

nppte study guide Workbook

nppte study guide is an essential resource for aspiring nurses preparing to pass the National Physical Therapy Exam (NPTE). Whether you're a recent graduate or a seasoned professional seeking licensure, having a comprehensive and strategic study plan can significantly enhance your chances of success. This guide aims to provide you with valuable tips, detailed study strategies, and resources to help you excel in the NPTE. By understanding the exam structure, mastering key content areas, and adopting effective study habits, you can approach the NPTE with confidence and competence.

Understanding the NPTE: An Overview

What is the NPTE?

The National Physical Therapy Exam (NPTE) is a standardized test administered by the Federation of State Boards of Physical Therapy (FSBPT). It assesses the competency of physical therapy candidates to ensure they can provide safe and effective care. Passing the NPTE is a mandatory step toward obtaining licensure as a licensed physical therapist (PT) or physical therapist assistant (PTA) in the United States.

NPTE Exam Format and Structure

The NPTE is a computer-based exam consisting of 250 multiple-choice questions. Out of these, 200 are scored, and 50 are pretest questions that do not affect your final score. The exam duration is 4 hours, including a tutorial and optional breaks.

Key features include:

- Adaptive testing: The difficulty of questions adapts based on your previous answers.
- Content areas covered:
 - Examination and Evaluation (Approx. 20%)
 - Diagnosis, Prognosis, and Plan of Care (Approx. 30%)
 - Interventions (Approx. 25%)
 - Equipment, Safety, and Protection (Approx. 15%)
 - Professional Responsibilities (Approx. 10%)

Why a Study Guide is Crucial for NPTE Success

A well-structured NPTE study guide serves as a roadmap for your preparation journey. It helps you identify your strengths and weaknesses, prioritize content areas, and develop a timeline to cover all necessary topics thoroughly. An effective study guide also keeps you motivated and on track, reducing anxiety by providing clear goals and progress markers.

Key Components of an Effective NPTE Study Guide

1. Comprehensive Content Review

Your study guide should include detailed coverage of all exam topics, including anatomy, physiology, pathology, therapeutic interventions, and professional responsibilities. Focus on understanding concepts rather than rote memorization.

2. Practice Questions and Mock Exams

Regular practice with sample questions helps familiarize you with the exam format, improves time management, and identifies areas needing improvement.

3. Study Schedule and Timeline

Create a realistic timetable that breaks down topics into manageable chunks, allotting time for review, practice tests, and rest.

4. Resources and Study Materials

Identify high-quality resources like textbooks, online courses, flashcards, and review books that complement your study guide.

5. Self-Assessment and Progress Tracking

Regularly evaluate your understanding through quizzes and practice exams to monitor progress and adjust your study plan accordingly.

Effective Strategies for Using Your NPTE Study Guide

1. Set Clear, Achievable Goals

Define what you want to accomplish each week, such as mastering a specific content area or completing a set number of practice questions.

2. Prioritize Weak Areas

Use diagnostic tests early in your preparation to identify topics that require more focus, and allocate extra study time accordingly.

3. Incorporate Active Learning Techniques

Engage with the material through:

- Flashcards for key concepts
- Teaching others
- Practice questions
- Case studies

4. Use Practice Tests Strategically

Simulate exam conditions with full-length practice exams. Analyze your results to understand mistakes and refine your knowledge.

5. Maintain Consistency and Discipline

Stick to your study schedule, even on days when motivation wanes. Consistent effort yields better retention and confidence.

Recommended Resources for an NPTE Study Guide

Books and Review Courses

- NPTE Secrets Study Guide by Mometrix
- PT Exam Review by BoardVitals
- FSBPT Practice Exams
- Kaplan NPTE Review Course

Online Practice Platforms

- PT Final Exam
- BoardVitals
- Quizlet flashcards for quick review
- YouTube channels dedicated to NPTE prep

Additional Study Aids

- Anatomy and physiology apps
- Clinical case studies
- Study groups and online forums

Tips for Success on Exam Day

1. Rest Well Before the Exam

Ensure you get a good night's sleep the night before to optimize alertness and focus.

2. Arrive Early and Prepared

Bring necessary identification, arrive at the testing center early, and familiarize yourself with the exam environment.

3. Manage Your Time During the Exam

Keep track of time, but don't rush. Answer easier questions first and mark difficult ones for review.

4. Stay Calm and Confident

Practice relaxation techniques like deep breathing or visualization beforehand to reduce anxiety.

Post-Exam Tips and Next Steps

After completing the NPTE, focus on:

- Relaxing and recovering from exam stress
- Reviewing your performance if detailed feedback is available
- Planning for retakes if necessary, with adjusted study strategies

Conclusion

A comprehensive NPTE study guide is your best companion on the path to licensure. By combining thorough content review, consistent practice, and strategic planning, you can confidently approach the exam and increase your chances of passing on the first attempt. Remember, success requires dedication, perseverance, and smart study habits. With the right tools and mindset, you'll be well on

your way to achieving your professional goals as a licensed physical therapist or physical therapist assistant.

Start early, stay organized, and utilize high-quality resources ? your dream of becoming a licensed physical therapist is within reach with the right NPTE study guide. Good luck!

NPTE Study Guide: Your Ultimate Companion for Licensing Success

Preparing for the National Physical Therapy Examination (NPTE) can be a daunting journey for aspiring physical therapists. With its comprehensive scope, rigorous question bank, and high standards, the NPTE demands thorough preparation and strategic study planning. A well-crafted NPTE study guide serves as an essential resource, guiding candidates through the complexities of the exam and boosting their confidence to succeed. In this detailed review, we'll explore what makes an effective NPTE study guide, its core features, how to utilize it most effectively, and tips for selecting the best one tailored to your needs.

Understanding the Importance of an NPTE Study Guide

The NPTE is a standardized exam designed to assess the competence of candidates seeking licensure as physical therapists and physical therapist assistants in the United States. Its focus is on ensuring that practitioners possess the necessary knowledge to deliver safe and effective patient care. Given the breadth of topics covered?from musculoskeletal disorders to neurorehabilitation?test-takers need a structured approach to study efficiently.

An NPTE study guide is more than just a collection of practice questions; it?s a comprehensive roadmap that:

- Organizes Content: Breaks down vast material into manageable sections.
- Highlights Key Concepts: Emphasizes critical topics likely to appear on the exam.
- Provides Practice Opportunities: Offers simulated questions to test understanding.
- Tracks Progress: Helps identify strengths and weaknesses.
- Builds Test-Taking Strategies: Teaches time management and question analysis skills.

Using a dedicated study guide enhances focus, reduces overwhelm, and increases the likelihood of passing on the first attempt.

Core Components of an Effective NPTE Study Guide

To maximize its utility, a top-tier NPTE study guide should encompass several essential features:

1. Comprehensive Content Coverage

- Subject Areas: The guide should thoroughly cover all exam domains, including:
 - Data Collection & Documentation
 - Examination & Evaluation
 - Intervention
 - Equipment, Safety, and Protection
 - Professional Responsibilities
- Subtopics: Each domain should be broken down into subtopics such as musculoskeletal, neurological, cardiopulmonary, integumentary systems, and more.
- Updated Content: The guide must reflect the latest exam blueprints and clinical guidelines.

2. Clear and Concise Explanations

- Concept Clarity: Simplified explanations that elucidate complex concepts.
- Visual Aids: Diagrams, charts, and tables to facilitate understanding.
- Clinical Relevance: Connecting theory to real-world clinical scenarios.

3. Practice Questions & Exams

- Variety of Question Types: Multiple-choice questions, case studies, and scenario-based items.
- Realistic Difficulty Level: Questions should mirror the complexity of actual exam items.
- Detailed Explanations: Rationales for both correct and incorrect answers to reinforce learning.

4. Study Strategies & Tips

- Test-Taking Techniques: Time management, question analysis, elimination methods.
- Study Schedules: Suggested timelines based on your starting point and target date.
- Memory Aids: Mnemonics and key points to remember.

5. Progress Tracking & Self-Assessment

- Mock Exams: Full-length practice tests to simulate exam conditions.
- Performance Analytics: Tools to analyze results and identify weak areas.
- Review Sections: Focused review materials based on performance metrics.

Popular Types of NPTE Study Guides

Candidates can choose from various formats depending on their learning style and needs:

1. Book-Based Guides

- Traditional textbooks with review chapters, practice questions, and explanations.
- Benefits: Portable, comprehensive, often include clinical case examples.
- Examples: "PTExam" by TherapyEd, "NPTE Secrets" series.

2. Online Courses & Modules

- Interactive platforms offering video lectures, quizzes, and adaptive learning.
- Benefits: Self-paced, multimedia engagement, instant feedback.
- Examples: BoardVitals, PT Final Exam, UWorld.

3. Mobile Apps & Flashcards

- On-the-go learning tools with quick review options.
- Benefits: Convenient for last-minute review or quick refreshers.
- Examples: PT Pocket Prep, Quizlet decks.

4. Practice Question Banks & Mock Exams

- Focused collections of realistic practice questions.
- Benefits: Helps familiarize with exam format and timing.
- Examples: NPTE Practice Tests by Saunders, Mometrix.

How to Effectively Use an NPTE Study Guide

A study guide is only as good as how you utilize it. Here are strategies to maximize its benefits:

1. Establish a Realistic Study Schedule

- Determine your available study time per week.
- Break down content into manageable sections.

- Allocate more time to weaker areas identified through practice tests.

2. Integrate Different Study Methods

- Combine reading, watching videos, and practicing questions.
- Use flashcards for quick memorization.
- Review rationales thoroughly to understand mistakes.

3. Practice Under Exam Conditions

- Simulate timed exams to build stamina.
- Mimic the environment to reduce test-day anxiety.
- Review results to identify patterns of errors.

4. Focus on High-Yield Topics

- Prioritize areas that frequently appear on the exam.
- Use the guide's emphasis sections and clinical significance points.

5. Regularly Review and Reinforce

- Revisit challenging topics periodically.
- Use active recall techniques instead of passive reading.

6. Seek Clarification & Support

- Join study groups or online forums.
- Consult instructors or mentors for difficult concepts.

Tips for Choosing the Best NPTE Study Guide

With numerous resources available, selecting the right study guide is crucial. Consider these factors:

1. Content Validity & Alignment

- Ensure the guide aligns with the latest NPTE blueprint.
- Check for endorsements from reputable organizations or instructors.

2. User Reviews & Testimonials

- Look for feedback from recent examinees.
- Evaluate success stories and common praises.

3. Format & Accessibility

- Choose a format that suits your learning style (print, digital, app).
- Confirm availability of updates and supplementary materials.

4. Practice Question Quality

- Prioritize guides with realistic, well-explained questions.
- Avoid overly simplified or unrelated questions.

5. Price & Value

- Balance cost with comprehensiveness and quality.
- Consider bundled packages with practice exams and online resources.

Conclusion: Investing in Your Success

A comprehensive NPTE study guide is a vital investment in your journey toward licensure. It provides structure, clarity, and confidence, transforming overwhelming material into manageable learning segments. Whether you prefer traditional textbooks, interactive online courses, or question banks, the key is consistent, strategic study and active engagement with the material.

Remember, the right study guide not only prepares you for the exam but also deepens your understanding of clinical concepts, ultimately making you a more competent and confident practitioner. Take the time to select a resource that aligns with your learning style, commit to a disciplined study schedule, and approach your preparation with focus and determination. Success on the NPTE is within reach?equip yourself with the best tools, and you?ll be well on your way to achieving your professional dreams.

Question What is the best way to utilize an NPTE study guide for exam preparation? The best way to utilize an NPTE study guide is to review all core topics systematically, take practice exams to identify weak areas, and use the guide to clarify concepts and reinforce knowledge through active learning strategies. **Answer** Are NPTE study guides sufficient on their own to pass the exam? While NPTE study guides are valuable resources, they should be supplemented with practice questions, clinical experience, and additional study materials to ensure comprehensive preparation for the exam. How can I identify the most up-to-date NPTE study guide? Look for study guides published or updated within the last year, check for reviews from recent test-takers, and ensure the content aligns with the latest NPTE exam blueprint issued by the FSBPT. What topics are typically covered in an NPTE study guide? An NPTE study guide covers topics such as anatomy, physiology, pathology, examination techniques, intervention strategies, ethics, and patient management relevant to physical therapy practice. How many hours should I dedicate daily using an NPTE study guide? Dedicating 2-4 hours daily, depending on your familiarity with the material, is recommended to maintain consistent progress and thorough review using the study guide. Can an NPTE study guide help improve test-taking strategies? Yes, many NPTE study guides include tips and strategies for effective test-taking, such as time management, question analysis, and stress reduction techniques to enhance your performance. Where can I find reliable NPTE study guides online? Reliable NPTE study guides can be found through reputable sources such as the FSBPT, well-known educational publishers, and top-rated online platforms specializing in PT exam preparation.

Related keywords: NPTE, physical therapy exam, NPTE preparation, NPTE practice questions, NPTE review, PT licensure exam, NPTE study tips, NPTE exam tips, NPTE practice test, physical therapy study guide

Nppte National Exam Study Guide

NPTE National Exam Study Guide

Preparing for the National Physical Therapy Examination (NPTE) can be a daunting task for aspiring physical therapists. As a cornerstone assessment for licensure, the NPTE evaluates your knowledge, clinical reasoning, and readiness to practice safely and effectively. To maximize your chances of success, an effective **NPTE National Exam Study Guide** is essential. This comprehensive guide aims to provide aspiring candidates with actionable strategies, key content areas, and resources to help you navigate your study journey confidently.

Understanding the NPTE: What You Need to Know

Before diving into study strategies, it's crucial to understand the purpose and structure of the NPTE.

What Is the NPTE?

The NPTE is a standardized exam administered by the Federation of State Boards of Physical Therapy (FSBPT). It assesses the knowledge essential for entry-level physical therapists and physical therapist assistants. Passing the exam is mandatory for licensure in the United States.

Exam Structure and Content Breakdown

The NPTE generally consists of approximately 250 multiple-choice questions, with 200 scored items and 50 pretest questions that do not count toward your score. The exam is divided into four primary content domains:

- **Data Collection (18-22%)**: Patient history, systems review, and tests & measures.
- **Examination (20-24%)**: Evaluation, diagnosis, prognosis, and intervention planning.
- **Evaluation (22-26%)**: Interpretation of data, clinical decision making, and developing plans.
- **Diagnosis and Prognosis (28-32%)**: Identification of impairments, functional limitations, and expected outcomes.

Understanding this breakdown helps tailor your study plan to focus on high-weighted areas.

Creating an Effective NPTE Study Plan

Success on the NPTE depends heavily on a structured and strategic study plan. Here are steps to develop an efficient study schedule.

Assess Your Baseline Knowledge

Begin by taking a practice exam to identify your strengths and weaknesses. This will help you allocate more time to areas requiring improvement.

Set Realistic Goals and Timeline

Determine your target test date and plan your study schedule accordingly. For most candidates, a 3-6 month preparation period is recommended, but adjust based on your prior knowledge and commitments.

Divide Your Study Topics

Break down the content domains and assign specific study blocks to each. Focus more on high-yield topics such as neurorehabilitation, musculoskeletal, and cardiovascular systems.

Incorporate Different Study Methods

Use a mix of resources to deepen understanding:

- **Review Books and Guides:** Use reputable NPTE prep books that outline exam content clearly.
- **Online Practice Tests:** Regularly test yourself under timed conditions.
- **Flashcards:** Reinforce key concepts, terminology, and protocols.
- **Study Groups:** Collaborate with peers for discussion and clarification.

Regular Review and Practice

Frequent review solidifies knowledge, and practice exams help familiarize you with the exam format and pacing.

Key Content Areas to Focus On

The NPTE covers a broad range of topics. Prioritize high-yield areas for a more efficient study process.

Musculoskeletal System

- Anatomy and biomechanics of bones, muscles, joints
- Common pathologies and injuries
- Rehabilitation protocols and modalities

Neurological Conditions

- Neuroanatomy and neurophysiology
- Stroke, Parkinson's disease, multiple sclerosis
- Balance and gait disorders

Cardiovascular and Pulmonary Systems

- Cardiac and respiratory assessments
- Interventions for cardiovascular conditions
- Post-operative care

Integumentary System

- Wound healing and dressings
- Edema management
- Pressure injuries

Therapeutic Interventions and Modalities

- Manual therapy techniques
- Therapeutic exercises
- Electrotherapy and thermal modalities

Data Collection and Documentation

- Patient history taking
- Systems review
- Tests & measures

Utilizing Resources for NPTE Preparation

A variety of study resources can enhance your preparation:

Recommended Books and Guides

- NPTE Secrets Study Guide by Mometrix
- PT Exam Prep by Mosby
- Lippincott's Illustrated Reviews: Pharmacology (for medication knowledge)

Online Practice Exams and Question Banks

- FSBPT's official practice exams
- UWorld Medical
- PT Final Exam

Mobile Apps and Flashcards

- PT Exam Flashcards
- NPTE Practice Questions Apps
- Anki or Quizlet for custom flashcard sets

Study Groups and Forums

- Facebook NPTE study groups
- Reddit's r/PTexam
- Student physical therapy forums

Test-Taking Strategies for the NPTE

Effective strategies can boost your confidence and performance:

- **Time Management:** Allocate approximately 1 minute per question; don't linger too long on difficult items.
- **Read Carefully:** Understand what each question asks before selecting an answer.
- **Eliminate Wrong Answers:** Narrow choices to improve odds if unsure.
- **Guess Strategically:** If unsure, make an educated guess rather than leaving blank.
- **Stay Calm and Focused:** Practice stress-reduction techniques during your study and on test day.

Additional Tips for Success

- **Prioritize Rest and Nutrition:** Ensure you're physically and mentally prepared on exam day.
- **Simulate Test Conditions:** Regularly practice full-length exams under timed settings.
- **Review Mistakes:** Analyze errors to avoid repeating them.
- **Stay Consistent:** Regular study sessions are more effective than cramming.

Conclusion

Preparing for the NPTE requires dedication, a structured plan, and access to quality resources. The **NPTE National Exam Study Guide** outlined here provides a roadmap to focus your efforts on high-yield topics, develop effective study habits, and utilize the best tools available. Remember, consistent practice, thorough understanding of core concepts, and staying motivated are key to passing the exam and beginning your journey as a licensed physical therapist. With disciplined preparation and strategic focus, success on the NPTE is well within your reach.

NPTE National Exam Study Guide: Your Comprehensive Companion to Success

Preparing for the NPTE National Exam Study Guide can feel overwhelming, but with the right resources and strategic approach, you can navigate this challenging assessment confidently. The NPTE (National Physical Therapy Examination) is a crucial step for aspiring physical therapists and physical therapist assistants in the United States, serving as a benchmark for clinical competence and readiness to practice. A dedicated, well-structured study guide is invaluable in demystifying the exam content, identifying key topics, and honing test-taking skills. In this article, we'll explore the essential features of an effective NPTE study guide, examine top resources available, and provide practical tips to maximize your preparation.

Understanding the NPTE and the Role of a Study Guide

What is the NPTE?

The NPTE is a standardized exam administered by the Federation of State Boards of Physical Therapy (FSBPT). It assesses knowledge and skills necessary for safe and effective practice as a licensed physical therapist or assistant. The exam covers areas such as musculoskeletal, neurological, cardiovascular, and integumentary systems, as well as ethical and professional practice.

Why Use a Study Guide?

A study guide serves as a roadmap through the extensive material covered on the exam. It helps organize content, highlight key concepts, and identify areas needing further review. An effective NPTE study guide can:

- Save time by focusing on high-yield topics
- Provide structured review material
- Offer practice questions and simulated exams
- Build confidence through systematic preparation

Features of an Effective NPTE Study Guide

An ideal NPTE study guide possesses several key features that cater to diverse learning styles and ensure comprehensive coverage. Here are some critical features to look for:

Comprehensive Content Coverage

The guide should encompass all exam domains, including:

- Musculoskeletal system
- Neurological system
- Cardiovascular and pulmonary systems
- Integumentary system
- Equipment, safety, and assistive devices
- Professional and ethical practice

Clear and Organized Structure

Logical organization facilitates efficient study sessions. Look for guides with:

- Modular chapters or sections
- Summaries and key points
- Visual aids like charts and diagrams

Practice Questions and Mock Exams

Active recall is essential for retention. Good guides include:

- Multiple-choice questions mirroring the exam format
- Detailed answer explanations
- Practice exams that simulate testing conditions

Up-to-Date and Evidence-Based Content

Ensure the material aligns with the latest exam blueprints and clinical standards, reflecting current best practices.

User-Friendly Presentation

Features such as readable fonts, color-coded sections, and digital accessibility enhance usability.

Top Resources for NPTE Study Guides

Several commercially available and free resources stand out for their quality and comprehensiveness. Here's a review of some popular options:

1. NPTE Secrets Study Guide by Mometrix

Features:

- Concise review of all exam topics
- Over 500 practice questions
- Test-taking strategies tailored for NPTE
- Access to online practice questions and flashcards

Pros:

- User-friendly format
- Focuses on high-yield content
- Includes test-taking tips

Cons:

- May lack depth for advanced learners
- Some users prefer more detailed explanations

2. Saunders Q&A Review for the NPTE

Features:

- Over 1,200 practice questions
- Detailed answer rationales
- Content organized by clinical areas
- Online question bank access

Pros:

- Extensive question bank for practice
- Highly detailed explanations aid understanding
- Good for test simulation

Cons:

- Pricey investment
- Can be overwhelming due to volume

3. FSBPT Practice Exams and Blueprints

Features:

- Official practice tests from the test publisher
- Exam blueprints for focused study
- Sample questions with answer keys

Pros:

- Closest to actual exam content
- Ensures alignment with current exam standards

Cons:

- Limited number of practice questions
- Less comprehensive review material

4. Online Courses and Mobile Apps

Platforms like PT Final Exam, BoardVitals, and other mobile apps offer interactive learning tools, quizzes, and progress tracking. They are ideal for on-the-go review and reinforce learning through varied formats.

Strategies for Using Your NPTE Study Guide Effectively

Having a high-quality study guide is just the first step. Implementing effective study strategies can significantly improve your outcomes:

Develop a Study Schedule

Allocate dedicated time each day or week, balancing review and practice questions. Consistency is key.

Focus on Weak Areas

Identify topics where your performance is weakest and dedicate extra time to those areas.

Use Practice Exams Wisely

Simulate test conditions with full-length practice exams to build stamina and assess readiness.

Review Rationales Thoroughly

Understanding why an answer is correct or incorrect reinforces learning and prevents similar mistakes.

Leverage Multiple Resources

Combine your study guide with other resources such as online videos, peer discussion, and clinical practice to deepen understanding.

Pros and Cons of Using a Study Guide

Pros:

- Structured approach to vast content
- Focused review of critical topics
- Improved confidence and test readiness
- Better time management during preparation

Cons:

- Potential information overload if not used strategically
- Cost of high-quality guides
- Risk of over-reliance on practice questions without understanding underlying concepts

Conclusion

The NPTE National Exam Study Guide is an indispensable asset for aspiring physical therapists and assistants striving for success. A well-chosen guide, combined with disciplined study habits and practical application, can demystify the exam content and foster confidence. Remember to select a resource that aligns with your learning style, covers all necessary content, and offers ample practice opportunities. By integrating these tools into a comprehensive study plan, you can approach the NPTE not just as a hurdle but as an opportunity to validate your knowledge and readiness to serve

patients effectively. Preparation is the key ? invest in a quality study guide, stay consistent, and believe in your capabilities. Success on the NPTE is within reach!

Question What are the essential topics covered in a comprehensive NPTE national exam study guide? A comprehensive NPTE study guide typically covers anatomy, physiology, pathology, biomechanics, neuroanatomy, therapeutic procedures, pharmacology, and patient care management to prepare candidates effectively. **Answer** How can using an NPTE study guide improve my exam preparation? An NPTE study guide helps organize key concepts, provides practice questions, and highlights exam-focused content, thereby improving understanding, time management, and confidence for the exam. Are there any recommended NPTE study guides for online or self-paced learning? Yes, popular options include the NPTE prep books from companies like FSBPT, as well as online courses and practice platforms such as BoardVitals and Mometrix, which offer self-paced and interactive study resources. How often should I review an NPTE study guide to maximize retention? It is recommended to review the study guide regularly over several weeks, with spaced repetition?initially more frequent sessions and gradually increasing intervals?to reinforce knowledge and improve long-term retention. Can an NPTE study guide help identify my weak areas before the exam? Yes, many study guides include practice questions and assessments that help pinpoint your strengths and weaknesses, allowing you to focus your study efforts on areas needing improvement.

Related keywords: NPTE, physical therapy exam, NPTE preparation, NPTE practice test, NPTE study tips, NPTE review, PT exam guide, NPTE exam prep, physical therapy licensing exam, NPTE study materials

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