

PASCO
PERSONAL ASSISTANCE SERVICES OF COLORADO

CNA EXAM STUDY GUIDE



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*We're looking forward to welcoming
you to the PASCO Family!*

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Introduction

The CNA Exam can seem like a daunting task, but the team here at PASCO has put together a study guide to help you through the test! We're confident that, with a little studying, you'll ace the exam.

Exam Structure:

The Colorado CNA exam has two sections:

1. The written (or oral) Section
2. The skills section

Details of how the exam is structured can be found in the "Candidate Handbook, Colorado CNA" file attached to your welcome email.

When preparing for the exam, lean on your instructor and the other CNA students in your class. Studying in groups is an incredibly effective strategy.

In addition, please review the videos and resources included with this document.

We've picked videos that clearly demonstrate the required skills and procedure that your examiners will expect on test day.

(Hold control and click each link with your mouse to view)

Section One: CNA Skills Training Videos

Below, you'll find videos detailing the proper procedure for each of the critical **22 CNA skilled tasks**. *Take a look, practice, and you'll be good to go in no time!*

1. Applying One Knee-High Elastic Stocking: [Link \(Hold Control + Click\)](#)
2. Assist in Feeding Client: [Link](#)
3. Assist to Ambulate with Gait Belt: [Link](#)
4. Assist with Bed Pan: [Link](#)
5. Catheter Care on Female Client: [Link](#)
6. Cleaning Dentures: [Link](#)
7. Donning and Removing PPE (Gown and Gloves): [Link](#)
8. Dress Client with Weak Arm: [Link](#)
9. Measure and Record Blood Pressure: [Link](#) / Electronic Blood Pressure: [Link](#)
10. Measure and Record Radial Pulse: [Link](#)
11. Measure and Record Respiratory Rate: [Link](#)
12. Measure and Record Weight of Ambulatory Client: [Link](#)
13. Measuring and Recording Urinary Output: [Link](#)
14. Modified Bed Bath: [Link](#)
15. Perineal Care on Female Client: [Link](#)
16. Position Client on Side: [Link](#)
17. Providing Foot Care: [Link](#)
18. Providing Mouth Care: [Link](#)
19. Range of Motion for knee and ankle: [Link](#)
20. Range of Motion for shoulder: [Link](#)
21. Transfer Client from Bed to Wheelchair using Gait Belt: [Link](#)
22. Washing Hands: [Link](#)

Section Two: In-Depth Training Videos

This section contains three in-depth videos on particularly tricky CNA tasks. When it comes to exam day, many CNAs struggle with *reading blood pressure manually, taking a radial pulse, and counting respiratory rate.*

Pay special attention to these three during your studies and you'll do great!

1. How to Take A Blood Pressure Manually: [Link \(Hold Control + Click\)](#)
2. How to Take a Radial Pulse: [Link](#)
3. How to Count Respiratory Rate: [Link](#)

Section Three: Written Exam Practice

Practice tests are a great resource to make sure you're confident with the written portion of the CNA Exam! Below are some resources to take advantage of.

YouTube resources (practice tests with explanations for each answer):

1. Practice Test 1: [Link \(Hold Control + Click\)](#)
2. Practice Test 2: [Link](#)
3. Practice Test 3: [Link](#)

Websites with practice tests:

1. Test-Guide: [Link](#)
2. CRAM: [Link](#)
3. Tests.com: [Link](#)
4. PracticeCNATest.com: [Link](#)

Apps for phone (great for on-the-go practice):

Windows/Android Apps

1. CNA Flashcards: [Link](#)
2. CNA Exam Prep 2017 Edition: [Link](#)
3. CNA Practice Test: [Link](#)

iPhone Apps

1. CNA Smart Exam Prep - Practice Test & Study: [Link](#)
2. CNA Practice Exam Prep Practice Question Flashcard: [Link](#)
3. CNA Study Guide: [Link](#)

Section Four: Extra Tips

Often, the little things are what will carry you through, consider the tips below:

- Before you begin a skill, remember to **WICL**

WASH HANDS

ID CHECK

CLOSE CURTAINS

LOCK BED

- At the end of the skill, remember to **COW**

CALL LIGHT (GIVE TO CLIENT)

OPEN CURTAIN

WASH HANDS



Always remember your
Personal Protective Equipment



Talk your skills out as you perform them!



Performing a water skill? You will need gloves!



If you're not sure, do the extra step

