

# NNAAP CNA Certification Success Guide

*Updated August 2020*

## Overview

This document is designed to give instructors guidance on preparing student for the NNAAP Certified Nursing Assistant exam.

The National Nurse Aide Assessment Program (NNAAP) provides an industry certification in nurse assisting that can be taken by high school students.

The NNAAP exam is used in 25 jurisdictions to determine whether a person can be added to their state nurse aide registry. To learn about what areas use the NNAAP exam, click here: [NNAAP Clients](#)

*This document is based on the 2018 version of the NNAAP CNA exam.*

## Outline

In this guide, you will find:

1. NNAAP certification exam topic outline
2. HealthCenter21 modules recommended for NNAAP CNA exam prep
3. An in-depth crosswalk of HealthCenter21 to the NNAAP Test Plan
4. Additional resources for NNAAP exam prep

## 1. The NNAAP Certification Topic Outline

The NNAAP exam includes a written portion and a skills demonstration portion.

### About the Written Exam:

The written exam contains 70 multiple-choice questions across three domains. The written exam is broken down as follows:

#### Domain I. Physical Care Skills

- A. Activities of Daily Living (14%)
- B. Basic Nursing Skills (39%)
- C. Restorative Skills (8%)

#### Domain II. Psychosocial Care Skills

- A. Emotional and Mental Health Needs (11%)
- B. Spiritual and Cultural Needs (2%)

#### Domain III. Role of the Nurse Aide

- A. Communication (8%)
- B. Client Rights (7%)
- C. Legal and Ethical Behavior (3%)
- D. Member of the Health Care Team (8%)

### About the Clinical Skills Portion:

The skills part of the exam includes 23 skills that a nurse aide may be asked to demonstrate. Each skill has detailed steps that should be performed.

A pre-determined number of steps must be correctly demonstrated in order to pass each skill. In addition, each skill includes “Critical Element Steps” that must be performed correctly, or the student will not pass the skill – even if all other steps were completed.

You can find the details of each one in this [Skills Listing from the NNAAP & Pearson VUE](#).

## 2. HealthCenter21 Modules Recommended for NNAAP Exam Prep

Below is a list of HealthCenter21 modules that help prepare students for the NNAAP certification exam:

- Body Mechanics
- Behavioral Health
- Client Status
- Cultural, Social, and Ethnic Diversity
- Infection Control
- Nutrition and Elimination
- Patient Comfort
- Rehabilitation and Restorative Care
- Safety Precautions
- Special Populations
- The Health Assistant

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

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

### 3. Crosswalk Between NNAAP Test Plan & HealthCenter21

I. Physical Care Skills	HealthCenter21 Location	HealthCenter21 Coverage
<b>A. Activities of Daily Living</b>		
1. Hygiene	<b>Module:</b> Patient Comfort Unit 4: Perineal Care Unit 5: Hand and Foot Care Unit 6: Hair Care, Lessons 1 - 3 Unit 7: Oral Care Unit 9: Bathing	High
2. Dressing and Grooming	<b>Module:</b> Patient Comfort Unit 6: Hair Care, Lesson 4 Unit 8: Dressing and Undressing Unit 11: AM and PM Care and Pain Management	High  <b>Not covered:</b> Assisting women with shaving, dressing with hospital gowns
3. Nutrition and Hydration	<b>Module:</b> Nutrition and Elimination Unit 1: Optimal Nutrition Unit 2: Diets	High
4. Elimination	<b>Module:</b> Nutrition and Elimination Unit 5: Assisting with Toileting Unit 6: Urinary Catheters Unit 7: Special Bowel Elimination Procedures  <b>Module:</b> Rehabilitation and Restorative Care Unit 2: Activities of Daily Living, Lesson 2	High
5. Rest/Sleep/Comfort	<b>Module:</b> Patient Comfort Unit 1: Observing Patients, Lesson 1 Unit 11: AM and PM Care and Pain Management	Medium  <b>Not covered:</b> Importance of sleep and promotion sleep (especially when it's noisy), non-pharmacological pain management (ex. Music therapy)

<b>B. Activities of Daily Living</b>		
1. Infection Control	<b>Module:</b> Infection Control	High <b>Not covered:</b> Preventing needlestick injuries
2. Safety/Emergency	<b>Module:</b> The Health Assistant Unit 4: Infection Control and Safety Precautions  <b>Module:</b> Safety Precautions	Low <b>Not covered:</b> Patient safety (including falls and fall prevention), fire safety, internal and external security threats and disasters, threatening or combative persons, and patient emergency scenarios
3. Therapeutic and Technical Procedures	<b>All Modules</b>	High
4. Data Collection and Reporting	<b>Module:</b> Nutrition and Elimination Unit 3: Feeding Patients Unit 4: Intake and Output  <b>Module:</b> The Health Assistant Unit 5: Legal Conduct Unit 6: Patient Rights and Code of Ethics	Low <b>Not covered:</b> Legal requirements for documentation, signing a paper chart and making corrections, EMR, HIPAA and chart access, reporting information to nurse regarding abnormal vitals
<b>C. Restorative Skills</b>		
1. Prevention	<b>Module:</b> Rehabilitation and Restorative Care <b>Module:</b> Infection Control <b>Module:</b> Safety Precautions <b>Module:</b> Body Mechanics Unit 1: Safety Guidelines Unit 2: Moving Patients	Low <b>Not covered:</b> Fall prevention, patient elopement, CAUTI prevention

II. Psychosocial Care Skills	HealthCenter21 Location	HealthCenter21 Coverage
A. Emotional and Mental Health Needs	<b>Module:</b> Special Populations Units 1 – 4 <b>Module:</b> Behavioral Health Unit 2: Common Mental and Behavioral Disorders	Medium  <b>Not covered:</b> Therapeutic communication, setting boundaries
B. Spiritual and Cultural Needs	<b>Module:</b> Cultural, Ethnic, and Social Diversity <b>Module:</b> Special Populations Unit 2: Elderly Patients, Lesson 2 Unit 3: Dealing with Death, Lesson 1 <b>Module:</b> Nutrition and Elimination Unit 2: Diets, Lesson 3	Medium  <b>Not covered:</b> Using translators for non-English speakers, cultural food practices, more emphasis on cultural practices

III. Role of the Nurse Aide	HealthCenter21 Location	HealthCenter21 Coverage
A. Communication	<b>Module:</b> The Health Assistant Unit 3: Qualities of Health Assistants <b>Module:</b> Special Populations Unit 5: Physically & Developmentally Impaired Patients	High  <b>Not covered:</b> Therapeutic communication, using translators
B. Client Rights	<b>Module:</b> The Health Assistant Unit 6: Patient and Resident Rights	High
C. Legal and Ethical Behavior	<b>Module:</b> The Health Assistant Unit 6: Patient and Resident Rights	Medium  <b>Needs covered:</b> More detail on scope of practice, inappropriate sexual behavior, legal protection and boundaries for nurse assistants
D. Member of the Health Care Team	<b>Module:</b> The Health Assistant Unit 1: Health Assisting	High

Clinical Skill List	HealthCenter21 Location	HealthCenter21 Coverage
1. Hand hygiene	<b>Module:</b> The Health Assistant Unit 4: Infection Control and Safety Precautions	High
2. Apply one knee-high elastic stocking	<b>Module:</b> Rehabilitation and Restorative Care Unit 7: Compression Garments and Breathing Exercises	High
3. Assists to ambulate using transfer belt	<b>Module:</b> Rehabilitation and Restorative Care Unit 3: Ambulation, Lesson 2	High
4. Assists with use of bedpan	<b>Module:</b> Nutrition and Elimination Unit 5: Assisting with Toileting, Lesson 2	High
5. Cleans upper or lower denture	<b>Module:</b> Patient Comfort Unit 7: Oral Care, Lesson 3	High
6. Counts and records radial pulse	<b>Module:</b> Client Status Unit 3: Pulse, Lesson 2	High
7. Counts and records respirations	<b>Module:</b> Client Status Unit 4: Respiration	High
8. Donning and removing PPE (gown and gloves)	<b>Module:</b> Infection Control Unit 2: Standard Precautions, Lesson 4	High
9. Dresses client with affected (weak) right arm	<b>Module:</b> Patient Comfort Unit 8: Dressing and Undressing	High
10. Feeds client who cannot self-feed	<b>Module:</b> Nutrition and Elimination Unit 3: Feeding Patients, Lesson 3	Medium
11. Gives modified bed bath	<b>Module:</b> Patient Comfort Unit 9: Bathing	High
12. Measures and records urinary output	<b>Module:</b> Nutrition and Elimination Unit 4: Intake and Output	High
13. Measures and records weight of ambulatory client	<b>Module:</b> Client Status Unit 1: Vital Signs and Body Measurement, Lesson 2 Unit 6: Reading Analog Devices	High

14. Performs modified passive range of motion (PROM) for one knee and one ankle	<b>Module:</b> Rehabilitation and Restorative Care Unit 5: Range of Motion Exercises	High
15. Performs modified passive range of motion (PROM) for one shoulder	<b>Module:</b> Rehabilitation and Restorative Care Unit 5: Range of Motion Exercises	High
16. Positions on side	<b>Module:</b> Body Mechanics Unit 2: Moving Patients, Lesson 3	High
17. Provides catheter care for female	<b>Module:</b> Nutrition and Elimination Unit 6: Urinary Catheters, Lesson 2	High
18. Provides foot care on one foot	<b>Module:</b> Patient Comfort Unit 5: Hand and Foot Care, Lesson 2	High
19. Provides mouth care	<b>Module:</b> Patient Comfort Unit 7: Oral Care	High
20. Provides perineal care (peri-care) for female	<b>Module:</b> Patient Comfort Unit 4: Perineal Care, Lesson 2	High
21. Transfers from bed to wheelchair using transfer belt	<b>Module:</b> Body Mechanics Unit 4: Transferring Patients: Bed, Lesson 2	High
22. Measures and records manual blood pressure	<b>Module:</b> Client Status Unit 5: Blood Pressure Unit 6: Reading Analog Devices	High

#### 4. Additional Resources for NNAAP Exam Prep

Because HealthCenter21 does not cover 100% of the information found on the test plan, it's important to supplement with additional resources.

For more information, visit: [Everything You Need to Know About the NNAAP CNA Exam](#)

The test provider, Pearson VUE, has an [NNAAP Practice Exam Packet](#) for students to practice the written exam.

You can find additional state-specific resources by choosing your state on the [NNAAP website](#).