

Florida CNA Exam Success Guide

Updated August 2020

Overview

This document is designed to give instructors guidance on preparing high school students to take the Florida Certified Nursing Assistant exam.

The Certified Nursing Assistant (CNA) exam is administered by Prometric in the state of Florida.

This document is based on the May 2018 Updates to the FL CNA exam.

Outline

In this guide, you will find:

1. Certification exam topic outline
2. HealthCenter21 modules recommended for the Florida CNA exam
3. An in-depth crosswalk of HealthCenter21 to the Florida CNA exam
4. Additional resources for the exam

1. Florida CNA Exam Topic Outline

The Florida CNA exam includes both a **written portion** and a **clinical portion**.

About the Written Exam:

Students have 90 minutes to complete 50 questions on the written exam. The written exam is taken on a computer and there is a Spanish version available if needed.

The written exam is broken down into these topics:

- Role of the Nurse Aid – 20%
- Promotion of Safety – 22%
- Promotion of Function and Health of Residents – 20%
- Basic Nursing Care Provided by the Nurse Aide – 24%
- Providing Specialize Care for Residents with Changes in Health – 14%

About the Clinical Portion:

Students have 31-40 minutes to complete the clinical exam, depending on the assigned skills. There are 6 clinical tests with 3 or 4 skills in each test.

Clinical skills students may be asked to perform include:

- A. Ambulate the resident using a transfer/gait belt
- B. Assist resident needing to use a bedpan
- C. Change bed linen while the resident remains in bed
- D. Change resident's position to a supported side-lying position
- E. Dress a resident who has a weak arm
- F. Empty contents of resident's urinary drainage bag, and measure and record urine output on an Intake and Output (I&O) form
- G. Feed a resident who is sitting in a chair
- H. Measure and record a resident's radial pulse
- I. Measure and record a resident's respirations
- J. Provide catheter care to a female resident who has an indwelling urinary catheter

- K. Provide foot care to a resident who is sitting in a chair
- L. Provide mouth care to a resident who has a denture
- M. Provide mouth care to a resident who has teeth
- N. Provide perineal care to a female resident who is incontinent of urine
- O. Provide resident hand and nail care
- P. Provide resident a partial bed bath and back rub
- Q. Provide resident with passive range of motion (ROM) exercises to one elbow and wrist
- R. Provide resident with passive range of motion (ROM) exercises to one shoulder
- S. Provide resident with passive range of motion (ROM) exercises to one hip, knee and ankle
- T. Transfer the resident from the bed into a wheelchair using a pivot technique and a transfer/gait belt

NOTE: Handwashing is evaluated at the beginning of the clinical test. The guidelines indicate that you will not be prompted to wash your hands.

In Florida, candidates are required to play the role of the resident for other candidates who are taking the Clinical Skills Test. Your students may be asked to play the role of the resident for more than one candidate. The skills that may be performed on the student when playing the role of the resident include:

- Assisting you to walk
- Measuring your pulse
- Brushing your teeth
- Moving you from the bed into a wheelchair
- Changing bed linens while you are in bed
- Moving your arm or leg through simple exercises
- Cleaning and shaping your nails
- Placing you on a bedpan (clothes on)
- Feeding you a small snack
- Turning you on your side in bed
- Measuring your breathing
- Washing and applying lotion to one foot

2. HealthCenter21 Modules Recommended for the Florida CNA Exam

The following modules are recommended to help students prepare for the Florida CNA Exam:

- The Health Assistant
- Behavioral Health
- Body Mechanics
- CPR and Basic Life Support
- Client Status
- Emergency Care
- Infection Control
- Nutrition and Elimination
- Office Environment
- Patient Comfort
- Rehabilitation and Restorative Care
- Special Populations

See the next page for an in-depth crosswalk between HealthCenter21 and the Florida CNA Test Plan.

The coverage of each topic within HealthCenter21 is broken down as being High, Medium, Low, or Not Covered.

3. Crosswalk Between the Florida CNA Test Plan & HealthCenter21

1. Role of the Nurse Aid	HealthCenter21 Location	HealthCenter21 Coverage
A. Personal Responsibility		
1. Reporting requirements	Module: Health Assistant Unit 4, Lesson 3 Module: Special Populations Unit 2, Lesson 3	Low-Medium
2. Promotion of personal health and safety	Module: Health Assistant Unit 3, Lesson 1 Unit 4, Lesson 1 Module: Body Mechanics Unit 1, Lesson 1	High
3. Promotion and protection of resident rights	Module: Health Assistant Unit 6, Lesson 2 Module: Special Populations Unit 2, Lesson 3	High
4. Time management and work prioritization	Not covered	Not covered
5. Workplace standards, including ethical and unethical behaviors	Module: Health Assistant Unit 3, Lesson 1 Unit 6, Lesson 3	High
6. Nurse Aide Registry	Not covered	Not covered

B. Nurse aide as a member of the health care team		
1. Job responsibilities of the nurse aide, including duties and limitations	Module: Health Assistant Unit 1, Lesson 1 Unit 5, Lesson 2	Medium
2. Interdisciplinary team member roles	Module: Health Assistant Unit 1, Lesson 1	Medium
3. Teamwork principles (e.g., collaboration, cooperation, sharing information, customer service)	Module: Health Assistant Unit 1, Lesson 1	Low
4. The care planning process and implementation	Module: Health Assistant Unit 3, Lesson 2	Low
5. Nurse aide's responsibility to provide care according to the care plan	Not covered	Not covered
C. Interpersonal relations/communication skills		
1. Communication principles	Module: Health Assistant Unit 3, Lessons 1 – 2 Module: Patient Comfort Unit 1, Lesson 1	High
2. Communication types	Module: Health Assistant Unit 3, Lesson 2	High
3. Factors affecting communication	Module: Health Assistant Unit 3, Lesson 2	Medium
4. Therapeutic communication techniques	Module: Special Populations Unit 2, Lesson 2	Low

2. Promotion of Safety	HealthCenter21 Location	HealthCenter21 Coverage
A. Potential hazards in the healthcare environment	Module: Health Assistant Unit 4, Lessons 1 – 2 Module: Infection Control Unit 2, Lesson 1 Module: Body Mechanics Unit 1, Lesson 1	High
B. Common injuries of residents (e.g., skin tears and shearing, falls, spills, burns, bruises)	Module: Body Mechanics Unit 2, Lessons 1 – 2 Unit 3, Lesson 1	Low
C. Risks related to common injuries	Not covered	Not covered
D. Safety and comfort		
1. Comfort needs of the resident	Module: Patient Comfort Unit 1, Lesson 1 Unit 11, Lesson 1 & 3 Module: Body Mechanics Unit 3, Lesson 1	High
2. Accident prevention including fall prevention and protocols	Module: Rehabilitation and Restorative Care Unit 3, Lesson 3	Low
3. Restraint techniques and alternatives	Module: Special Populations Unit 6, Lesson 1	High

4. Legal implications in the use of restraints	Module: Body Mechanics Unit 1, Lesson 2 Module: Special Populations Unit 6, Lesson 1	Medium
5. Risk factors for elopement (resident leaving without staff knowledge)	Not covered	Not covered
6. Safety devices (e.g., wanderguard, alarms)	Not covered	Not covered
F. Infection prevention and control		
1. Maintaining a clean environment	Module: Health Assistant Unit 4, Lessons 1 & 2 Module: Infection Control Unit 1, Lessons 3 – 5 Unit 2, Lesson 1	High
2. Factors that contribute to spread of disease-causing organisms	Module: Health Assistant Unit 4, Lesson 1 Module: Infection Control Unit 1, Lesson 2 Unit 3, Lessons 1 - 2	High
3. Signs and symptoms of infections	Module: Special Populations Unit 2, Lesson 4	Low
4. Practices that decrease the risk of exposure to disease-causing organisms	Module: Health Assistant Unit 4, Lesson 1 Module: Infection Control Unit 1, Lessons 3 – 5 Unit 3, Lessons 1 - 2 Unit 4, Lesson 3	Medium

G. Emergencies		
1. Emergency and disaster response protocols	Module: Health Assistant Unit 4, Lesson 2 Module: Office Environment Unit 1, Lesson 5	Low
2. Immediate life-safety techniques	Module: CPR and Basic Life Support All units	Medium
3. Evacuation procedures	Module: Office Environment Unit 1, Lesson 3	Medium
H. Fire Prevention and Safety	Module: Office Environment Unit 1, Lessons 2 & 4	Medium

3. Promotion of Function and Health of Residents	HealthCenter21 Location	HealthCenter21 Coverage
A. Personal care skills		
1. Feeding	Module: Nutrition and Elimination Unit 3, Lessons 1 - 3	High
2. Bathing	Module: Patient Comfort Unit 9, Lesson 1 – 5 Unit 6, Lesson 2	Medium
3. Perineal care, including catheter	Module: Patient Comfort Unit 4, Lessons 1 – 3 Module: Nutrition and Elimination Unit 6, Lessons 1 & 2	High

4. Foot/nail care	Module: Patient Comfort Unit 5, Lesson 2	High
5. Mouth care	Module: Patient Comfort Unit 7, Lessons 1 - 3	Medium-High
6. Skin care	Module: Body Mechanics Unit 2, Lesson 1 Module: Patient Comfort Unit 1, Lesson 3	High
7. Toileting	Module: Nutrition and Elimination Unit 5, Lessons 1 – 4 Module: Body Mechanics Unit 5, Lesson 1	High
8. Grooming	Module: Patient Comfort Unit 5, Lesson 1 Unit 6, Lessons 1 – 4 Unit 11, Lesson 1	High
9. Dressing/undressing	Module: Patient Comfort Unit 8, Lessons 1 - 2	High
B. Health maintenance/restoration		
1. Promoting circulation and skin integrity (e.g., specialized mattresses, chair cushions, positioning)	Module: Rehabilitation and Restorative Care Unit 5, Lessons 1 & 2 Unit 7, Lesson 3 Module: Body Mechanics Unit 2, Lesson 1 Unit 3, Lessons 1 & 2	Medium

2. Nutrition and hydration	Module: Nutrition and Elimination Unit 1, Lessons 1 & 2 Unit 2, Lessons 2 & 3 Unit 3, Lesson 4 Unit 4, Lesson 1	High
3. Sleep and rest needs	Not covered	Not covered
4. Elimination (bowel and bladder)	Module: Nutrition and Elimination Unit 5, Lesson 1 & 5 Unit 7, Lesson 1	Medium
5. Mobility, including bed mobility	Module: Rehabilitation and Restorative Care Unit 3, Lesson 1 Unit 4, Lessons 1 – 3 Unit 5, Lessons 1 & 2	High
6. Effects of Mobility	Module: Rehabilitation and Restorative Care Unit 1, Lessons 1 & 2 Unit 7, Lesson 2 Module: Body Mechanics Unit 2, Lesson 1	Low

7. Care and Use of assistive devices	Module: Rehabilitation and Restorative Care Unit 4, Lessons 1 – 3 Module: Patient Comfort Unit 10, Lessons 1 & 2 Module: Body Mechanics Unit 1, Lesson 2	High
C. Age-related changes		
1. Cognitive (e.g., memory) changes	Module: Special Populations Unit 2, Lesson 1	Medium
2. Psychosocial (e.g., relationships) changes	Module: Special Populations Unit 2, Lessons 1 & 2	High
3. Physical changes	Module: Special Populations Unit 2, Lessons 2 & 4	High
D. Psychosocial needs of residents		
1. Fundamental human needs (e.g., Maslow's Hierarchy of Needs)	Module: Human Growth and Development Unit 1, Lesson 2	Medium
2. Emotional support strategies	Module: Special Populations Unit 2, Lesson 2	High
3. Intervention strategies to assist residents in coping with losses and adjustments to nursing home placement (e.g., control, autonomy, privacy)	Module: Special Populations Unit 2, Lessons 2 & 3	Medium

4. Basic Nursing Care Provided by the Nurse Aide	HealthCenter21 Location	HealthCenter21 Coverage
A. Routine, chronic, non-life threatening situations		
1. Observation and reporting of physical changes	Module: Patient Comfort Unit 1, Lesson 1	High
2. Observation and reporting of behavioral changes	Not covered	Not covered
B. Acute emergency situations		
1. Chest pain	Module: Emergency Care Unit 7, Lesson 1 Module: CPR and Basic Life Support	Medium
2. Cardiac arrest	Module: Emergency Care Unit 7, Lesson 1 Module: CPR and Basic Life Support All units	High
3. Respiratory distress	Not covered	Not covered
4. Difficulty swallowing	Module: Nutrition and Elimination Unit 3, Lesson 2	Low
5. Choking/aspirations	Module: Nutrition and Elimination Unit 3, Lessons 1 & 4 Module: CPR and Basic Life Support Unit 4	High

6. Vomiting	Not covered	Not covered
7. Seizures	Module: Emergency Care Unit 7, Lesson 5	Low
8. Changes in mobility, speech, or other potential signs of stroke	Module: Emergency Care Unit 7, Lesson 2	Low
9. Diabetic situations	Module: Emergency Care Unit 7, Lesson 4	Low
10. Sudden onset of confusion or agitation	Not covered	Not covered
11. Changes in level of consciousness	Module: Emergency Care Unit 7, Lesson 3	Low
12. Falls	Not covered	Not covered
13. Bleeding	Module: Emergency Care Unit 1, Lesson 1	Low
14. Burns	Module: Emergency Care Unit 4, Lesson 2	Low

5. Providing Specialized Care for Residents with Changes in Health	HealthCenter21 Location	HealthCenter21 Coverage
A. Physical problems		
1. Common physical impairments and related care	Module: Patient Comfort Unit 10, Lessons 1 & 2 Module: Rehabilitation and Restorative Care Unit 1, Lessons 1 & 2	Medium
2. Providing for safety, care, and comfort of residents with physical impairments	Module: Rehabilitation and Restorative Care Unit 1, Lessons 1 & 2 Unit 2, Lesson 1	High
3. Impact of impairment on resident safety, care, and comfort	Module: Rehabilitation and Restorative Care Unit 1, Lessons 1 & 2	Medium
B. Psychological Problems		
1. Common psychological impairments and related care (e.g., confusion, anxiety, depression, delirium, phobias, addiction)	Module: Special Populations Unit 4, Lessons 1 & 3 Module: Behavioral Health All units	High
2. Special considerations for the safety, care, and comfort of residents with psychological impairments	Module: Special Populations Unit 4, Lessons 1 & 4 Module: Behavioral Health All units	Medium
C. Care of the dying resident and post-mortem care		
1. Grief process	Module: Special Populations Unit 3, Lesson 1	High

2. Responding to the emotional needs of the resident, other residents, family and caregivers in the grief process	Module: Special Populations Unit 3, Lesson 1	Medium
3. Factors influencing responses to grief (e.g., spiritual beliefs, culture, past experience)	Module: Special Populations Unit 3, Lesson 1	Medium
4. Physical changes and needs as death approaches	Module: Special Populations Unit 3, Lesson 2	High
5. Post-mortem care procedures	Module: Special Populations Unit 3, Lesson 2	High

6. Clinical Skills List	HealthCenter21 Location	HealthCenter21 Coverage
A. Ambulate the resident using a transfer/gait belt	Module: Body Mechanics Unit 1, Lesson 2 Module: Rehabilitation and Restorative Care Unit 3, Lesson 2	High
B. Assist resident needing to use a bedpan	Module: Nutrition and Elimination Unit 5, Lesson 2	High
C. Change bed linen while the resident remains in bed	Module: Patient Comfort Unit 3, Lesson 3	High
D. Change resident's position to a supported side-lying position	Module: Body Mechanics Unit 2, Lesson 3 Unit 3, Lesson 1	Medium

E. Dress a resident who has a weak arm	Module: Patient Comfort Unit 8, Lessons 1 & 2	High
F. Empty contents of resident's urinary drainage bag, and measure and record urine output on an Intake and Output (I&O) form	Module: Nutrition and Elimination Unit 4, Lesson 2 & 3 Unit 6, Lesson 3	High
G. Feed a resident who is sitting in a chair	Module: Nutrition and Elimination Unit 3, Lessons 1 - 3	High
H. Measure and record a resident's radial pulse	Module: Client Status Unit 3, Lesson 2	High
I. Measure and record a resident's respirations	Module: Client Status Unit 4, Lesson 1	High
J. Provide catheter care to a female resident who has an indwelling urinary catheter	Module: Nutrition and Elimination Unit 6, Lesson 1 and 4	High
K. Provide foot care to a resident who is sitting in a chair	Module: Patient Comfort Unit 5, Lesson 2	High
L. Provide mouth care to a resident who has a denture	Module: Patient Comfort Unit 7, Lesson 3	High
M. Provide mouth care to a resident who has teeth	Module: Patient Comfort Unit 7, Lessons 1 & 2	High
N. Provide perineal care to a female resident who is incontinent of urine	Module: Patient Comfort Unit 4, Lesson 2	High
O. Provide resident hand and nail care	Module: Patient Comfort Unit 5, Lesson 1	High

P. Provide resident a partial bed bath and back rub	Module: Patient Comfort Unit 9, Lesson 3 Unit 11, Lesson 3	High
Q. Provide resident with passive range of motion (ROM) exercises to one elbow and wrist	Module: Rehabilitation and Restorative Care Unit 5, Lessons 1 & 2	High
R. Provide resident with passive range of motion (ROM) exercises to one shoulder	Module: Rehabilitation and Restorative Care Unit 5, Lesson 2	High
S. Provide resident with passive range of motion (ROM) exercises to one hip, knee, and ankle	Module: Rehabilitation and Restorative Care Unit 5, Lesson 1	High
T. Transfer the resident from the bed into a wheelchair using a pivot technique and a transfer/gait belt	Module: Body Mechanics Unit 1, Lesson 2 Unit 4, Lesson 2	High

4. Additional Resources for the Florida CNA Exam:

The best information about the exam process can be found on the Prometric website: www.prometric.com

Prometric Exam FAQ: <https://www.prometric.com/en-us/clients/Nurseaide/Pages/FAQs.aspx>

Practice exams can be purchased from Prometric here:

<https://www.prometric.com/en-us/clients/nurseaide/pages/nurse-aide-practice-exam.aspx>

Prometric also provides a detailed candidate handbook that includes sample exam questions.

The sample questions start on Page 17 of the following document:

https://www.prometric.com/en-us/clients/Nurseaide/Documents/Florida/FL_CNA_CIB.pdf