



0900 - 1600

- Test your knowledge.
- Handwashing.
- Measure and record a resident's radial pulse.
- Measure and record respirations.
- Dress a resident who have a weak arm.
- Provide mouth care to a resident who has teeth.
- Provide denture care to a resident who has dentures.
- Provide foot care to a resident who is sitting in a chair.
- Provide resident hand and nail care.
- Feed a resident who is sitting in a chair.
- Change bed linen while the resident remains in bed (occupied bed).
- Provide resident with passive range of motion (ROM) exercises to one shoulder.
- Provide resident with passive range of motion (ROM) exercises to one elbow and wrist.
- Provide resident with passive range of motion (ROM) exercises one hip,knee, and ankle.
- Transfer resident from bed to wheelchair using pivot technique and transfer/ gait belt.
- Ambulate resident with gate belt.
- Written exam prep

This class will begin promptly at 0900. This is a tentative schedule and is subject to change. Please wear scrubs or comfortable clothing.

Carter's Competent Care CNA Express Exam Prep

678 South East Baya Drive
Lake City , Florida 32025



0900 - 1600

- Handwashing
- Written exam prep
- Change resident's position to supported side-lying position.
- Provide resident with partial bed bath and back rub.
- Provide perineal care to a female resident who is incontinent of urine.
- Provide catheter care to a female resident who has a indwelling catheter.
- Empty contents of resident's urinary drainage bag and measure and record urine output on an intake and output (I&O) form.
- Assist resident with bedpan.
- Written exam prep.

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