

- 14. Pulse & Respirations**
- How many fingers are used to take a pulse?
 - Where do you place your fingers?
 - How long is a pulse check?
 - What 3 things are noted about the pulse?
 - After counting the pulse, how are respirations checked so that the resident does not know what you are doing?
 - What 3 things are noted about the respirations?
 - What is the normal range for pulse and respirations?
- 15. Blood Pressure**
- How high is the BP cuff pumped up to if the BP is NOT known?
 - How high is the BP cuff pumped up to if the BP is KNOWN?
 - What two areas of the stethoscope cleaned prior to using?
- 16. Height**
- To measure a resident's height while standing which way does the resident stand on the scale?
 - How is height measured if a resident cannot stand?
 - How is height measured if a residents has contractures?
- 17. Weight**
- What is done to the scale before weighing a resident?
 - When the scale is balanced, how do is a residents' weight obtained?
 - When moving the lower weight and it causes the arm to drop, what is done next?
 - How is a wheelchair weight obtained?
- 18. Assist Resident to Move to the Head of Bed**
- What position should the bed be in when moving a resident to the head of the bed?
 - What is done to protect the resident's head during this procedure?
- 19. Supine Position**
- What is supine position?
 - How can be added to increase the comfort of the position?
- 20. Lateral Position**
- How many pillows do are needed for Lateral position?
 - Where are pillows placed for Lateral position?
- 21. Fowler's Position**
- What is Fowler's position?
 - What is the procedures is it use for?
 - List some procedures that are done in this position.
- 22. Semi-Fowler's Position**
- What is Semi-Fowler's position?
 - What is Fowler's position used for?
 - List some procedures that are done in this position.
- 23. Sit on Edge of Bed**
- What position should the bed be in to begin this procedure?
 - Describe hand placement for this procedure?
 - How does the resident know when to move?
 - After setting the resident on the edge of bed, what question is asked?
 - What is done after checking for dizziness?

24. **Gait Belt** When applying a gait belt where should it be placed?
How tight should the belt fit?
25. **Transfer to Chair** When transferring to a chair, where is the chair placed and how?
Describe hand placement for this procedure?
Where does the resident put their hands during the transfer?
When turning the resident to the chair or wheelchair, how far apart should your feet be?
26. **Transfer to Wheelchair** How is a resident in a wheelchair transported through an open door?
How is a resident in a wheelchair transported through a closed door?
What is done to the wheelchair upon reaching the destination?
27. **Walking** Where does a CNA stand when walking a resident?
At what pace is a resident to be walked?
28. **Assist with Walker** When assisting with a walker, how does the caregiver brace the walker?
Where does the resident put their hands on the walker?
Which leg do they move first? Affected or Unaffected?
How far ahead should the resident move the walker?
29. **Assist with Cane** When should a resident be instructed on how and when to use a cane?
When walking with a cane describe how the resident moves the cane and legs?
30. **Transfer to Stretcher/ Shower bed** In order to transfer a resident to a stretcher or shower bed, what position is the bed stretcher/shower bed?
What must the caregiver do to ensure safety during the transfer?
31. **Transfer: Two Person Lift** For a 2-person lift (used in emergency situation only) where do the caregiver's place their arms?
32. **Shower/Shampoo** After turning on the water for a shower what should be done next?
When assisting a resident to pat dry after the shower, what areas need to be dried adequately? (4)
33. **Bed Bath / Perineal Care** How many towels and washcloths are needed for a bed bath?
List the body parts that are washed during a bed bath in order?
List when you change water, gloves, towels & washcloth during a bed bath?
If resident has a catheter, what is checked before providing perineal care?
How far down is the catheter cleaned?
Explain how to perform perineal care for a female.
Explain how to perform perineal care for a male.
34. **Back Rub** What is the position of the bed for a back rub?
What kind of strokes are used up the spine?
What kind of strokes are used on the shoulder/upper arms?
How long should a backrub last?
What is done with excess lotion?

35. **Bed Shampoo** What should dirty water flowing out of the shampoo basin during a bed shampoo be collected in?
What position should the resident be placed in for this procedure?
36. **Oral Care** Which teeth are brushed first for an alert and oriented resident? Why?
What areas are checked during this procedure?
In this areas, what is checked?
37. **Oral Care for an Unconscious Resident** What position should an unconscious resident be in when performing oral care?
How often are the swabs changed during oral care for unconscious resident?
What areas are checked during this procedure?
In this areas, what is checked?
38. **Denture Care** How are upper dentures removed?
How are lower dentures removed?
What is done to the sink before starting denture care?
What areas are checked during this procedure?
In this areas, what is checked?
39. **Electric Razor** When can an electric razor NOT be used?
Describe the shaving technique with a foil (rotary, circular blades) electric razor?
40. **Safety Razor** How is the beard and/or hair softened in order to use a safety razor?
How is the face shaved with this razor?
How is the neck shaved with this razor?
What is done with the razor when finished?
41. **Comb/Brush Hair** How are tangles removed from hair?
How is hair combed?
What is offered to a resident after combing their hair?
42. **Fingernail Care** What are the fingers and nails checked for prior to starting fingernail care?
What are the hands checked for prior to starting fingernail care?
In what order is the following equipment used: nail file, clippers, orange stick.
How are nails clipped?
How are nails filed?
What is done with the nail file, clippers and orange stick after use?
43. **Foot Care (basin)** What should be placed on the floor, under the basin for foot care?
How long should feet be soaked?
Should lotion be rubbed in between the toes?
44. **Changing Resident Gown** How can privacy be provided while changing a gown?
Which side is dressed first?
Which side is undressed first?

45. **Dressing a Dependent Resident** How can privacy be provided while dressing a Dependent resident?
What item of clothing goes on first?
Which side is dressed first?
Which side is undressed first?
46. **Assist to Bathroom** During assist to bathroom, what should be left with the resident?
Wipe resident from _____ to _____?
What should be done prior to pulling up the resident's pants?
What is the last thing that is done before letting the resident leave the restroom?
47. **Bedside Commode** Where is the bedside commode placed?
When the resident has finished, what is done with urine/feces prior to disposal?
48. **Bedpan/ Fracture pan** What position is the resident in while putting them ON a bedpan/fracture pan?
After placing a resident on a bedpan, what position should you leave the resident in?
What is important to remember while taking someone OFF of a bedpan?
49. **Urinal** Once the urinal is properly placed for a male resident, what is left with the resident?
How is the amount of urine in the urinal determined?
After urine is disposed of the urine and gloves removed/hands washed, what is done next?
50. **Empty Urinary Drainage Bag** What supplies are needed to empty a Urinary Drainage bag?
How is good infection control maintained when emptying the urinary drainage bag?
It is ok to allow the spout to touch the sides of the graduated cylinder, as long as it is clean?
How is the graduate cylinder disinfected?
51. **Urine Specimen Collection** Where is the label placed on a specimen container?
How much urine is required for a urine specimen?
How is specimen transported to lab?
52. **Stool Specimen Collection** What should the resident NOT do when attempting to collect a stool specimen? (2 things)
What is important for the caregiver to do when collecting the stool specimen with the tongue depressor?
Know to use ___ pairs of gloves, ___ tongue blades, collect ___ tablespoons of stool from ___ different areas.
53. **Application of Incontinent Brief** When applying an incontinence brief, which side goes away from the skin?
How is an incontinent brief disposed of?

- 54. Unoccupied Bed** How should linens be carried?
Identify areas where CLEAN linens can be placed.
How are soiled linens removed?
Identify areas where DIRTY/SOILED linens can be placed.
What is the most efficient way to make an unoccupied bed?
What is the difference between an open and closed bed?
Why is a toe pleat important?
- 55. Occupied Bed** When making an OCCUPIED bed, how can privacy be ensured for the resident?
How many times is the resident turned when making an occupied bed?
Explain when.
Where is the open end of the pillowcase placed?
- 56. Thickened Liquids** How does a CNA know how much thickener to add in order to make a residents water "honey thick"?
- 57. Passing Fresh Ice Water** How can contamination be prevented while passing ice water?
Can the ice scoop touch the resident's container?
- 58. Feeding** What must a caregiver confirm before feeding or assisting a resident to eat?
What position should a resident be in for FEEDING?
Where does the caregiver sit while FEEDING?
What should be offered to the resident to eat first?
When measuring how much a resident ate, food is documented in what? Percentage or ml/cc?
When measuring how much a resident drank, fluid is measured in what? Percentage or ml/cc?
- 59. Assist to Eat** When assisting a resident to eat, how should their tray be prepared?
What should be offered to the resident once they are done eating?
- 60. Inspecting Skin** List bony areas and what is checked for.
List friction areas and what is checked for.
- 61. Float Heels** What is checked before floating heels?
Where/How should the pillow be placed when floating heels?
Can a rolled pillow or blanket be used to float heels?
- 62. Bed Cradle** What is the purpose of the bed cradle?
Once the bed cradle is in place according to manufacturer's instructions, what is done next?
- 63. Passive Range of Motion** What should the joints be checked for prior to beginning Range of Motion
How is the limb supported before moving it?
Which direction should the joint be moved?
How many times is the joint exercised?
What should be done if a resident complains of pain during this procedure?

64. **Splint Application** Before applying a splint to a joint, what should a CNA observe for?
Apply splint according to _____ and _____ for how long _____?
What should be done after removing a splint?
65. **Abdominal Binder** Before applying an abdominal binder, what should a CNA check for?
Where should the top of the abdominal binder be placed?
Where should the bottom of the abdominal binder be placed?
Why is it important to make sure there are no wrinkles or creases in the binder?
66. **Abduction Pillow** Which way does the narrow end of an abduction pillow point?
How can a CNA tell if the straps on the pillow are not too tight?
67. **Knee Immobilizer** How many caregivers are required to apply a knee immobilizer?
Where should a CNA begin to fasten the straps? At the lower part or top part of the immobilizer?
68. **Palm Cones** When a resident is using palm cones, how often should their hands be observed?
What is observed/noted?
What can be substituted for a palm cone?
69. **Nasal Cannula Care** When a resident is on oxygen, how often do should their nostrils be cleaned?
Before replacing the nasal cannula, what two areas should be checked?
Can a nursing assistant adjust the oxygen?
70. **Assisting with Hearing Aids** How are hearing aids cleaned?
How do you know the hearing aid is working?
71. **Elastic/Compression Stocking Application/ TED Hose** What should be observed for before applying a TED hose?
How often should TED hose be removed?
When are TED hose put on?
72. **Post Mortem Care** What position should the body be placed in to provide post mortem care?
How many pillows should be placed behind the head?
How should the roommate be cared for after a resident has died?
How should the body be prepared after death?
What personal items should be included?