Test-4-X

www.test-4-x.com/care

United States • US CNA (Nurse Aide)

CNA

Study Guide

KNOWLEDGE POINTS	CHAPTERS	EDITION
80	28	2026-10-18

© 2026 Test4X. All rights reserved.
For personal study use. Not for resale or redistribution.

Questions or corrections: support@test-4-x.com

Disclaimer

This study guide is compiled from official government handbooks and other publicly available sources, for educational purposes only. It is intended to help you study and prepare; it does not constitute legal or professional advice.

Rules and regulations change. Always refer to the official handbook published by your licensing authority for the most current and authoritative information. The publisher assumes no liability for any decision made on the basis of this material.

This publication is independent. It is not affiliated with, endorsed by, or sponsored by any licensing or examining authority. All trademarks are the property of their respective owners.

Edition 2026-10-18 • 80 knowledge points • 28 chapters

Spotted an error, or have a question about this guide?
support@test-4-x.com

Contents

01	I.A Physical Care Skills: Activities of Daily Living	1
02	Physical Care Skills: Activities of Daily Living	2
03	Skill 19 — Provides Foot Care (continued)	3
04	I.B Physical Care Skills: Basic Nursing Skills	4
05	Skill 20 — Provides Mouth Care	5
06	Physical Care Skills: Basic Nursing Skills	7
07	Skill 21 — Provides Perineal Care (Peri-Care) for Female	8
08	I.C Physical Care Skills: Self Care/Independence	10
09	Physical Care Skills: Restorative Skills	11
10	Skill 22 — Transfers From Bed to Wheelchair Using Transfer Belt	12
11	Psychosocial Care Skills: Emotional and Mental Health Needs	14
12	II.A Psychosocial Care Skills: Emotional and Mental Health Needs	15
13	Skill 23 — Measures and Records Manual Blood Pressure	16
14	II.B Psychosocial Care Skills: Spiritual and Cultural Needs	18
15	Psychosocial Care Skills: Spiritual and Cultural Needs	19
16	III.A Role of the Nurse Aide: Communication	20
17	Role of the Nurse Aide: Communication	21
18	Score Reporting	22
19	III.B Role of the Nurse Aide: Client Rights	23
20	Role of the Nurse Aide: Client Rights	24
21	Passing and Duplicate Score Report	25
22	III.C Role of the Nurse Aide: Legal and Ethical Behavior	26
23	Complaint Process	27
24	Role of the Nurse Aide: Legal and Ethical Behavior	28
25	III.D Role of the Nurse Aide: Member of the Health Care Team	29
26	Role of the Nurse Aide: Member of the Health Care Team	30

Contents (cont.)

27 The Registry 31

28 California Nurse Assistant Frequently Asked Questions 32

CHAPTER 1

I.A Physical Care Skills: Activities of Daily Living

1.1 Hygiene

Covers assisting clients with personal hygiene tasks as part of activities of daily living.

1.2 Dressing and Grooming

Covers helping clients dress and maintain personal grooming as part of daily living activities.

1.3 Nutrition and Hydration

Covers supporting clients' nutritional and fluid intake needs as an activity of daily living.

1.4 Elimination

Covers assisting clients with bladder and bowel elimination needs.

1.5 Rest/Sleep/Comfort

Covers supporting clients' rest, sleep, and comfort needs.

© 2026 Test4X • www.test-4-x.com/care • support@test-4-x.com

CHAPTER 2

Physical Care Skills: Activities of Daily Living

2.1 Hygiene

Covers assisting clients with personal hygiene as part of activities of daily living.

2.2 Dressing and Grooming

Covers helping clients dress and groom as part of daily living activities.

2.3 Nutrition and Hydration

Covers supporting clients with adequate nutrition and fluid intake.

2.4 Elimination

Covers assisting clients with bowel and bladder elimination needs.

2.5 Rest/Sleep/Comfort

Covers promoting client rest, sleep, and comfort.

CHAPTER 3

Skill 19 — Provides Foot Care (continued)

3.1 Rinsing and Drying the Foot

Covers rinsing the foot including between the toes and drying it thoroughly with a dry cloth towel or washcloth.

- ✓ Foot is rinsed (including between the toes)
- ✓ Dries foot (including between the toes) with dry cloth towel/washcloth

3.2 Applying Lotion to the Foot

Applies lotion to the top and bottom of the foot while excluding between the toes and removing excess.

- ✓ Applies lotion to top and bottom of foot (excluding between the toes) removing excess with a towel/washcloth

3.3 Supporting Foot and Ankle

Provides support to the foot and ankle throughout the procedure.

- ✓ Supports foot and ankle during procedure

3.4 Cleanup and Supply Disposal

Empties, rinses, and dries the basin, places it in the dirty supply area, and disposes of used linen.

- ✓ Empties, rinses, and dries basin
- ✓ Places basin in designated dirty supply area
- ✓ Disposes of used linen into soiled linen container

3.5 Glove Removal and Signaling Device

Removes and disposes of gloves without self-contamination, washes hands, and ensures the signaling device is within reach.

- ✓ Removes and disposes of gloves (without contaminating self) into waste container and washes hands
- ✓ Signaling device is within reach

CHAPTER 4

I.B Physical Care Skills: Basic Nursing Skills

4.1 Infection Control

Covers practices for preventing and controlling the spread of infection in the care setting.

4.2 Safety/Emergency

Covers maintaining client safety and responding appropriately in emergency situations.

4.3 Therapeutic/Technical Procedures

Covers therapeutic and technical procedures performed by the nurse aide.

4.4 Data Collection and Reporting

Covers collecting client data such as measurements and reporting observations.

CHAPTER 5

Skill 20 — Provides Mouth Care

5.1 Cleaning the Mouth

Cleans the mouth including tongue and all tooth surfaces using gentle motions while maintaining clean technique.

- ✓ Cleans mouth (including tongue and all surfaces of teeth), using gentle motions
- ✓ Maintains clean technique with placement of toothbrush

5.2 Explaining Procedure and Providing Privacy

Explains the procedure clearly and provides privacy with a curtain, screen, or door before mouth care.

- ✓ Explains procedure, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible
- ✓ Privacy is provided with a curtain, screen, or door

5.3 Positioning Client Upright

Places the client in an upright sitting position between 75 and 90 degrees before providing mouth care.

- ✓ Before providing mouth care, client is in upright sitting position (75-90 degrees)

5.4 Preparing for Mouth Care

Puts on clean gloves, places a cloth towel across the chest, secures water, and applies toothpaste to a moistened toothbrush.

- ✓ Puts on clean gloves before cleaning mouth
- ✓ Places cloth towel across chest before providing mouth care
- ✓ Secures cup of water and moistens toothbrush
- ✓ Before cleaning mouth, applies toothpaste to moistened toothbrush

5.5 Rinsing and Finishing Mouth Care

Holds emesis basin while client rinses, wipes mouth, removes clothing protector, and disposes of used linen.

- ✓ Candidate holds emesis basin to chin while client rinses mouth
- ✓ Candidate wipes mouth and removes clothing protector
- ✓ Disposes of used linen into soiled linen container
- ✓ Rinses toothbrush and empties, rinses, and dries basin

5.6 Glove Removal and Safety Positioning

Removes gloves without contamination, washes hands, and ensures the signaling device is within reach with bed low.

- ✓ Removes and disposes of gloves (without contaminating self) into waste container and washes hands
- ✓ Signaling device is within reach and bed is in low position

CHAPTER 6

Physical Care Skills: Basic Nursing Skills

6.1 Infection Control

Covers practices for preventing and controlling the spread of infection.

6.2 Safety/Emergency

Covers client safety measures and appropriate response to emergency situations.

6.3 Therapeutic and Technical Procedures

Covers performing therapeutic and technical care procedures for clients.

6.4 Data Collection and Reporting

Covers gathering client data and reporting observations to the health care team.

CHAPTER 7

Skill 21 — Provides Perineal Care (Peri-Care) for Female

7.1 Washing and Rinsing Genital Area

Washes and rinses the genital area moving from front to back, using a clean area of the washcloth for each stroke.

- ✓ Washes genital area, moving from front to back, while using a clean area of the washcloth for each stroke
- ✓ Using clean washcloth, rinses soap from genital area, moving from front to back, while using a clean area of the washcloth for each stroke
- ✓ Dries genital area moving from front to back with dry cloth towel/washcloth

7.2 Washing and Rinsing Rectal Area

Turns the client to the side and washes, rinses, and dries the rectal area front to back using clean washcloth areas.

- ✓ After washing genital area, turns to side, then washes rectal area moving from front to back using a clean area of washcloth for each stroke
- ✓ Using clean washcloth, rinses soap from rectal area, moving from front to back, while using a clean area of the washcloth for each stroke
- ✓ Dries rectal area moving from front to back with dry cloth towel/washcloth

7.3 Explaining Procedure and Privacy

Explains the procedure clearly and provides privacy before beginning perineal care.

- ✓ Explains procedure, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible
- ✓ Privacy is provided with a curtain, screen, or door

7.4 Checking Water Temperature

Checks water temperature for safety and comfort and asks the client to verify the water is comfortable.

- ✓ Before washing, checks water temperature for safety and comfort and asks client to verify comfort of water

7.5 Preparing and Exposing Perineal Area

Puts on clean gloves, places a pad or linen protector, and exposes only the perineal area between hips and knees.

- ✓ Puts on clean gloves before washing perineal area
- ✓ Places pad/linen protector under perineal area including buttocks before washing
- ✓ Exposes perineal area (only exposing between hips and knees)
- ✓ Applies soap to wet washcloth

7.6 Repositioning and Supply Cleanup

Repositions the client, cleans the basin, and disposes of used linen and linen protector appropriately while avoiding contamination.

- ✓ Repositions client
- ✓ Empties, rinses, and dries basin
- ✓ Places basin in designated dirty supply area
- ✓ Disposes of used linen into soiled linen container and disposes of linen protector appropriately
- ✓ Avoids contact between candidate clothing and used linen

7.7 Glove Removal and Safety Positioning

Removes gloves without self-contamination, washes hands, and ensures signaling device is within reach with bed low.

- ✓ Removes and disposes of gloves (without contaminating self) into waste container and washes hands
- ✓ Signaling device is within reach and bed is in low position

CHAPTER 8

I.C Physical Care Skills: Self Care/Independence

8.1 Self Care/Independence

Covers promoting client self-care and independence as part of physical care skills.

CHAPTER 9

Physical Care Skills: Restorative Skills

9.1 Prevention

Covers preventive care measures to maintain client health and function.

9.2 Self Care/Independence

Covers promoting client self-care and independence.

CHAPTER 10

Skill 22 — Transfers From Bed to Wheelchair Using Transfer Belt

10.1 Positioning and Securing Wheelchair

Positions the wheelchair alongside the bed, folds up or removes footrests, and locks the wheelchair wheels before standing.

- ✓ Before assisting to stand, wheelchair is positioned alongside of bed, at head of bed facing foot or foot of bed facing head
- ✓ Before assisting to stand, footrests are folded up or removed
- ✓ Before assisting to stand, locks wheels on wheelchair

10.2 Preparing Bed and Client to Stand

Sets the bed to a safe level, locks bed wheels, and assists the client to a sitting position with feet flat and shoes on.

- ✓ Before assisting to stand, bed is at a safe level
- ✓ Before assisting to stand, checks and/or locks bed wheels
- ✓ Before assisting to stand, client is assisted to a sitting position with feet flat on the floor
- ✓ Before assisting to stand, client is wearing shoes

10.3 Assisting Client to Stand

Stands facing the client, signals to begin standing, and gradually assists to stand using an upward grasp of the transfer belt while maintaining leg stability.

- ✓ Stands facing client positioning self to ensure safety of candidate and client during transfer. Counts to three (or says other prearranged signal) to alert client to begin standing
- ✓ On signal, gradually assists client to stand by grasping transfer belt on both sides with an upward grasp and maintaining stability of client's legs by standing knee to knee, or toe to toe with the client

10.4 Explaining Procedure and Privacy

Explains the procedure clearly and provides privacy before transferring the client.

- ✓ Explains procedure, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible
- ✓ Privacy is provided with a curtain, screen, or door

10.5 Applying Transfer Belt and Instructions

Applies the transfer belt securely at the waist over clothing and provides instructions including a prearranged standing signal.

- ✓ Before assisting to stand, applies transfer belt securely at the waist over clothing/gown
- ✓ Before assisting to stand, provides instructions to enable client to assist in transfer including prearranged signal to alert when to begin standing

10.6 Completing the Transfer

Turns and lowers the client into the wheelchair, positions hips against the back, removes the transfer belt, and positions feet on footrests.

- ✓ Assists client to turn to stand in front of wheelchair with back of client's legs against wheelchair
- ✓ Lowers client into wheelchair
- ✓ Positions client with hips touching back of wheelchair and transfer belt is removed
- ✓ Positions feet on footrests

10.7 Signaling Device and Hand Washing

Ensures the signaling device is within reach and washes hands after completing the skill.

- ✓ Signaling device is within reach
- ✓ After completing skill, washes hands

CHAPTER 11

Psychosocial Care Skills: Emotional and Mental Health Needs

11.1 Emotional and Mental Health Needs

Covers supporting the emotional and mental health needs of clients.

CHAPTER 12

II.A Psychosocial Care Skills: Emotional and Mental Health Needs

12.1 Emotional and Mental Health Needs

Covers addressing clients' emotional and mental health needs within psychosocial care.

CHAPTER 13

Skill 23 — Measures and Records Manual Blood Pressure

13.1 Inflating and Deflating the Cuff

Inflates the cuff within the specified range, re-inflating if needed, then deflates slowly noting the systolic and diastolic sounds.

- ✓ Candidate inflates cuff between 160mm Hg to 180mm Hg. If beat heard immediately upon cuff deflation, completely deflate cuff. Re-inflate cuff to no more than 200 mm Hg
- ✓ Deflates cuff slowly and notes the first sound (systolic reading), and last sound (diastolic reading) (If rounding needed, measurements are rounded UP to the nearest 2 mm of mercury)

13.2 Completing and Recording the Reading

Removes the cuff, ensures the signaling device is within reach, washes hands, and records both pressures within the allowed accuracy range.

- ✓ Removes cuff
- ✓ Signaling device is within reach
- ✓ Before recording, washes hands
- ✓ After obtaining reading using BP cuff and stethoscope, records both systolic and diastolic pressures each within plus or minus 8 mm of evaluator's reading

13.3 Explaining Procedure and Preparing Equipment

Explains the procedure clearly and wipes the stethoscope bell/diaphragm and earpieces with alcohol before use.

- ✓ Explains procedure, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible
- ✓ Before using stethoscope, wipes bell/diaphragm and earpieces of stethoscope with alcohol

13.4 Positioning Arm and Locating Artery

Positions the client's arm palm up with upper arm exposed and locates the brachial artery at the inner bend of the elbow.

- ✓ Client's arm is positioned with palm up and upper arm is exposed
- ✓ Feels for brachial artery on inner aspect of arm, at bend of elbow

13.5 Placing Cuff and Stethoscope

Places the blood pressure cuff snugly with sensor over the brachial artery and positions the stethoscope earpieces and bell correctly.

- ✓ Places blood pressure cuff snugly on client's upper arm, with sensor/arrow over brachial artery site
- ✓ Earpieces of stethoscope are in ears and bell/diaphragm is over brachial artery site

CHAPTER 14

II.B Psychosocial Care Skills: Spiritual and Cultural Needs

14.1 Spiritual and Cultural Needs

Covers respecting and supporting clients' spiritual and cultural needs.

CHAPTER 15

Psychosocial Care Skills: Spiritual and Cultural Needs

15.1 Spiritual and Cultural Needs

Covers respecting and supporting clients' spiritual and cultural needs.

CHAPTER 16

III.A Role of the Nurse Aide: Communication

16.1 Communication

Covers effective communication with clients and others as part of the nurse aide role.

CHAPTER 17

Role of the Nurse Aide: Communication

17.1 Communication

Covers effective communication with clients, families, and the health care team.

CHAPTER 18

Score Reporting

18.1 Understanding Exam Results

Describes how written/oral and skills exam results are scored, faxed, and communicated, noting that results are not given over the phone.

- ✓ Written (or Oral) Exam results faxed to evaluator
- ✓ Skills Evaluation results faxed to evaluator
- ✓ Delayed Score Reports mailed within 5-7 business days

18.2 Failing the Examination

Explains re-take procedures, fees, and the limit of three attempts within a set period before retraining is required.

- ✓ New examination fee required for each re-take
- ✓ Three attempts allowed to pass both parts
- ✓ Must pass both parts within twenty-four months of training

18.3 Reading a Failing Score Report

Explains how to interpret a failing skills score report, including satisfactory/unsatisfactory results and identifying missed steps.

- ✓ Must receive Satisfactory result on all five skills to pass
- ✓ Numbers under a skill indicate missed or incorrect steps

CHAPTER 19

III.B Role of the Nurse Aide: Client Rights

19.1 Client Rights

Covers understanding and protecting the rights of clients receiving care.

CHAPTER 20

Role of the Nurse Aide: Client Rights

20.1 Client Rights

Covers understanding and upholding the rights of clients.

CHAPTER 21

Passing and Duplicate Score Report

21.1 Passing and Certificate Issuance

Describes placement on the California Nursing Assistant Registry and issuance and validity of the Nurse Assistant Certificate.

- ✓ Name placed on the California Nursing Assistant Registry
- ✓ Certificate valid for twenty-four months from date issued

21.2 Requesting a Duplicate Score Report

Explains that duplicate score reports may be requested within a set period using the appropriate form.

- ✓ Duplicate score reports issued within 90 days of testing

CHAPTER 22

III.C Role of the Nurse Aide: Legal and Ethical Behavior

22.1 Legal and Ethical Behavior

Covers legal and ethical responsibilities and conduct expected of the nurse aide.

CHAPTER 23

Complaint Process

23.1 Filing a Complaint or Feedback

Describes the candidate's right to file a written complaint and the Regional Testing Center's follow-up process.

- ✓ All complaints must be in writing
- ✓ Regional Testing Center responds within 30 days

CHAPTER 24

Role of the Nurse Aide: Legal and Ethical Behavior

24.1 Legal and Ethical Behavior

Covers acting within legal and ethical standards in the nurse aide role.

CHAPTER 25

III.D Role of the Nurse Aide: Member of the Health Care Team

25.1 Member of the Health Care Team

Covers the nurse aide's role and functioning as a member of the health care team.

CHAPTER 26

Role of the Nurse Aide: Member of the Health Care Team

26.1 Member of the Health Care Team

Covers functioning as a member of the interdisciplinary health care team.

CHAPTER 27

The Registry

27.1 Change of Address or Name

Explains the requirement to notify CDPH of address or name changes and the documentation needed for name changes.

- ✓ Name changes must be accompanied by official documentation
- ✓ Notification must include previous name, current name, address, phone, and SSN

27.2 Re-Certification Requirements

Describes the work hours and in-service training requirements needed to renew certification and remain active on the registry.

- ✓ Requires paid nurse assistant work of at least eight consecutive hours within twenty-four months
- ✓ Requires forty-eight hours of in-service training or continuing education

27.3 Lapsed Certification

Explains that certification becomes invalid after a lapse in paid nursing-related services beyond the specified period.

- ✓ Certification invalid after twenty-four consecutive months without paid nursing services
- ✓ Maintain personal file of work history for employer validation

27.4 Certification by Reciprocity

Describes eligibility for California certification for nurse assistants certified and active in another state under OBRA '87.

- ✓ Must be listed on another state's registry as active and in good standing
- ✓ Contact CDPH for reciprocity placement information

CHAPTER 28

California Nurse Assistant Frequently Asked Questions

28.1 Becoming a CNA

Explains the steps to become a CNA, including completing an approved training program and passing both exam portions.

- ✓ Complete a state-approved nurse aide training program
- ✓ Pass both written and skills portions of the NNAAP examination

28.2 Performing Duties Before Certification

Describes the conditions under which trainees may perform nurse assistant duties before becoming certified.

- ✓ 120 days to complete training in an approved facility program
- ✓ May not perform duties not trained and checked by instructor

28.3 Special Accommodations

Explains that special testing accommodations must be requested and approved in advance with supporting documentation.

- ✓ Requests submitted and approved prior to testing
- ✓ Documentation from physician or qualifying professional required

28.4 Choosing and Scheduling Exams

Describes scheduling both exams together and the option to substitute an oral examination for the written one.

- ✓ Written and Skills exams initially scheduled together
- ✓ Oral Examination may substitute for the Written examination

28.5 Registration, Payment, and Test Dates

Explains that registration and payment are by mail, results are not online, and test dates are listed on official websites.

- ✓ Registration must be done by mail
- ✓ No form of payment accepted at the test site
- ✓ Results cannot be viewed online

28.6 Registry Verification and Maintenance

Describes how to verify registry status, update name/address, and maintain certification currency.

- ✓ Verify registry status by contacting the Certification Unit
- ✓ Certification current for twenty-four months from passing date
- ✓ Renewal Notice sent four months prior to expiration

28.7 Expired Certification and Interstate Moves

Explains re-testing requirements for expired certification and how to address performing duties when moving between states.

- ✓ Expired certification requires re-testing at approved training program
- ✓ Contact appropriate state agency when moving to or from California