

4YourCNA Test Prep Class

Morning Class Monday & Wednesday 9am - 1pm

Program Length: 4 WEEKS

Unit	✓	In Class Skills	Reading Assignment (Spiral Book)	Homework	Additional Activities
Class 1 Monday		Skill Rules (p 10)	What to Expect - The CNA Exam (p 6)	Blue Textbook Ch 1 (p 1-20)	Care Plan Activity (p 12)
		The Opening (p 20-21)	Delegation - Differences (p 8-16)	Test White book (p 132)	Corrections are our Friend (p 24)
		The Closing (p 22-23)	Testing care plans (p 16-17)		Indirect Care
		Handwashing (p 30-31)	Let's Puzzle this out (p 18-19)		Warm, Dark and Moist (p 83)
		Indirect Care			Skills Grading (p 79)
Class 2 Wed	1	Glove Removal (p 31)	Glove Rules (p26-27)	Blue book Ch 2 & 3 (p 21-77)	Standard Precautions (p 87-88)
	3	Mouth Care (p 66)	Barrier Rules (p 64)	Test White book (p 133-134)	Activities of Daily Living (p 60)
	3	Dress Resident/Weak Arm (p 71)	Basin Cleaning (p 81)		Dressing (p 69)
	1(D)	Pulse (p 35)	Privacy Blanket (p 70)		Will I Brush Everyone's teeth (p 65)
BRING BLOOD PRESSURE CUFF/STETHOSCOPE TO CLASS			<small>(Bring a Lysol can, or other similar size can or 1 liter water bottle to practice inflating and deflating BP cuff)</small>		
Class 3 Monday	4	Hand and Nail Care (p 82)	Washing Basics (p 80)	Blue book Ch 4 (p 78-110)	Medical Abbreviations (p 61-63)
	5	Make Occupied Bed (p 100-101)	Linen Rules (p 92-93)	Test White book (p 135)	Abnormal Values Activity (p 32- 33)
	1(D)	Respirations (p 37)	Documentation Principles (p 36)		Military Time (p 29)
	1	Blood Pressure - not tested (p 40)	BP Principles (p 38-39)		The Importance of Practice (p 54)
Register for the State Exam			CNA Test Registration (p 129)		
Class 4 Wednesday	5	Supported Side-Lying (p 98-99)	Scoot and roll (p 97)	Blue book Ch 5 & 6 (p 111-168)	Side Rail Silliness (p 94-95)
	4	Foot Care (p 84)	Shoe Rules (p 44)	Test White book (p 136-137)	Immobile Patients (p 96)
	6	Assist with Bedpan (p 106-107)	Toileting Methods (p 105)		Turning Patients (p 91)
	2	ROM Shoulder (p 53)	Range of Motion (p 51-52)		TEAMS Report (p 76)
Class 5 Monday	2	ROM Elbow and Wrist (p 55)	Bed Position (p 104)	Blue book Ch 7 (p 169-208)	
	3	Denture Care (p 68-69)	Dentures 101 (p 67)	Test White book (p 138)	What if the Patient Says No (p 47-48)
	2	Ambulate with Gait Belt (p 46-47)	Energy Conservation (p 43-45)	Unit 1 Test (p 41)	Skills Timing (p 56)
	4	Partial Bed Bath (p 86-87)	Leaves Method (p 85)	Unit 4 Test (p 89)	
Class 6 Wed	2	Transfer Bed/Wheelchair (p 50-51)	Wheelchair safety (p 49)	Blue book Ch 8 & 9 (p 209-240)	Drawsheet (p 99)
	3(D)	Feed Resident in a Chair (p 75)	* Privacy Curtain (p 72-73)	Test White book (p 139-140)	Feeding Doc Activity (p 74)
	6	Peri-care (p 110-111)	* Understanding Incontinence (p107-109)	Unit 2 Test (p 58)	
		Practice Time		Unit 3 Test (p 77)	
Class 7 Monday	2	ROM Hip, Knee & Ankle (p 57)	Do I have to talk it out (p 34)	Blue book Ch 10 (p 241-249)	Documentation Forms (p 120-121)
	6	Catheter Care (p 114-115)	* Catheter Basics (p 112-113)	Test White book (p 141)	
	6(D)	Urinary Drainage Bag (p 117)	* Urinary Drainage Bags (p 115-116)	Unit 5 Test (p102)	
		Practice Time		Unit 6 Test (p 118)	
Class 8 Wed		GRADUATION!	Renewal Requirements (p 122)	What's Next (p 128)	Finding a Job (p 125)
		Class Photo & Review	BON Contact Info (p 123-124)	Practice Exam (p 142)	Interview Tips (p 126)
		Practice Time			Interview Questions (p 127)

*Enroll in the free online CNA Test Prep course on [courses.4YourCNA.com](https://www.4yourcna.com) with the invitation link sent to your email to complete practice questions, interactive activities, lectures and view skills videos. You may also view skills videos on 4YourCNA.com for each skill presented in class under the "CNA Videos" link in the "Training" menu at the top of the page. These resources will also be available for you to review after you complete class which makes them an important study aid as you prepare for the state exam. View the livestream of your class on [4YourCNA.com/livestream/22am____\(YOURCLASSNUMBER\)](https://www.4yourcna.com/livestream/22am____(YOURCLASSNUMBER))

Legend: **N** Nursing Skills (Unit 1) p 28
B Bed Skills (Unit 5) p 90

M Mobility Skills (Unit 2) p 42
E Elimination Skills (Unit 6) p 103

A ADL Skills (Unit 3) p 50

W Washing Skills (Unit 4) p 78
(D) Documentation Skill