

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 17-19)	What to Expect - The CNA Exam (p 12)	Yellow Textbook Ch 1 (p 1-20)	5 Key Phrases (p 13)
		The Opening (p 30-32)	Delegation & Liability (p 14-15)	Test White book (p 181)	Care Plan Activity (p 20)
		The Closing (p 34-36)	Patient Considerations (p 21-23)		Corrections are our Friend (p 33)
		Handwashing (p 44-45)	Testing care plans (p 24-25)		Warm, Dark and Moist (p 47)
		Indirect Care (p 28-29)	Let's Puzzle this out (p 26-27)		Skills Grading (p 65)
Class 2 Wed	1	Glove Removal (p43)	Glove Rules (p40-42)	Yellow book Ch 2 & 3 (p 21-81)	Standard Precautions (p 123-125)
	1(D)	Pulse (p 52-53)	Barrier Rules (p 84-85)	Test White book (p 182-183)	Activities of Daily Living (p 89)
	3	Dress Resident/Weak Arm (p 102-103)	Privacy Blanket (p 100-101)		Dressing Basics (p 98)
	2	ROM Shoulder (p 76-77)	Range of Motion (p 74-75)		Handwashing and Simulations (p 46)
BRING BLOOD PRESSURE CUFF/STETHOSCOPE TO CLASS			(Bring a Lysol can, or other similar size can or 1 liter water bottle to practice inflating and deflating BP cuff)		
Class 3 Monday	4	Hand and Nail Care (p 116-117)	Washing Basics (p 112-114)	Yellow book Ch 4 (p 82-114)	Drawsheet (p 140)
	5	Make Occupied Bed (p 141-143)	Basin Cleaning (p 90-91)	Test White book (p 184)	Turning Patients (p 122)
	2	ROM Elbow and Wrist (p 78-79)	Linen Rules (p 86-88)		Abnormal Values Activity (p 50-51)
	1	Blood Pressure - not tested (p 57-58)	BP Principles (p 56)		The Importance of Practice (p 39)
Register for the State Exam		CNA Test Registration (p 178)			
Class 4 Wednesday	5	Supported Side-Lying (p 138-140)	Scoot and roll (p 120-121)	Yellow book Ch 5 & 6 (p 115-174)	Side Rail Silliness (p 134-136)
	4	Foot Care (p 118-119)	Shoe Rules (p 62)	Test White book (p 185-186)	Will I Brush Everyone's teeth (p 94)
	3	Mouth Care (p 92-93)	Documentation Principles (p 48)		Military Time (p 49)
	1(D)	Respirations (p 54-55)			TEAMS Report (p 115)
Class 5 Monday	2	ROM Hip, Knee & Ankle (p 80-81)	Bed Position (p 99)	Yellow book Ch 7 (p 175-216)	HIPAA (p 128)
	3	Denture Care (p 96-97)	Dentures 101 (p 95)	Test White book (p 187)	What if the Patient Says No (p 68-69)
	2	Ambulate with Gait Belt (p 66-67)	Energy Conservation (p 63-64)	Unit 1 Test (p 59)	Skills Timing (p 71)
	4	Partial Bed Bath (p 126-128)	Leaves Method (p 123)	Unit 4 Test (p 129)	
		Practice Time			
Class 6 Wed	2	Transfer Bed/Wheelchair (p 72-73)	Wheelchair safety (p 70)	Yellow book Ch 8 & 9 (p 217-248)	Body Mechanics (p 61)
	3(D)	Feed Resident in a Chair (p 108-109)	Privacy Curtain (p 104-105)	Test White book (p 188-189)	Feeding Doc Activity (p 106)
	6	Peri-care (p 152-155)	Understanding Incontinence (p 149-151)	Unit 2 Test (p 82)	Intake and Output (p 107)
		Practice Time		Unit 3 Test (p 110)	Automated Collection Devices (p155)
Class 7 Monday	6	Assist with Bedpan (p 147-149)	Do I have to talk it out (p 137)	Yellow book Ch 10 (p 249-257)	Documentation Forms (p 168-169)
	6	Catheter Care (p 158-160)	Toileting Methods (p 146)	Test White book (p 190)	Medical Abbreviations (p 131-133)
	6(D)	Urinary Drainage Bag (p 164-165)	Catheter Basics (p 156-157)	Unit 5 Test (p 144)	Emergencies (p 163)
		Practice Time	Urinary Drainage Bags (p 161-162)	Unit 6 Test (p 166)	
Class 8 Wed		GRADUATION!	Renewal Requirements (p 171)	What's Next (p 177)	Finding a Job (p 174)
		Class Photo & Review	BON Contact Info (p 172-173)	Practice Exam (p 191)	Interview Tips (p 175)
		Practice Time	Where should I work? (p 167)		Interview Questions (p 176)

*Enroll in the free online CNA Test Prep course on [courses.4YourCNA.com](https://courses.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 replays of each class in the first lesson in the Online Course (courses.4yourcna.com).

- Units:** 1 Nursing Skills (Unit 1) p 38 2 Mobility Skills (Unit 2) p 60 3 ADL Skills (Unit 3) p 83 4 Washing Skills (Unit 4) p 111
 5 Bed Skills (Unit 5) p 130 6 Elimination Skills (Unit 6) p 145 (D) Documentation Skill