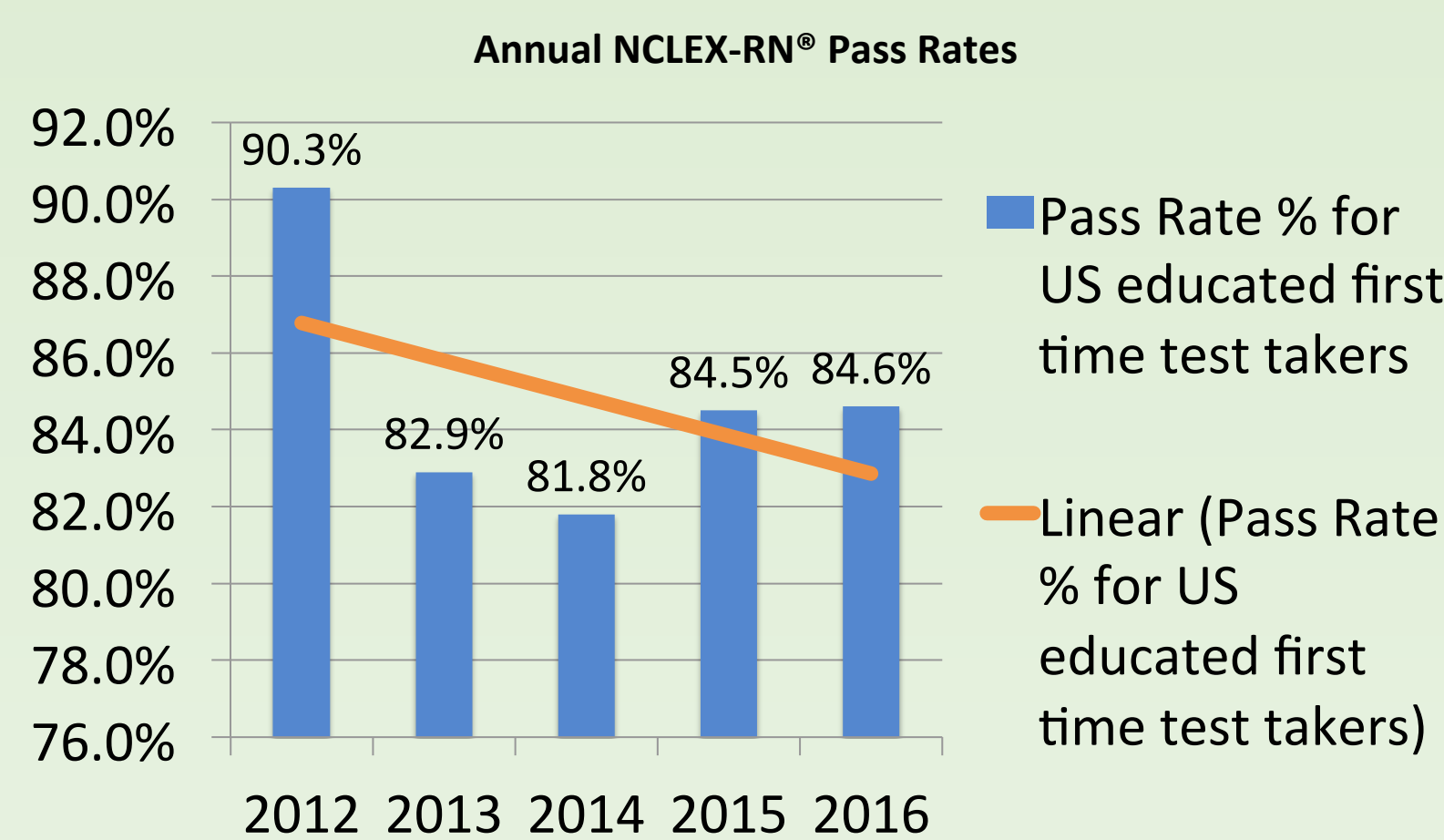


# KATTS Framework and Kaplan Resources Effective for NCLEX-RN Success

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## Abstract

First-time NCLEX-RN® examination pass rates are considered the key quality indicator of nursing programs. Nursing graduates must pass the NCLEX-RN® licensure examination to practice as registered nurses in the United States. Nurses make up the largest portion of health care providers in the country and are vital to the adequate and proper delivery of healthcare in the United States. In April of 2013 the largest, one-time increase in the passing standard for the NCLEX-RN® examination occurred. **In 2014 the lowest national pass rate on record was reported at 81.8 percent.** For the year 2016, the national pass rate continued to show a decline compared to the years prior to the passing standard increase.



## Objective

This research study was a retrospective, non-experimental, logistic regression study to determine the predictive relationship between the independent variable, NCLEX-RN® examination, and the dependent variables, Kaplan Diagnostic and Readiness exams; Kaplan QBank; and Kaplan Question Trainer 6 and 7.

## Significance

This project is significant because Registered nurses, numbering over 4 million, makeup the largest portion of health care providers in the United States (NCSBN, 2014). The need for registered nurses is essential for the adequate delivery of health care for the country's population. The aging baby boomer generation who number 40 million will increase the demand for nurses even more. Add to this the passage of the Affordable Care Act, which mandates that all Americans have health insurance, and the demand for nurses becomes even greater (Spetzer, 2014). Nursing graduates must pass the NCLEX-RN examination to practice and the pass rates for the examination have been steadily declining.

## Project Design

Quantitative, non-experimental, logistic regression design

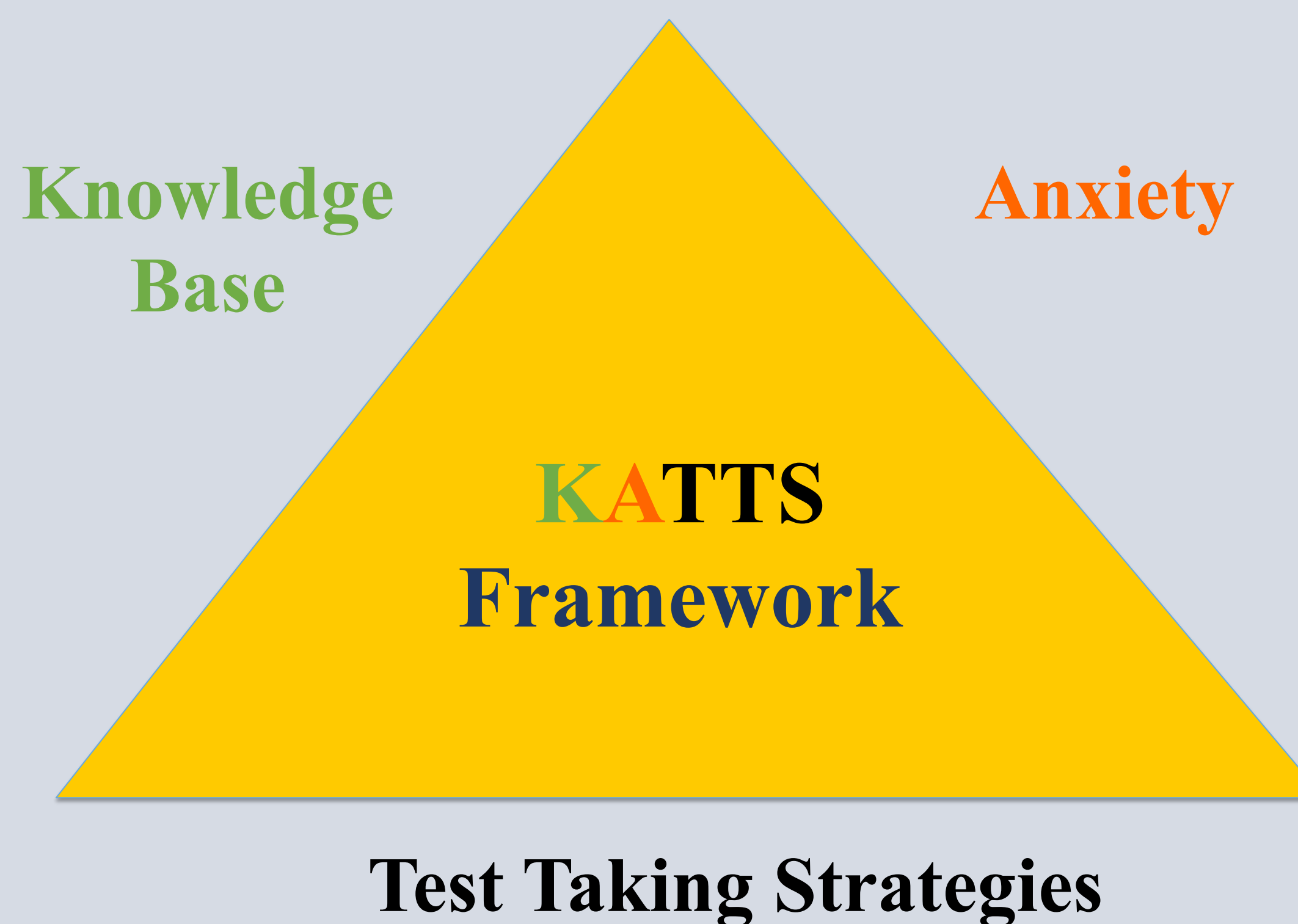
The project variable examined was NCLEX-RN® examination pass or fail results.

The applied variables were:

- Scores on the Kaplan Diagnostic exam
- Scores on the Kaplan Question Trainer Tests 6 and 7
- Scores on the Kaplan Qbank questions (at least 1000)
- Scores on the Kaplan Readiness exam

## Theoretical Framework

The theoretical framework applied was the KATTS framework, first identified in 2008 and since utilized in several studies to guide test success. The framework consists of three components. All three components in equal parts are necessary for success. The components are a sound knowledge base, active anxiety control and test taking skills.



Kaplan has resources that fit to each component but for purposes of this project, I examined usage of the predictor exams, Qbank, and Question Trainers which all address anxiety control because they mimic the NCLEX-RN testing experience. Attendance of the Kaplan NCLEX Prep course was part of the inclusion criteria for the project and it addresses test taking skills.

## Results

The project study findings indicated that the use of the Kaplan Diagnostic exam, Readiness exam, and QT 7 are predictive of success on the NCLEX-RN® examination. The QBank and QT 6 were predictive when examined alone but not in conjunction with the other resources. The Diagnostic exam and QT 7 were the most significant predictors of NCLEX® success, followed by the Readiness exam.

The result of this project is significant in providing evidence that new preparation resources and strategies do not need to be created and learned for students to be successful on the examination. Many of the strategies and resources already in place, the KATTS framework approach and the Kaplan resources, continue to be predictive of success in spite of the increase in the NCLEX passing standard.

	B	Wald	Sig.	Exp (B)
Diagnostic	.100	17.015	.000	1.105
Readiness	6.287	4.426	.035	537.507
QBank	-.143	.001	.969	.867
QT 6	-.680	.065	.799	.507
QT 7	8.505	15.804	.000	4938.40
Constant	-11.612	23.575	.000	.000

## References

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National Council State Boards of Nursing (NCSBN). (2016). 2012- 2016 Nurse Licensee Volume and NCLEX Examination Statistics. Retrieved from <https://www.ncsbn.org/exam-statistics-and-publications.htm>

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