

4YourCNA Test Prep Class

Morning Class Monday & Wednesday 9am - 1pm	Program Length: 4 WEEKS
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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)	Care Plan Activity (p 12)
		The Opening (p 20-21)	Delegation - Differences (p 8-16)	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)	Standard Precautions (p 87-88)
	3	Mouth Care (p 66)	Barrier Rules (p 64)	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)	Medical Abbreviations (p 61-63)
	5	Make Occupied Bed (p 100-101)	Linen Rules (p 92-93)	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 38-40)	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)	Scout and roll (p 97)	Side Rail Silliness (p 94-95)
	4	Foot Care (p 84)	Shoe Rules (p 44)	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)	
	3	Denture Care (p 68-69)	Dentures 101 (p 67)	What if the Patient Says No (p 47-48)
	2	Ambulate with Gait Belt (p 46-47)	Energy Conservation (p 43-45)	Skills Timing (p 56)
	4	Partial Bed Bath (p 86-87)	Leaves Method (p 85)	
Class 6 Wed	2	Transfer Bed/Wheelchair (p 50-51)	Wheelchair safety (p 49)	Drawsheet (p 99)
	3(D)	Feed Resident in a Chair (p 75)	* Privacy Curtain (p 72-73)	Feeding Doc Activity (p 74)
	6	Peri-care (p 110-111)	* Understanding Incontinence (p107-109)	
		Practice Time		
Class 7 Monday	2	ROM Hip, Knee & Ankle (p 57)	Do I have to talk it out (p 34)	Documentation Forms (p 120-121)
	6	Catheter Care (p 114-115)	* Catheter Basics (p 112-113)	
	6(D)	Urinary Drainage Bag (p 117)	* Urinary Drainage Bags (p 115-116)	
		Practice Time		
Class 8 Wed		GRADUATION!	Renewal Requirements (p 122)	Finding a Job (p 125)
		Class Photo & Review	BON Contact Info (p 123-124)	Interview Tips (p 126)
		Practice Time		Interview Questions (p 127)

*Enroll in the free online CNA Test Prep course on 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 of your class on [4YourCNA.com/livestream/22am____\(YOURCLASSNUMBER\)](https://4YourCNA.com/livestream/22am____(YOURCLASSNUMBER))

Legend: **N** Nursing Skills (Unit 1) p 28 **M** Mobility Skills (Unit 2) p 42 **A** ADL Skills (Unit 3) p 50 **W** Washing Skills (Unit 4) p 78
 B Bed Skills (Unit 5) p 90 **E** Elimination Skills (Unit 6) p 103 **(D)** Documentation Skill