



D&S Diversified Technologies LLP

Headmaster LLP

Massachusetts Nurse Aide Candidate Handbook

Updated: March 4, 2025

Version 5

The following sections have been updated:

Complete your TMU© Account

Testing Results

Remotely Proctored Knowledge Exam

Contact Information

Questions regarding: testing process • test scheduling • eligibility to test (888) 401-0462 Questions regarding: Nurse Aide Registry, obtaining information on official regulations and guidelines for nurse aides • obtaining information regarding approved training programs • updating your name, address • verification of current nurse aide certification • renewal, reciprocity and equivalency information (617) 753-8144		
D&S Diversified Technologies (D&SDT), LLP-Headmaster, LLP PO Box 6609 Helena, MT 59604 Email: massachusetts@hdmaster.com Web Site: www.hdmaster.com	Monday through Friday 8:00AM – 8:00PM Eastern Standard Time (ET) Massachusetts TMU© Webpage: mc.tmutest.com	Phone #: (888) 401-0462 Phone #: (888) 401-0465 Fax #: (406) 442-3357
Massachusetts Department of Public Health (DPH) Nurse Aide Registry 67 Forest Street Marlborough, MA 01752 Email: nars@mass.gov Massachusetts Nurse Aide Web Site: https://www.mass.gov/nurse-aide-registry-program	Monday through Friday 8:00AM – 5:00PM Eastern Standard Time (ET)	Phone #: (617) 753-8144

Table of Contents

INTRODUCTION	1
MASSACHUSETTS NURSE AIDE REGISTRY REQUIREMENTS	1
Registry Renewal.....	1
Registry Reciprocity.....	1
Out-of-State Reciprocity Process.....	2
WAIVER OF THE CERTIFIED NURSE AIDE TRAINING REQUIREMENT	2
AMERICANS WITH DISABILITIES ACT (ADA)	2
ADA Compliance.....	2
MASSACHUSETTS NURSE AIDE TESTMASTER UNIVERSE© (TMU©)	3
Massachusetts Nurse Aide TMU© Home Page	3
Complete Your TMU© Account.....	3
Forgot Your Password and Recover Your Account	5
THE MASSACHUSETTS NURSE AIDE COMPETENCY EXAM	8
Alternate Testing Languages	8
Payment Information	9
Schedule A Massachusetts Nurse Aide Exam.....	9
Self-Pay of Testing Fees in TMU©	9
Schedule / Reschedule a Test Event.....	11
Test Confirmation Letter.....	13
Check/View Your TMU© Notifications	14
Time Frame for Testing from Training Program Completion.....	15
Exam Check-In	15
Testing Attire.....	15
Identification	15
Demographic Updates / Changes / Corrections.....	17
Instructions for the Knowledge Exam, Remotely Proctored Knowledge Exam, and Skill Test.....	17

TESTING POLICIES	17
<i>Access the Candidate Handbook and Testing Instructions</i>	19
SECURITY	20
RESCHEDULING POLICY	20
REFUND OF TESTING FEES PAID	21
<i>Scheduled in a Test Event</i>	21
<i>Not Scheduled in a Test Event</i>	21
UNFORESEEN CIRCUMSTANCES POLICY	22
NO-SHOW STATUS	22
<i>No-Show Exceptions</i>	22
CANDIDATE FEEDBACK – EXIT SURVEY	23
TEST RESULTS	23
<i>Accessing your Test Results in your TMU® Account</i>	24
TEST ATTEMPTS	26
RETAKING THE NURSE AIDE EXAM	26
TEST REVIEW REQUESTS	26
THE KNOWLEDGE/AUDIO EXAM.....	27
KNOWLEDGE EXAM CONTENT	27
<i>Subject Areas</i>	27
KNOWLEDGE EXAM INFORMATION	27
KNOWLEDGE EXAM AUDIO VERSION	28
<i>Select an Audio Version of the Knowledge Exam</i>	28
REMOTELY PROCTORED KNOWLEDGE EXAM OPTION.....	29
<i>Remotely Proctored Knowledge Exam Candidate Requirements</i>	29
<i>Schedule a Remotely Proctored Knowledge Exam</i>	30
<i>Remotely Proctored Knowledge Exam Instructions</i>	31
<i>Remotely Proctored Knowledge Exam Check-In</i>	31
<i>Remotely Proctored Knowledge Exam Policies</i>	32
SELF-ASSESSMENT READING COMPREHENSION EXAM	33
KNOWLEDGE PRACTICE EXAM	35
THE MANUAL DEMONSTRATION SKILL TEST	36
SKILL TEST RECORDING FORM	37
SKILL TEST TASKS	37
SKILL TASKS LISTING	38
Apply an Anti-Emboloc (compression) Stocking to One Leg	38
Assist Resident to Ambulate using a Gait belt	39
Assist Resident with the use of a Bedpan, Measure and Record Urine Output with Hand Washing	39
Catheter Care for a Female Resident with Hand Washing	40
Denture Care – Clean Upper or Lower Denture	41
Donn [Put On] a Gown and Gloves, Empty a Urinary Drainage Bag, Measure and Record Urine Output, and Doff [Remove] Gown and Gloves with Hand Washing	42
Dress a Resident with an Affected (Weak) Side	43
Feed a Dependent Resident	44
Foot Care - One Foot	45
Make an Occupied Bed	45
Modified Bed Bath- Face and One Arm, Hand and Underarm	46
Mouth Care—Brush a Resident’s Teeth	47
Nail Care - One Hand	48
Passive Range of Motion Exercises for One Hip and One Knee	48
Passive Range of Motion Exercises for One Shoulder	49
Perineal Care for a Female Resident with Hand Washing	50
Position a Dependent Resident in Bed on their Side	51
Transfer Resident from their Bed to a Wheelchair using a Gait Belt	51
Vital Signs – Count and Record Resident’s Radial Pulse and Respiration	52
KNOWLEDGE EXAM VOCABULARY LIST	53

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Introduction

Congress adopted the Nursing Home Reform Act in 1987 as part of the Omnibus Budget Reconciliation Act (OBRA '87). This federal law was designed to improve the quality of care in long-term healthcare facilities and define training and evaluation standards for nursing aides who work in such facilities. Each state is responsible for following the terms of this federal law.

As defined in the OBRA regulations, a Nurse Aide Competency Evaluation program provides specific standards for nurse aide-related knowledge and skills. This program aims to ensure that candidates seeking to be nurse aides understand these standards and can competently and safely perform the job of an entry-level nurse aide.

This handbook describes the nurse aide competency examination process and is designed to help prepare candidates for testing. The examination has two parts: a multiple-choice knowledge test and a skill test. Candidates must pass both parts to be identified and listed on the Massachusetts Nurse Aide Registry.

The Massachusetts Department of Public Health (DPH) approved D&S Diversified Technologies, LLP (D&SDT)-Headmaster, LLP to provide tests and scoring services for nurse aide testing. For questions not answered in this handbook, please get in touch with D&SDT-HEADMASTER at (888)401-0462 or go to D&SDT-HEADMASTER's [Massachusetts Nurse Aide \(NA\) webpage](#) or at www.hdmaster.com and click on 'Massachusetts CNA'. The information in this handbook will help you prepare for your examination.

Massachusetts Nurse Aide Registry Requirements

The Massachusetts Nurse Aide Registry (MANAR) lists the names of nurse aides who, through training, testing, and experience, meet federal and/or state requirements to work as nurse aides in Massachusetts. The Registry includes substantiated findings of nurse aide abuse, neglect, misappropriation of resident property, or exploitation involving a nurse aide at a Massachusetts Department of Public Health (DPH) regulated facility.

Upon successful completion of training, passing both the knowledge and skills portions of the competency exam, and meeting federal and/or state requirements, a nurse aide candidate will be listed on the MANAR. Review the **Nurse Aide Competency Exam** section to help prepare for the exam.

Registry Renewal

To maintain eligibility to work, you must renew your eligibility every 24 months. To be eligible to renew, you must work for pay as a nurse aide performing nursing or nursing-related services at least eight (8) consecutive hours during the previous 24 months. Nurse aides with misconduct restrictions on the Registry are not eligible for renewal.

Registry Reciprocity

This information is for applicants who want to be entered on the MANAR through the Massachusetts Reciprocity/Out-of-State registry placement process.

Out-of-State Reciprocity Process

If you are a certified nurse aide and meet certain requirements, you may apply for reciprocity. To be eligible for Reciprocity, you must be a CNA:

- Who is certified in another state
- Whose certification is current and in good standing
- Who has never been certified in Massachusetts

The Reciprocity application - *link to the **MA Reciprocity Form 9110** application:* <https://mc.tmutest.com/apply/5>. Additional information is available at the following link: [Reciprocity Information](#).

Waiver of the Certified Nurse Aide Training Requirement

Specific waiver provisions are available for applicants who can verify they meet the qualifications listed under [105 CMR 156.100 of the Nurse Aide Registry Laws and Regulations](#).

The application and information to request a Nurse Aide Training Waiver to take the Massachusetts Nurse Aide Competency Evaluation is available at the following link: [Waiver Information and Application](#)

Americans with Disabilities Act (ADA)

ADA Compliance

The Massachusetts Department of Public Health (DPH) and D&SDT-HEADMASTER provide reasonable accommodations for candidates with disabilities or limitations that may affect their ability to perform the nurse aide competency examination. Accommodations are granted in accordance with the Americans with Disabilities Act (ADA).

If you have a qualified disability or limitation, you may request special accommodations for the examination. D&SDT-Headmaster must approve accommodations in advance of examination. Complete the [ADA Accommodation Request Application](#) found on the Massachusetts CNA TMU© main page under 'APPLICATIONS' to be reviewed for accommodation.

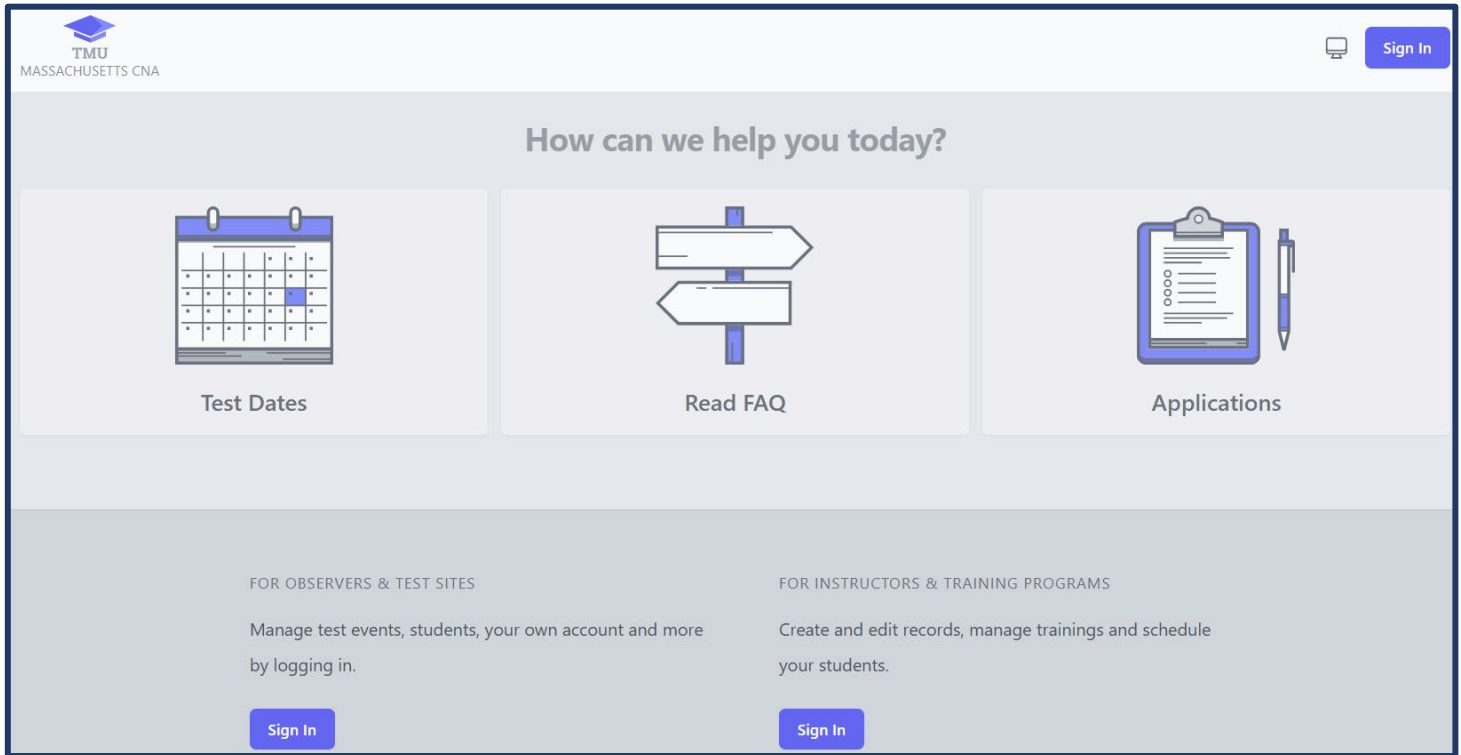
ADA Accommodation Request Applications submitted without the required supporting documentation of a diagnosed disability will not be reviewed until the required documentation is provided. D&SDT-HEADMASTER will email you if further documentation or information is required using the email in your TMU© account.

Please allow additional time for your request to be approved. If you have questions regarding the ADA review process or specific required documentation, please call D&SDT-HEADMASTER at (888)401-0462.

Massachusetts Nurse Aide TestMaster Universe© (TMU©)

Massachusetts Nurse Aide TMU© Home Page

This is the Massachusetts CNA TMU© main page, mc.tmutest.com.



→ Click on 'Test Dates' to see the calendar of available test events and their location

→ Click on 'Read FAQ' for frequently asked questions

→ Click on 'Applications' for frequently used applications

Complete your TMU© Account


Your initial registration information will be entered in D&SDT-HEADMASTER's TestMaster Universe (TMU©) software.

IMPORTANT: Before you can test, you must sign in to your TMU© account at mc.tmutest.com using your secure Email or Username and Password and complete the missing demographic information prior to testing. Failure to do so may result in you being turned away from testing. You will be a no-show status for your event and forfeit your testing fees.



- Upon receiving your confirmation email from TMU© (check your junk/spam mail) that your account has been created, you need to sign in to your TMU© account, update your password, and complete your demographic information. **This must be done before scheduling a test event.**

If you do not know your Email or Username and Password, enter your email address and click "Forgot Your Password?" You will be asked to re-enter your email, and a 'reset password link' will be sent to your email (see instructions under '**Forgot your Password and Recover your Account**'). If you cannot sign in, contact D&SDT-HEADMASTER at (888)401-0462.

Screen you will see the first time you sign in to your TMU@ account with the **demographic information you need to enter to complete your account:**


MASSACHUSETTS CNA

[Tests](#)
[Trainings](#)
[Billing](#)
[Downloads](#)
[Profile](#)



Joseph

[Home](#) > [Setup Account](#)

Setup Account

We're Sorry, Your Account Still Needs Some Info
Enter the below information to finish setting up your account.

FIRST *

MIDDLE

LAST *

SUFFIX

SOCIAL SECURITY # *

BIRTHDATE *

PHONE *

Encrypted for your safety

ADDRESS *

CITY *

STATE

Select State


ZIPCODE *

DISCLAIMER



 The Department of Public Health's Nurse Aide Registry requires the mandatory collection of social security numbers, pursuant to 42 CFR 483.156(c)(1)(ii) and 105 CMR 155.016(C)(1)(a), for the purposes of identification verification. The social security number collected is only for use in connection with the Nurse Aide Registry.


[Finish Account Setup](#)

*Enter the blank * fields
and then click on-
Finish Account Setup*


MASSACHUSETTS CNA


[Tests](#)
[Trainings](#)
[Billing](#)
[Downloads](#)
[Profile](#)



12


 Thanks, your account has now been setup.

*You will receive the message,
Thanks, your account has now been set up.*

Welcome, Sample!



Testing

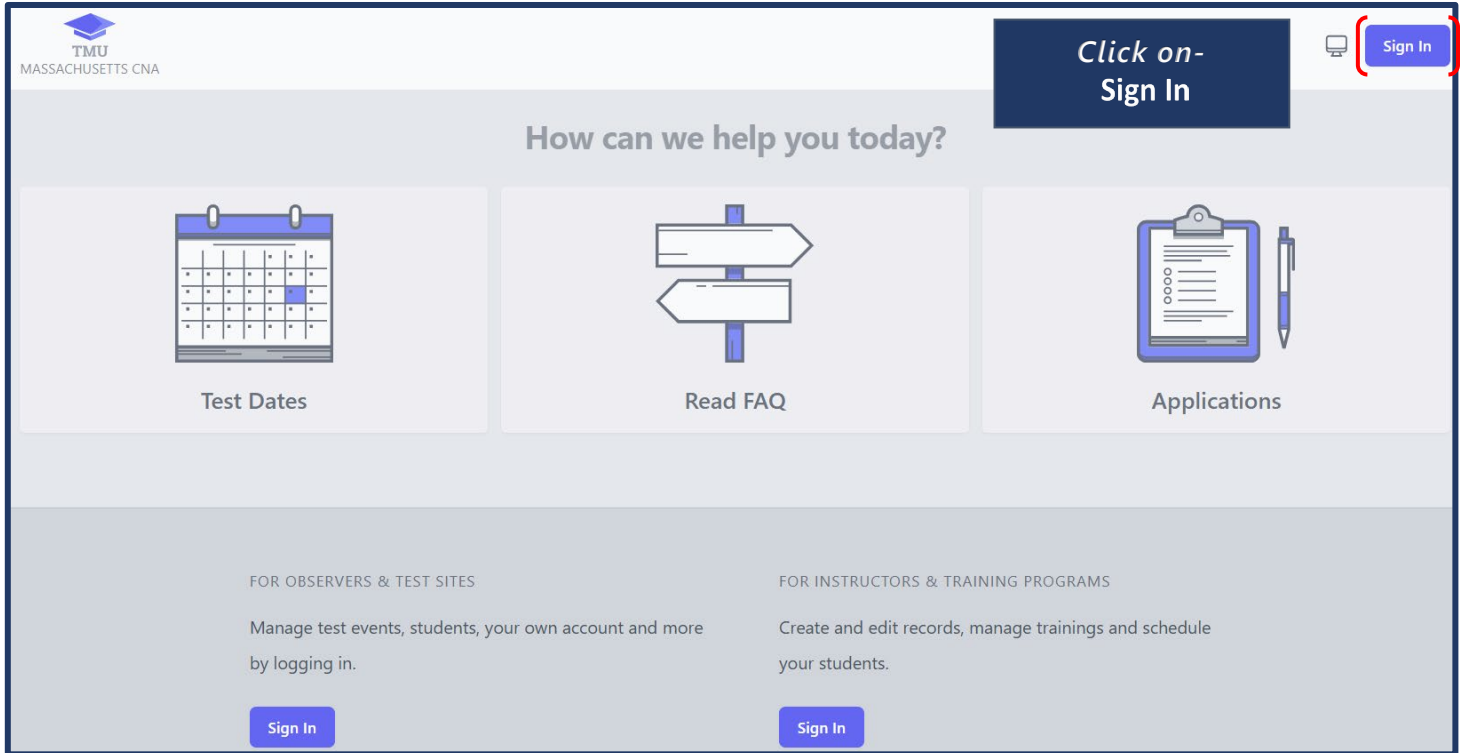


Your Profile

Forgot Your Password and Recover Your Account

If you do not remember your password, follow the instructions with screenshots in this section.

Go to mc.tmutest.com.



TMU
MASSACHUSETTS CNA

**Click on-
Sign In**

Sign In

How can we help you today?

Test Dates

Read FAQ

Applications

FOR OBSERVERS & TEST SITES

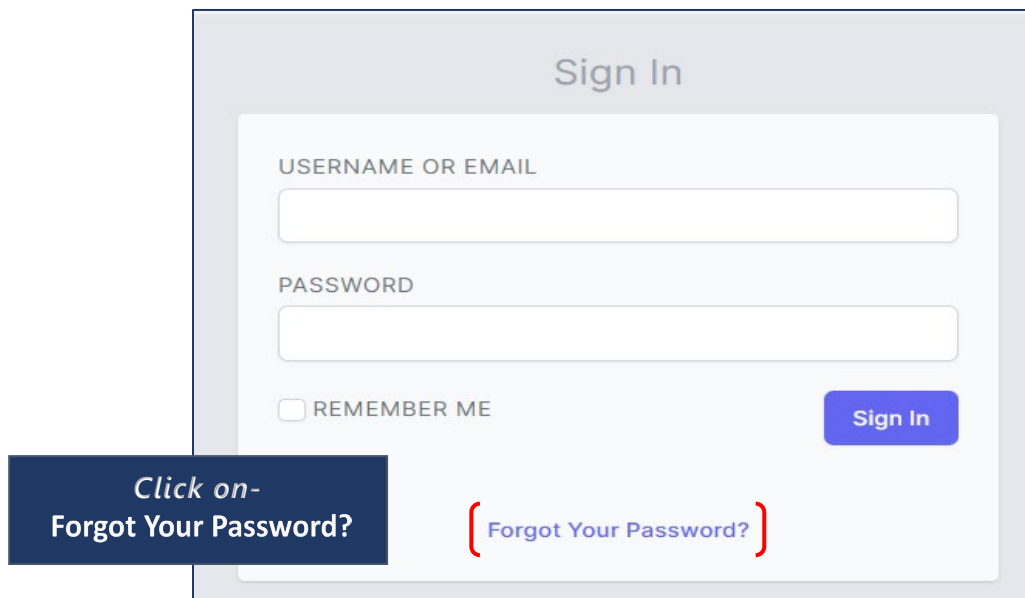
Manage test events, students, your own account and more by logging in.

Sign In

FOR INSTRUCTORS & TRAINING PROGRAMS

Create and edit records, manage trainings and schedule your students.

Sign In



Sign In

USERNAME OR EMAIL

PASSWORD

☐ REMEMBER ME


Sign In

**Click on-
Forgot Your Password?**

(Forgot Your Password?)

Type in your Email Address - Click on – Recover Account - An email with the reset link will be emailed to you. Click on the reset link in your email to reset your password.

(-OR- You can type in the requested data under Using other Information if you have already updated your demographic information in your account) - Click on - Recover Account


TMU
MASSACHUSETTS CNA

Sign In

Recover Your Account

Using your Email Address

E-MAIL ADDRESS *

Recover Account

OR

Using other Information

LAST 4 OF SSN *


DATE OF BIRTH *

LAST NAME *

ZIP CODE *

Recover Account

You will receive the message,
We have e-mailed your password reset link! Please allow a few minutes for the email to be delivered.


TMU
MASSACHUSETTS CNA

Sign In

Recover Your Account

We have e-mailed your password reset link! Please allow a few minutes for the email to be delivered.

Using your Email Address

E-MAIL ADDRESS *

Recover Account

OR

Using other Information

LAST 4 OF SSN *

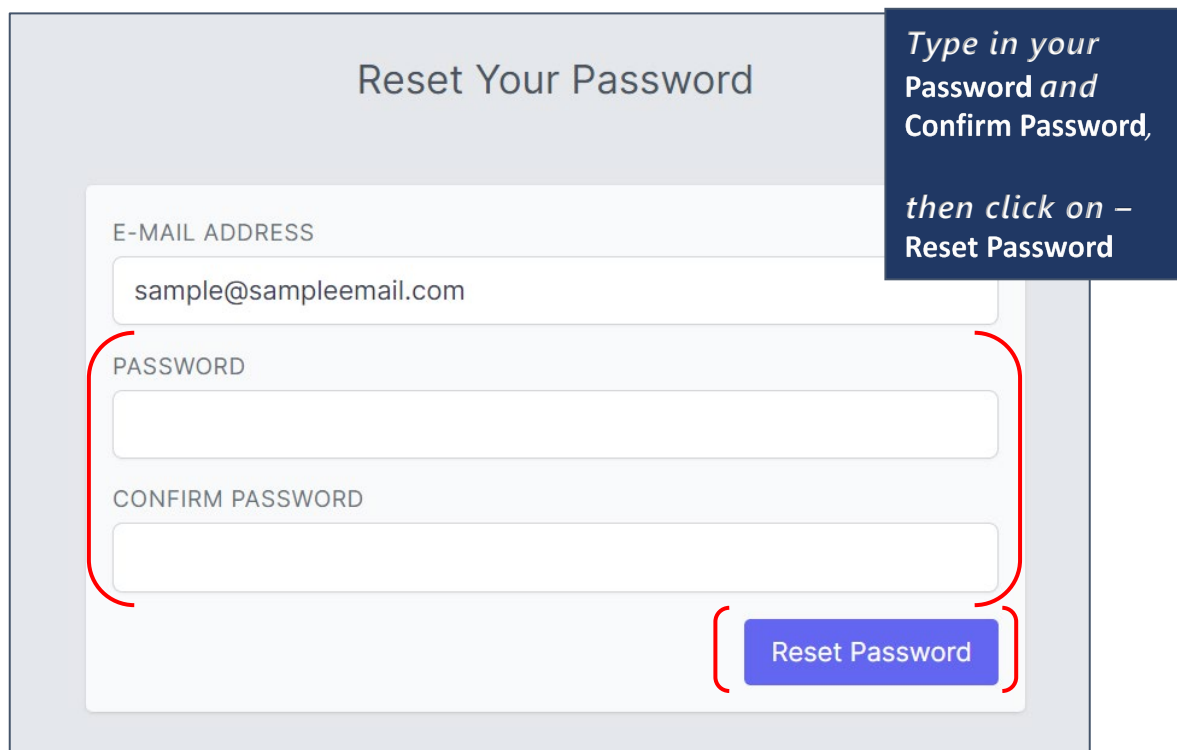
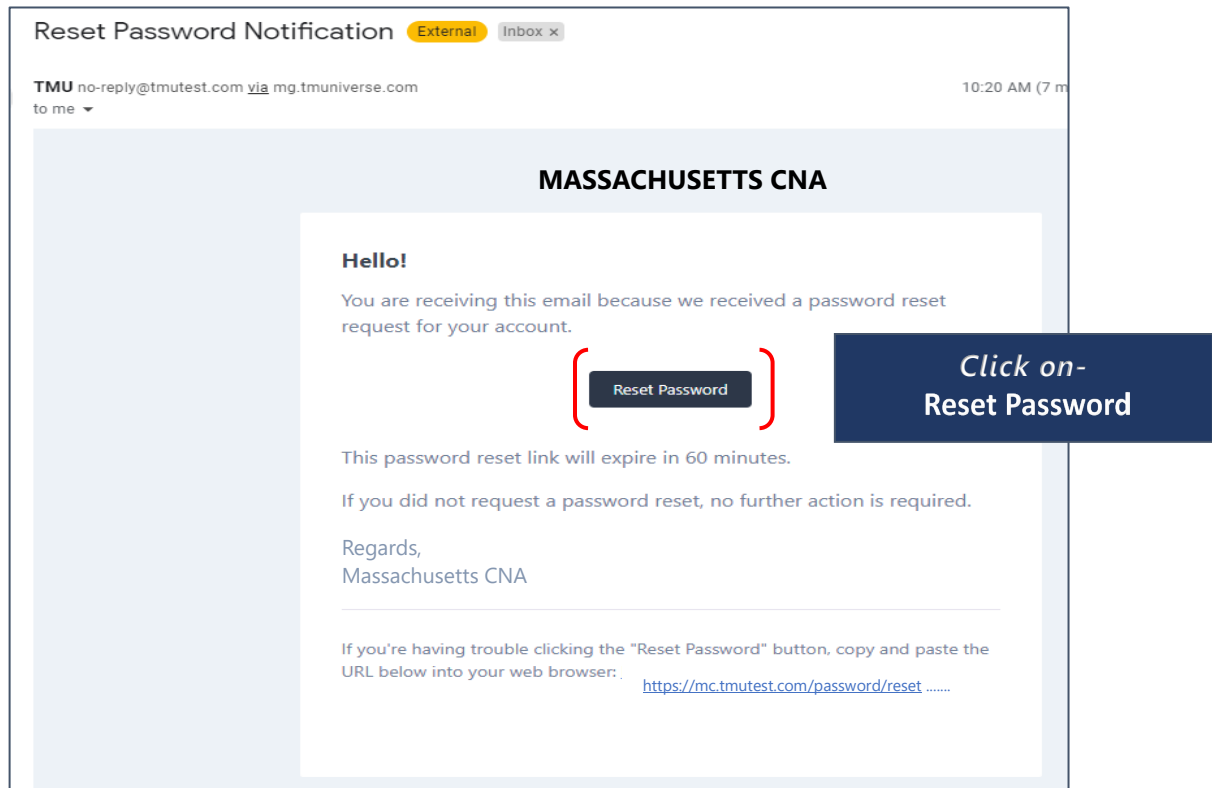
DATE OF BIRTH *

LAST NAME *

ZIP CODE *

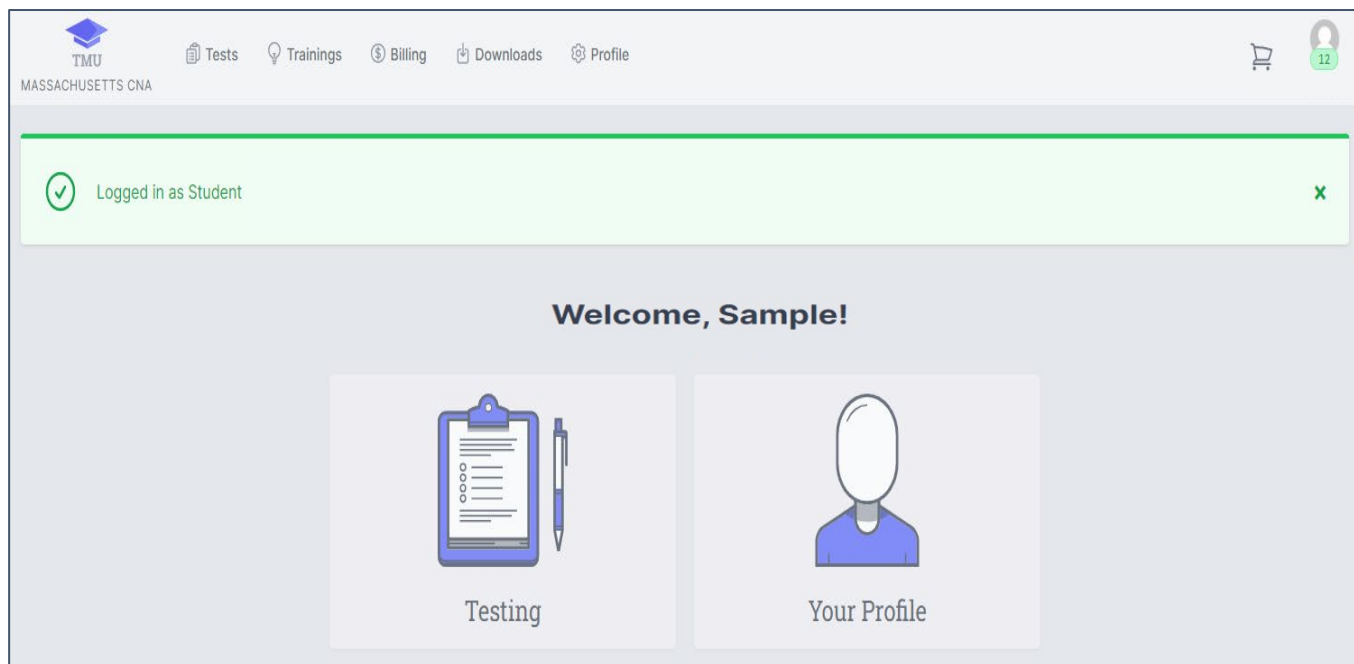
Recover Account

This is what the email will look like (check your junk/spam folder for the email):



Note: If you do not reset your password right away, the link expires in 60 minutes, and you will need to request a new link after that time.

This is the home screen you will see once you have reset your password:



The Massachusetts Nurse Aide Competency Exam

Alternate Testing Languages

The nurse aide certification exam's knowledge and skills components are offered in Chinese (traditional and simplified), Spanish (simplified), and English. During the exam registration process, candidates can indicate their intent to take the nurse aide exam in a language other than English.

IMPORTANT! You must proceed with the exam in the language you indicated during the exam registration. Once you have begun taking either exam (knowledge and skills) in Spanish or Chinese, **you cannot switch languages (revert to English).**

You can test in an alternate language (Spanish or Chinese) if:

- You **have not begun** the testing process.
 - If you were a no-show for a test, the no-show does not count as an attempt.
- You have started testing but failed both the knowledge and the skills components.

You cannot test in an alternate language (Spanish or Chinese) if:

- You have started testing and passed either portion (knowledge or skill) of the exam.
 - For example, if you have passed the skill test but you have not passed the knowledge test – **you cannot switch languages.** Or, if you have passed the knowledge exam but have not passed the skill test- **you cannot switch languages.**

You can only switch to an alternate language if you have passed one portion but have exhausted your testing attempts and completed a new training program.

Please call D&SDT-HEADMASTER's alternate language line (855)263-6050 with any questions.

Payment Information

Exam Description	Price
KNOWLEDGE EXAM -or- Knowledge Retake 2 nd , 3 rd & 4 th Attempt(s) Retake	\$30.00
AUDIO VERSION OF THE KNOWLEDGE EXAM -or- Audio Knowledge Retake 2 nd , 3 rd & 4 th Attempt(s) Retake <i>[\$30.00 Knowledge Exam fee + \$10.00 for the Audio Version = \$40.00]</i>	\$40.00
SKILL TEST -or- Skill Retake 2 nd & 3 rd Attempt(s) Retake	\$70.00

Schedule a Massachusetts Nurse Aide Exam

Once your completed account is in the D&SDT-HEADMASTER TestMaster Universe© (TMU©) database and your testing fee has been paid (see instructions under **'Self-Pay of Testing Fees'**), you may schedule your exam date online at the Massachusetts CNA TMU© webpage, mc.tmutest.com, using your Email or Username and Password (see instructions with screen shots under **'Schedule / Reschedule a Test Event'**).

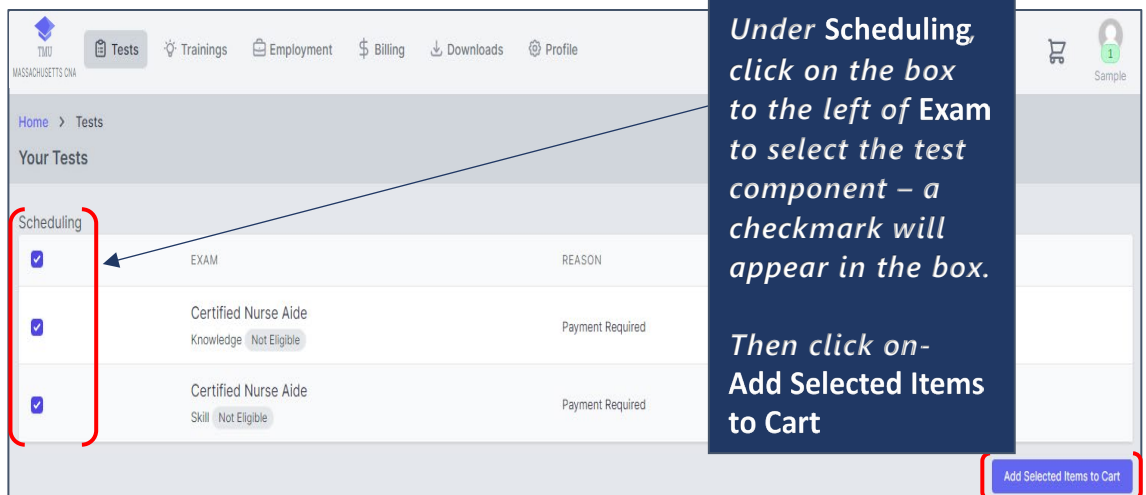
NOTE: Upon receiving your confirmation email from TMU© that your account has been created, you need to sign in to your TMU© account, update your password, and complete your demographic information (check your junk/spam mail). **This must be done before scheduling a test event. See instructions under **'Complete your TMU© Account'**.**

If you cannot sign in with your email, please call D&SDT-HEADMASTER for assistance at (888)401-0462 during regular business hours, 8:00AM to 8:00PM ET, Monday through Friday, excluding holidays.

Self-Pay of Testing Fees in TMU©

Testing fees must be paid **before** you can schedule a test date. Once your training program has completed your training record with completion hours and date, you will receive an email and text message that you can schedule a test date. Some training programs pre-pay testing fees for their graduating students. Your program/instructor will inform you if this is the case. Before scheduling a test, verify with your instructor if the training program has already prepaid for your test.

Securely processed Visa or MasterCard credit/debit card information is required when paying testing fees online.



Under Scheduling
 click on the box to the left of Exam to select the test component – a checkmark will appear in the box.

Then click on-
Add Selected Items to Cart

EXAM	REASON
Certified Nurse Aide Knowledge <i>Not Eligible</i>	Payment Required
Certified Nurse Aide Skill <i>Not Eligible</i>	Payment Required

Add Selected Items to Cart

You will get a message that the Knowledge and Skill tests have been added to your cart and the Knowledge and Skill Amounts

click on- Pay with Credit Card

Home > Cart

Cart

Added Certified Nurse Aide Skill to your cart.
Added Certified Nurse Aide Knowledge to your cart.

DESCRIPTION	ITEM TYPE	AMOUNT	
Certified Nurse Aide for Sample Student	Knowledge	\$30.00	Remove
Certified Nurse Aide for Sample Student	Skill	\$70.00	Remove
Total:		\$100.00	

Pay with Credit Card

Enter the Credit Card information and then click on- Submit Payment

You will receive a receipt of the transaction.

Home > Prepay

Prepay to Schedule

What You're Paying For

DESCRIPTION	COST
Certified Nurse Aide for Sample Student	\$30.00
Certified Nurse Aide for Sample Student	\$70.00
Total:	\$100.00

Pay with a Card

CARDHOLDER NAME

CARD NUMBER

EXP MONTH EXP YEAR SECURITY CODE

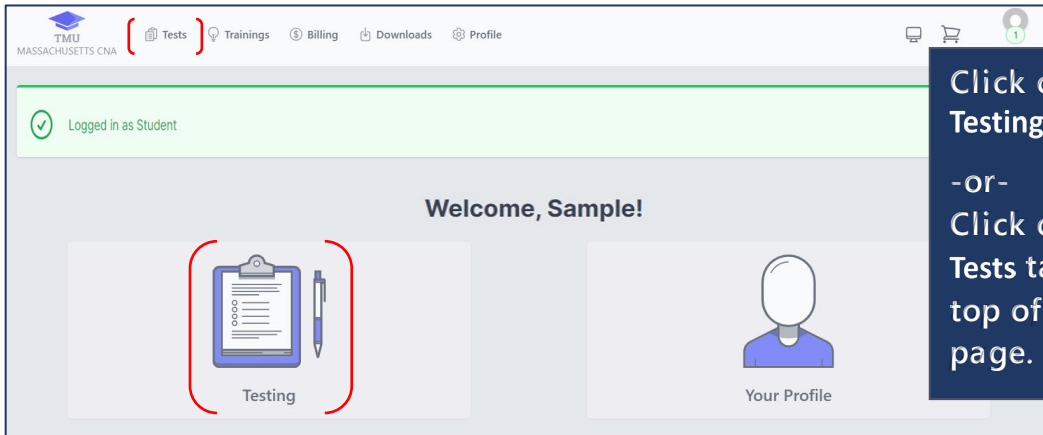
CARDHOLDER ADDRESS

CITY STATE ZIP CODE

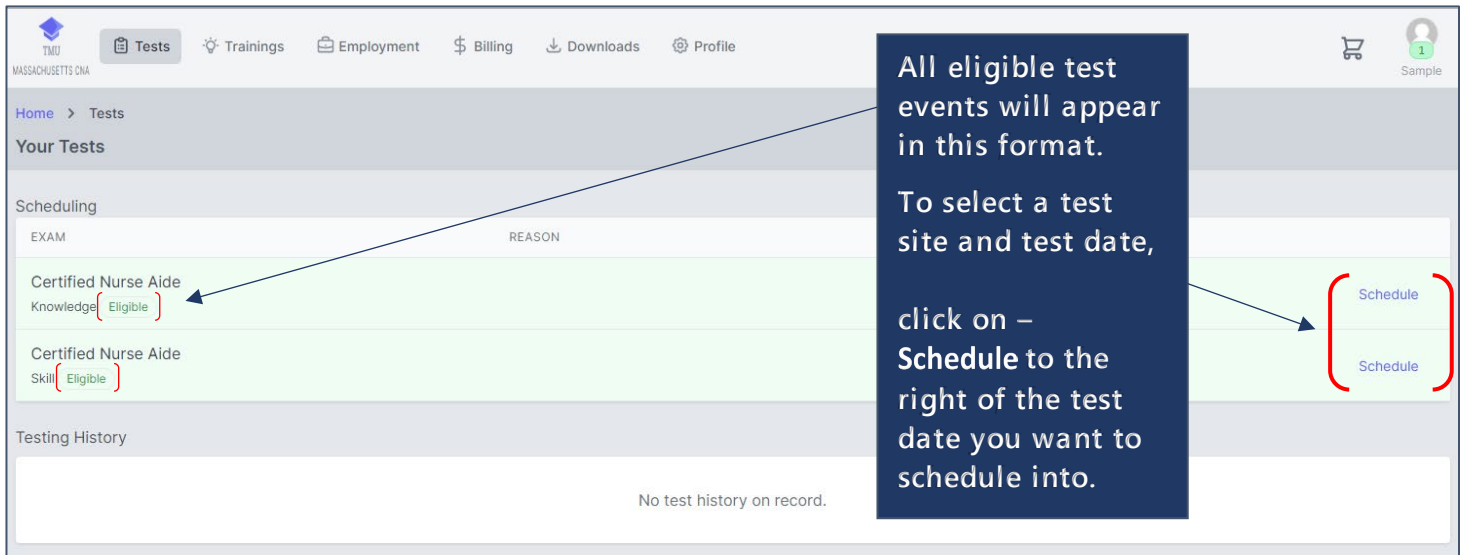
Submit Payment

Once your testing fees are paid, you can choose a test site and date. Follow the instructions in the next section to schedule or reschedule a test event.

Schedule / Reschedule a Test Event



Click on –
Testing
-or-
Click on the
Tests tab at the
top of the
page.



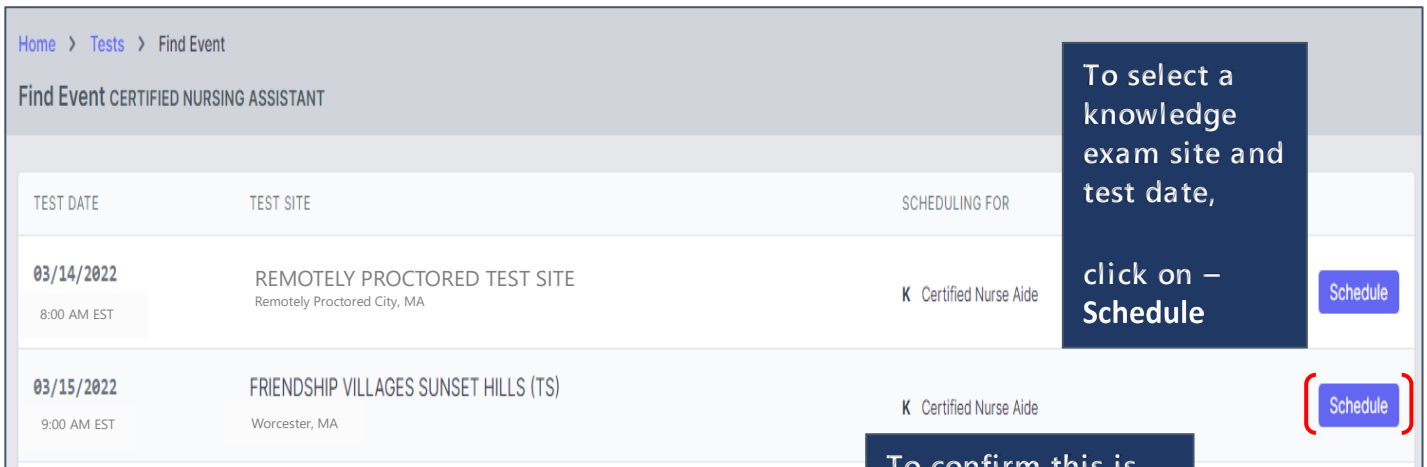
All eligible test events will appear in this format.

To select a test site and test date, click on –
Schedule to the right of the test date you want to schedule into.

EXAM	REASON
Certified Nurse Aide Knowledge (Eligible)	
Certified Nurse Aide Skill (Eligible)	

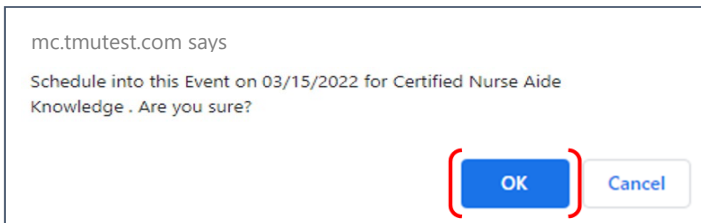
Testing History

No test history on record.



To select a knowledge exam site and test date, click on –
Schedule

TEST DATE	TEST SITE	SCHEDULING FOR
03/14/2022 8:00 AM EST	REMOTELY PROCTORED TEST SITE Remotely Proctored City, MA	K Certified Nurse Aide
03/15/2022 9:00 AM EST	FRIENDSHIP VILLAGES SUNSET HILLS (TS) Worcester, MA	K Certified Nurse Aide



mc.tmutest.com says

Schedule into this Event on 03/15/2022 for Certified Nurse Aide Knowledge . Are you sure?

OK Cancel

To confirm this is the site and date you want to schedule into, click on –
OK



Home > Tests > Find Event

Find Event CERTIFIED NURSING ASSISTANT

TEST DATE	TEST SITE	SCHEDULING FOR
03/14/2022 11:50 AM EST	ST. FRANCOIS MANOR (TS) Boston, MA	S Certified Nurse Aide
03/15/2022 10:30 AM EST	ST. FRANCOIS MANOR (TS) Boston, MA	S Certified Nurse Aide
03/15/2022 9:00 AM EST	FRIENDSHIP VILLAGES SUNSET HILLS (TS) Worcester, MA	S Certified Nurse Aide

To select a Skills test site and test date,

click on – Schedule

Schedule

Schedule

Schedule

mc.tmutest.com says

Schedule into this Event on 03/15/2022 for Certified Nurse Aide Skill .
Are you sure?

OK

Cancel

To confirm this is the site and date you want to schedule into, click on – OK

Home > Tests

Your Tests



Student CANDIDATE, SAMPLE scheduled into Skill for Certified Nurse Aide.
Student CANDIDATE, SAMPLE scheduled into Knowledge for Certified Nurse Aide.

Scheduling

EXAM	REASON
Certified Nurse Aide Knowledge Not Eligible	Already Scheduled
Certified Nurse Aide Skill Not Eligible	Already Scheduled

Testing History

TEST DATE	EXAM	TEST SITE	STATUS	
03/15/2022 12:00 PM EST	Certified Nurse Aide Knowledge	Practice Test Site Worcester, MA	Scheduled	Test Confirmation Page Get Map
03/15/2022 12:00 PM EST	Certified Nurse Aide Skill	Practice Test Site Worcester, MA	Scheduled	Test Confirmation Page Get Map

This screen confirms you are scheduled into a test date to take your knowledge and/or skills exam.

Your status shows Scheduled and a note at the top of your screen also shows you are scheduled.

Click on- Test Confirmation Page to see your test confirmation with important reminders for testing.

Many training programs host and pre-schedule in-facility test dates for their graduating students. Your program/instructor will inform you if this is the case. Before scheduling a test, verify with your instructor if the training program has already scheduled and/or prepaid for your test. Regional test seats are open to all candidates. Regional test dates are posted on the Massachusetts CNA TMU© site at mc.tmutest.com.

If you have any questions regarding your test scheduling, call D&SDT-HEADMASTER at (888)401-0462 during regular business hours, 8:00AM to 8:00PM ET, Monday through Friday, excluding holidays.

Test Confirmation Letter

Your test confirmation letter will provide important information regarding where you are scheduled to test (date, time, and address). It can be accessed at any time.

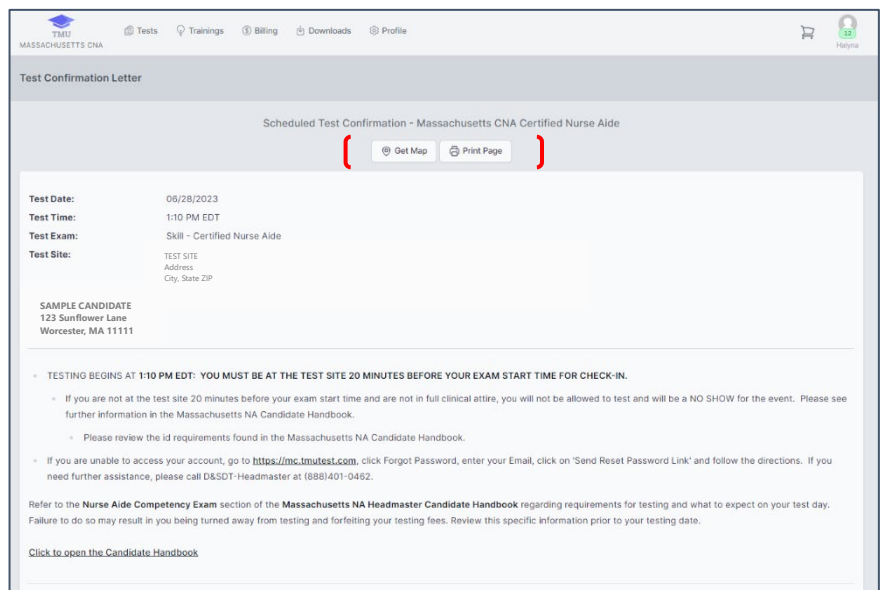
The body of the test confirmation letter will refer you to the candidate handbook that will give you state-specific instructions on what time to arrive, ID requirements, dress code, etc.

Note: Failure to read the candidate handbook could result in a no-show status for your test event if you do not adhere to the testing policies, etc.

It is important you read this letter!

Click on-
Print Page
to print your confirmation letter.

Click on-
Get Map
to get Google Maps directions to the test site.



TMU
MASSACHUSETTS CNA

Tests Trainings Billing Downloads Profile

Test Confirmation Letter

Scheduled Test Confirmation - Massachusetts CNA Certified Nurse Aide

[Get Map Print Page]

Test Date:	06/28/2023
Test Time:	1:10 PM EDT
Test Exam:	Skill - Certified Nurse Aide
Test Site:	TEST SITE Address City, State ZIP

SAMPLE CANDIDATE
123 Sunflower Lane
Worcester, MA 01111

- TESTING BEGINS AT 1:10 PM EDT: YOU MUST BE AT THE TEST SITE 20 MINUTES BEFORE YOUR EXAM START TIME FOR CHECK-IN.
- If you are not at the test site 20 minutes before your exam start time and are not in full clinical attire, you will not be allowed to test and will be a NO SHOW for the event. Please see further information in the Massachusetts NA Candidate Handbook.
- Please review the id requirements found in the Massachusetts NA Candidate Handbook.
- If you are unable to access your account, go to <https://mc.tmutest.com>, click Forgot Password, enter your Email, click on 'Send Reset Password Link' and follow the directions. If you need further assistance, please call D&SDT-Headmaster at (888)401-0462.

Refer to the **Nurse Aide Competency Exam** section of the **Massachusetts NA Headmaster Candidate Handbook** regarding requirements for testing and what to expect on your test day. Failure to do so may result in you being turned away from testing and forfeiting your testing fees. Review this specific information prior to your testing date.

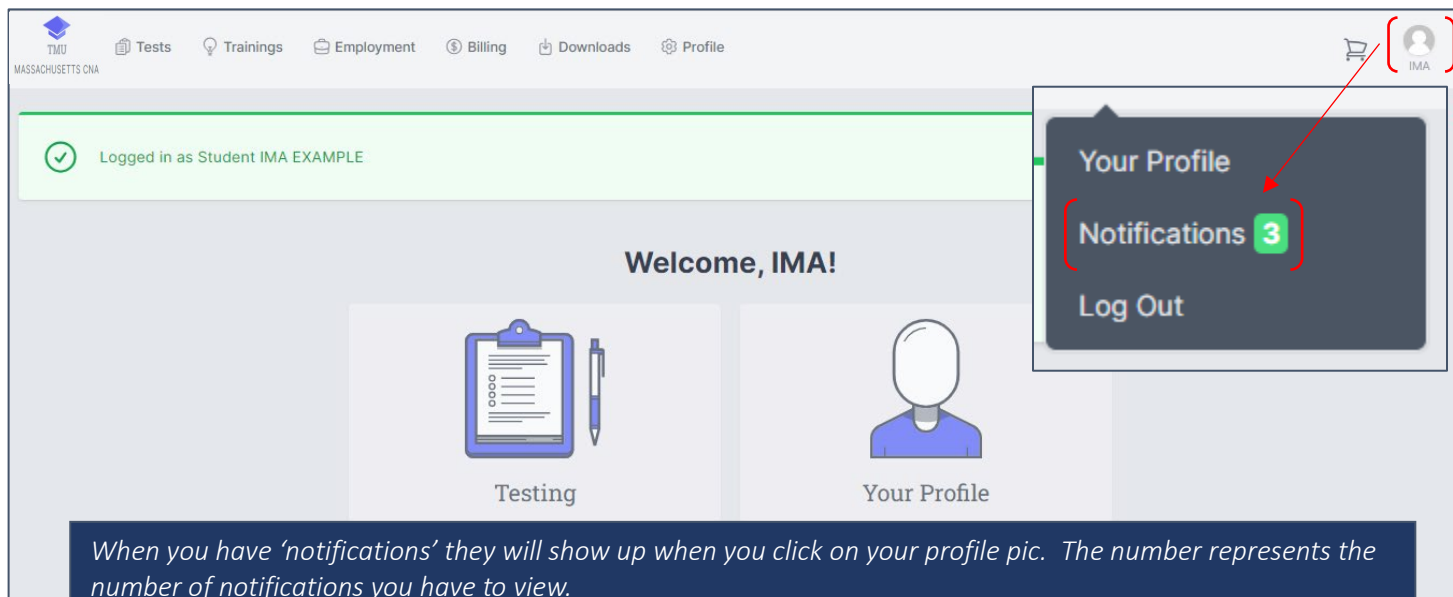
[Click to open the Candidate Handbook](#)

Please see the **'Remotely Proctored Knowledge Exam Option'** under the Knowledge/Audio Exam section if you are interested in taking your knowledge exam with a remote proctor from your home, etc.

Note: Candidates who self-schedule online, or those scheduled by their training programs, will receive their test confirmation at the time they are scheduled.

Check/View your TMU@ Notifications

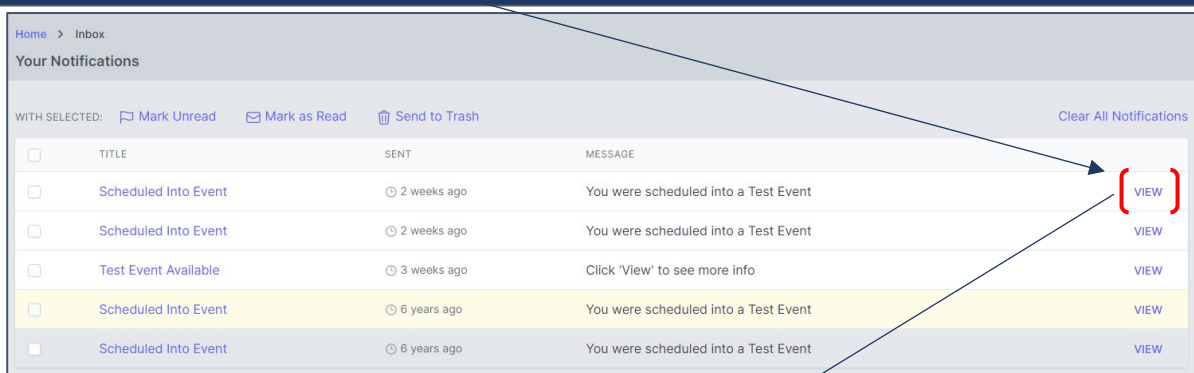
Remember to check your 'notifications' in your TMU@ account for important notices regarding your selected test events and other information. See the screenshots that follow:



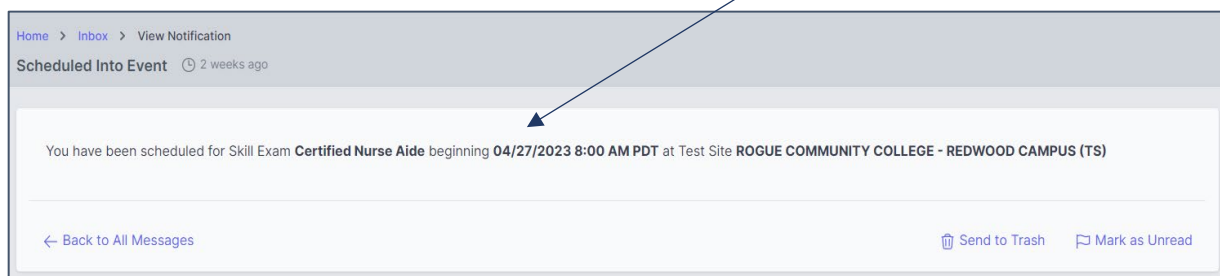
Click on-
Your Profile Pic to open your profile and notifications.

Click on-
Notifications to view all of your notifications.

Click on-
VIEW to open each of your notifications.



Notification example:



Time Frame for Testing from Training Program Completion

Training does not expire. If you fail the knowledge component four (4) times or the skills component three (3) times, you must complete another Massachusetts Department of Public Health (DPH) approved training program to be eligible to schedule testing.

Many training programs host and pre-schedule in-facility test dates for their graduating students. Your program/instructor will inform you if this is the case. Before scheduling a test, verify with your instructor if the training program has already scheduled your test. Regional test seats are open to all candidates. Regional test dates are posted on the Massachusetts CNA TMU© site at mc.tmutest.com.

Exam Check-In

You must arrive at your confirmed test site 20 minutes before your exam is scheduled to start.

- Testing **begins** promptly at the start time noted.
- You need to make sure you are at the event **20 minutes before** the start time to allow time to get checked in with the RN Test Observer.
 - *For example*, if your test starts at 8:00AM, you must be at the test site for check-in by 7:40AM.

If you are not present at the test site 20 minutes before your test start time, you will not be admitted to the exam, you will be considered a NO-SHOW status, and any exam fees paid *will NOT be refunded*.

If you are scheduled for a remotely proctored knowledge exam, please see procedures/policies under '**Remotely Proctored Knowledge Exam Option**' in the Knowledge/Audio Exam section.

Testing Attire

You must be in **full clinical attire for all in-person test events** (*not required for remotely proctored knowledge testing*), which consist of:

- Clinical attire (scrubs [top and bottom]- as you would on the job) and closed-toed shoes.
 - *Scrubs and shoes can be any color/design.*
- It is recommended that long hair be pulled back.

Other testing attire requirements:

- You may bring a standard watch with a second hand.
- No smartwatches, fitness monitors, or Bluetooth-connected devices are allowed.

Note: You will not be admitted for testing if you are not wearing scrubs attire and the appropriate shoes. You will be considered a NO-SHOW status. You will forfeit your testing fees and must pay for another exam date.

Identification

You must bring your **United States (US) government-issued, non-expired, *signature-bearing photo identification**.

Only original ID cards are accepted. Photocopies, images, faxes, emails, screenshots, and electronic or digitally stored forms of identification (for example, Apple or Google Wallet) ***will not be accepted***.

Examples of the forms of signed, non-expired photo IDs that are acceptable are:

- **State** (*non-expired from any state is acceptable*) **or other United States government-issued Driver's License**
 - You may use the original letter with photo, expiration date, and signature issued from the Department of Motor Vehicles (DMV) that you receive when you apply for or renew your driver's license while waiting to receive your new license.
- **State-issued Identification Card** (*non-expired from any state is acceptable*)
- **Signed US Passport (Foreign Passports and Passport Cards are not acceptable)**
 - Exception: A signed foreign passport with a US VISA attached is acceptable (the VISA does not have a signature).
- **Permanent Resident Card (Green Card or Alien Registration Card)/Employment Authorization Card issued by the U.S. Citizenship and Immigration Services (USCIS)** (*now accepted without a signature or fingerprint IF ISSUED from January 30, 2023, to present day. If issued before January 1, 2023, may contain a fingerprint in place of a signature*)
- **Tribal Identification Card** (*a signed photo ID with an expiration date (not expired) issued by a federally recognized Tribal Nation/Indian Tribe*)
- **US Military Identification Card** (*accepted without a signature or fingerprint, but will have a bar code or may contain a fingerprint in place of a signature*)

EXCEPTION FOR HIGH SCHOOL STUDENTS ONLY: If you do not have a current, official US (United States of America) Government-issued photo-bearing identification card, you must provide your current year high school identification card with a photo and a secondary form of identification as listed below. *Approved secondary forms of identification for high school students only:*

- Social Security card – hard copy
- Birth certificate - certified
- Credit/Debit Card - signed and not expired
- Health Insurance card
- Hunting License

The **FIRST** and **LAST** names listed on your ID presented to the RN Test Observer during check-in at your test event **MUST MATCH THE FIRST AND LAST NAMES** entered in the Massachusetts CNA TMU© database by your training program. You may call D&SDT-HEADMASTER at (888)401-0462 during regular business hours, 8:00AM to 8:00PM ET, Monday through Friday, excluding holidays, to confirm that your name of record matches your acceptable ID, or sign in to your TMU© account mc.tmutest.com using your Email or Username and Password, to check or change your demographic information. See more information under '**Demographic Updates / Changes / Corrections**'.

Note:

- **You will not be admitted for testing if you do not bring proper/valid identification.**
 - Be sure your US government-issued, *signed, non-expired photo-bearing form of identification is not expired and is signed.
 - Check to ensure that the FIRST and LAST printed names on your form of identification match your current name of record in your TMU© account.
 - A driver's license or state-issued ID card with a hole punched in it is NOT VALID and will not be accepted as an acceptable form of ID.
- In the cases where names do not match or your IDs are not proper/valid or have a hole punched in them, this is considered a NO-SHOW STATUS, and you will have to reschedule and pay for another test and date.

You will be required to re-present your photo ID when you enter the knowledge test room and the skills lab (if testing on-site). Please keep your photo ID with you throughout the exam day.

Demographic Updates / Changes / Corrections

The name on your US government-issued identification must match the name entered in the Massachusetts TMU©. If your legal name has changed, or you have an address change or date of birth correction, please complete the [**DEMOGRAPHIC CHANGE/CORRECTION REQUEST FORM**](#) and upload your name change documentation (official name change documentation such as a marriage certification, divorce decree, or other legal State document that shows the name change, **along with** your ID or driver's license with your updated name on it). The form is under 'APPLICATIONS' on the Massachusetts CNA TMU© main web page (before you log in to your account), or click on this link: <https://mc.tmutest.com/apply/6>.

Instructions for the Knowledge Exam, Remotely Proctored Knowledge Exam, and Skill Test

Test instructions for the knowledge and skills exams will be provided in written format in the waiting area when you check in for your test. If you are taking a remotely proctored knowledge exam, the Remotely Proctored Knowledge Exam Instructions can be found in your TMU© account under the Downloads tab (**see paragraph below*).

These instructions detail the process and what you can expect during your exam. Please read the instructions **before** taking the knowledge exam or skills test. The instructions will be left in the waiting area during testing for you to refer to throughout your time at the test site. The RN Test Observer and Knowledge Test Proctor will ask questions about the instructions you read when entering the testing rooms.

The **Knowledge, Remotely Proctored Knowledge, and Skill Exam Instructions** are also available under the 'DOWNLOADS' tab in your TMU© account. *Refer to the '**Access the Candidate Handbook and Testing Instructions**' section of this handbook for instructions.

Testing Policies

The following policies are observed at each test site:

- Make sure you have signed in to your TMU© account at mc.tmutest.com **well before** your test date to update your password and complete your demographic information. Refer to this handbook's '**Complete Your TMU© Account**' section for instructions and information.
 - **If you have not signed in and completed/updated your TMU© account when you arrive for your test, you may not be admitted to the exam, and any exam fees paid will NOT be refunded.**
- In the worst-case scenario, plan to be at the test site for up to five (5) hours (if taking both components on-site).
- **You must arrive at your confirmed test site 20 minutes before your exam is scheduled to start.** (*For example: if your test start time is 8:00AM – you must be at the test site at 7:40AM.*) **If you are not present at the test site 20 minutes before your test start time, you will not be admitted to the exam, you will be considered a NO SHOW, and any exam fees paid will NOT be refunded.**
 - If you are scheduled into a remotely proctored knowledge exam, please see procedures/policies under '**Remotely Proctored Knowledge Exam Option**' in the Knowledge/Audio Exam section.
- If you do not bring valid and appropriate ID (US government-issued, non-expired, *signed photo ID, you will not be admitted to the exam, and any exam fees paid *will NOT be refunded*.

- If the **FIRST** and **LAST** names listed on your ID presented to the RN Test Observer during check-in at your test event **DO NOT MATCH** the FIRST and LAST names that were entered in the Massachusetts Nurse Aide TMU© database, you will not be admitted to the exam and any exam fees paid *will NOT be refunded*.
- If you do not wear full clinical attire and shoes with long hair pulled back and conform to all testing policies for both the knowledge and skills portion of the exam, you will not be admitted to the exam, considered a No-Show status and any exam fees paid *will NOT be refunded*.
- If you do not show up for your exam day, or are considered a NO-SHOW STATUS (*see details in this handbook's 'No-Show Status' section*) for any reason, any test fees paid will NOT be refunded. You must repay your testing fees online in your TMU© account using your Email or Username and Password to schedule another exam date.
- **ELECTRONIC DEVICES AND PERSONAL ITEMS:** Cell phones, smartwatches, fitness monitors, electronic recording devices, Bluetooth-connected devices, and personal items (such as water bottles, purses, briefcases, large bags, study materials, extra books, or papers) are not permitted to be on or near you in either testing room. The testing team will inform you of the designated area to place your personal items and electronic devices, and you will collect these items when you complete your test(s).
 - All electronic devices must be **turned off**, including smartwatches, fitness monitors, and Bluetooth-connected devices, which must be removed from your wrist or body.
 - If you are scheduled into a remotely proctored knowledge exam, please see procedures/policies under '**Remotely Proctored Knowledge Exam Option**' in the Knowledge/Audio Exam section.
- Anyone caught using any electronic recording device during either component (knowledge or skills) of the exam will be dismissed from the exam and testing room(s), your test will be scored as a failed attempt, you will forfeit all testing fees, and you will be reported to your training program and the Massachusetts Department of Public Health (DPH). You may, however, use personal devices during your free time in the waiting area.
- If you are discovered causing a disturbance of any kind, engaging in any misconduct, are visibly impaired, or trying to take any notes or testing materials from the testing room, you will be dismissed from the exam, your test will be scored as a failed attempt, you will forfeit all testing fees paid, and you will be reported to your training program and the Massachusetts Department of Public Health (DPH).
- You may not remove any notes or other materials from the testing room.
- You are not allowed to leave the testing room (knowledge test room or skills lab) once the exam has begun **for any reason**. If you do leave during your test event, you will not be allowed back into the testing room to finish your exam.
- You are prohibited from eating, drinking, or smoking (e-cigarettes or vaping) during the exam.
- You may use personal devices during your free time in the waiting area.
- You are encouraged to bring a jacket, snack, drink, or study material during your free time in the waiting area.
- No visitors, guests, pets (including companion animals), or children are allowed.
 - *Service animals with an approved ADA accommodation in place are allowed.*

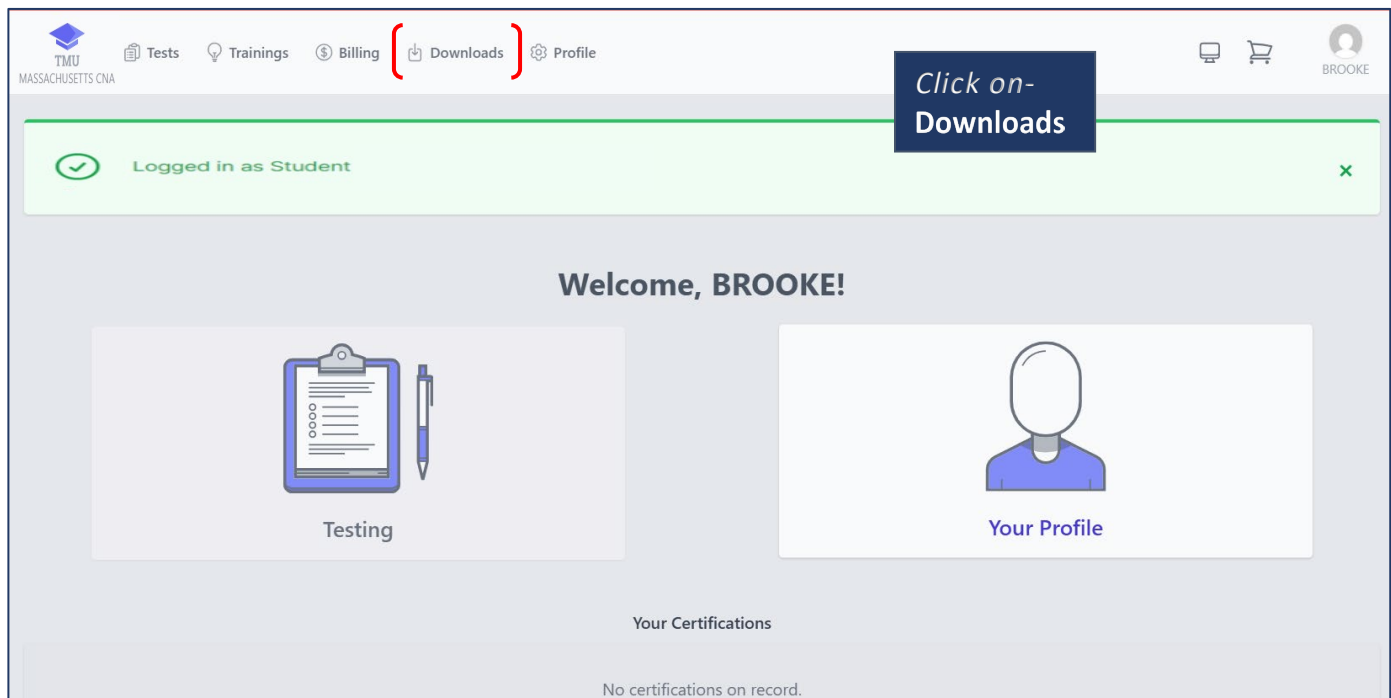
- **TRANSLATION DICTIONARIES:** Published foreign word-for-word translation dictionaries **are allowed**. Dictionaries with definitions or handwriting/notes will not be allowed. You must show your published word-for-word translation dictionary to the test observer/proctor during check-in (on-site or remotely proctored) at your test event. **Using a translator, language translators that are not pre-approved, and electronic dictionaries are not allowed.**
- **You may not test if you are ill (sick).** Call D&SDT-HEADMASTER at (800)393-8664 immediately to reschedule (see the **note** below).
 - **You may not test** if you have any physical limitation (excluding pre-arranged ADAs) that would prevent you from performing your duties as a nurse aide. (Examples: cast, arm/leg braces, crutches, etc.). Call D&SDT-HEADMASTER at (888)401-0462 immediately to reschedule if you are on doctor's orders (see the **note** below).

NOTE: Please see this handbook's '**Rescheduling Policy**' and '**No-Show Exceptions**' sections.

→ Reschedules will not be granted less than one (1) full business day before a scheduled test date.

- Test sites, RN Test Observers, Knowledge Test Proctors, and Actors are not responsible for the candidate's personal belongings at the test site.
- ***Please review this Massachusetts CNA Candidate Handbook before your test day for any testing and/or policy updates.***
- The Candidate Handbook can also be accessed within your TMU© account under your 'Downloads' tab.

Access the Candidate Handbook and Testing Instructions



[Home](#) > [Downloads](#)

Downloads

Click on-
Download
to open the
Massachusetts NA
Candidate Handbook.

The Testing
Instructions are also
available here.

<p>REMOTELY PROCTORED KNOWLEDGE EXAM INSTRUCTIONS</p> <p>If you are scheduled for a Remotely Proctored Knowledge Exam, please read these instructions before your test event. Also, refer to the "Remotely Proctored Knowledge Exam Option" in the Candidate Handbook for other important information.</p>	DOWNLOAD
<p>Massachusetts Nurse Aide Candidate Handbook</p>	DOWNLOAD
<p>KNOWLEDGE EXAM INSTRUCTIONS</p> <p>Please read these instructions before taking your in-person Knowledge Exam.</p>	DOWNLOAD
<p>SKILL TEST INSTRUCTIONS</p> <p>Please read these instructions before taking your Skills Test.</p>	DOWNLOAD

Security

If you refuse to follow directions, are caught cheating, use abusive language, are visibly impaired, or disrupt the examination environment, your test will be stopped and scored as a failed attempt. You will be dismissed from the testing room and forfeit any testing fees paid. A report of your behavior will be given to your training program and the Massachusetts Department of Public Health (DPH). You will not be allowed to retest for a minimum period of six (6) months.

If you remove or try to remove test material or take notes or information from the test site, you will be reported to your training program and DPH and are subject to prosecution to the full extent of the law. Your test will be scored as a failed attempt, and you will forfeit any testing fees that have been paid. You will not be allowed to retest for a minimum period of six (6) months. You may need to obtain permission from DPH to be eligible to test again.

If you give or receive help from anyone during testing (which also includes the use of any electronic recording devices such as cell phones, smart watches, or navigating to other browsers/sites during an electronic exam, etc.), your test will be stopped, you will be dismissed from the testing room and your test will be scored as a failed attempt. You will forfeit any testing fees paid. You will be reported to your training program and DPH and you may need to obtain permission from DPH to be eligible to test again.

Rescheduling Policy

All candidates may reschedule for a new test date up until one (1) business day preceding the scheduled test day, excluding Saturdays, Sundays, and holidays.

If you must reschedule your exam date, please do so as soon as possible. You may reschedule an exam date by signing in to your TMU© account at mc.tmutest.com using your Email or Username and Password. (See instructions under **'Schedule / Reschedule a Test Event'**.)

- ❖ **Example:** If you are scheduled to take your exam on a Friday, you would need to reschedule by the close of business on Wednesday before your scheduled exam. D&SDT-HEADMASTER's regular business hours are 8:00AM to 8:00PM ET, Monday through Friday, excluding holidays.

The scheduled test date is on a:	Reschedule before 8:00PM ET the previous:
Monday	The previous Thursday
Tuesday	The previous Friday
Wednesday	The previous Monday
Thursday	The previous Tuesday
Friday	The previous Wednesday
Saturday	The previous Thursday
Sunday	The previous Thursday

Note: Reschedules will not be granted less than one full business day before a scheduled test date.

Refund of Testing Fees Paid

Requesting a refund of testing fees paid is different than rescheduling a test date. Requesting a refund means that you are not interested in taking the Massachusetts nurse aide certification exam at all.

Scheduled in a Test Event

- If you are scheduled for a test event, you must request a refund of the testing fees paid by filling out and submitting the [Refund Request Form](#) on D&SDT-HEADMASTER's main webpage at www.hdmaster.com at least one (1) full business day before your scheduled test event (excluding Saturdays, Sundays, and holidays). No phone calls will be accepted.
 - Example:** If you are scheduled to take your exam on a Saturday, Sunday, or Monday, you would need to request a refund by the close of business the Thursday before your scheduled exam. D&SDT-HEADMASTER is open until 8:00PM Eastern time, Monday through Friday, excluding holidays.
- Refund requests made in the required time frame qualify for a full refund of any testing fees paid minus a \$35 refund processing fee.
- Refund requests must be made within thirty (30) days of paying testing fees with D&SDT. Requests for refunds made after 30 days *will not be issued*.

Not Scheduled in a Test Event

- Refund requests must be made within thirty (30) days of paying testing fees with D&SDT. Requests for refunds made after 30 days *will not be issued*.
- To request a refund of testing fees paid, you must fill out and submit the [Refund Request Form](#) on D&SDT-HEADMASTER's main webpage at www.hdmaster.com. No phone calls will be accepted.
- Refund requests made in the required time frame qualify for a full refund of any testing fees paid minus a \$35 refund processing fee.

Unforeseen Circumstances Policy

If an exam date is canceled due to an unforeseen circumstance, D&SDT-HEADMASTER staff will make every effort to contact you using the contact information (email, text message, phone call) we have on file in your TMU© account to reschedule you for no charge to a mutually agreed-upon new test date. Therefore, you must keep your contact information current in case we need to contact you. (**See examples below for reasons we may not be able to contact you for which you are responsible.*)

If D&SDT-HEADMASTER is unable to reach you via phone or email with the information in your TMU© account (*see examples below) due to inclement weather or an unforeseen circumstance for a test event you are scheduled for, you will be removed from the test event, and D&SDT-HEADMASTER will not reschedule you until we hear back from you.

NOTE: The *examples listed below are your responsibility to check and/or keep updated.

- If D&SDT-HEADMASTER leaves you a message or emails you at the phone number or email in your TMU© account and:
 - you do not call us back in a timely manner
 - your phone number is disconnected/your voice mailbox is full
 - you do not check your messages in a timely manner
 - you do not check your email or reply to our email in a timely manner
 - your email is invalid, or you are unable to access your email for any reason

See more information under **'No-Show Exceptions'**.

No-Show Status

If you are scheduled for your exam and do not show up without notifying D&SDT-HEADMASTER at least one (1) full business day before your scheduled testing event, **excluding** Saturdays, Sundays, and holidays, OR if you are turned away for lack of proper identification, not arriving at the test site 20 minutes before the test start time, or any other reason to deem you ineligible to test, you will be considered a **NO-SHOW STATUS**. You will forfeit all fees paid and must sign in to your TMU© account to repay or submit a new testing fee to schedule yourself into a new test event.

These fees partially offset D&SDT-HEADMASTER's costs incurred for services requested and resulting work that is performed. If a reschedule or refund request is not done or received before the one (1) full business day preceding a scheduled test event, excluding Saturdays, Sundays, and holidays (see examples under **'Rescheduling Policy'** and **'Refund of Testing Fees Paid'**), a NO-SHOW status will exist. You will forfeit your testing fees and must repay the full testing fee to secure a new test event.

No-Show Exceptions

Exceptions to the No-Show status exist; if you are a No-Show for any test component for any of the following reasons, a free reschedule will be authorized to the remitter of record, providing **the required documentation is received within the appropriate time frames outlined below:**

- **Car breakdown or accident:** D&SDT-HEADMASTER must be contacted within one business day via phone call, fax, or email. A tow bill, police report, or other appropriate documentation showing your name and the provider of service name must be submitted within **three (3) business days** of the exam date. If we do not receive proof within three business days, you will have to pay as though you were a no-show.

- **Weather or road condition-related issue:** D&SDT-HEADMASTER must be contacted within one business day via phone call, fax, or email. A road report, weather report, or other appropriate documentation must be submitted within **three (3) business days** of the exam date. If we do not receive proof within three business days, you will have to pay as though you were a no-show.
- **Medical emergency or illness:** D&SDT-HEADMASTER must be contacted within one business day via phone, fax, or email. A doctor's note showing your name and the provider of service name (or be on the provider's letterhead) must be submitted within **three (3) business days** of the missed exam date. If we do not receive proof within three business days, you will have to pay as though you were a no-show.
- **Death in the family:** D&SDT-HEADMASTER must be contacted within one business day via phone call, fax, or email. An obituary showing your name and the provider of service name for immediate family must be submitted within **seven (7) business days** from a missed exam date. If we do not receive proof within seven business days, you will have to pay as though you were a no-show. (Immediate family includes the parent, grand and great-grandparent, sibling, children, spouse, or significant other.)
- **Remotely proctored testing issues:** D&SDT-HEADMASTER must be contacted within one business day via phone, fax, or email. Appropriate documentation showing your name and the provider of service name must be submitted within **three (3) business days** of the exam date. If we do not receive proof within three business days, you will have to pay as though you were a no-show.
 - **Internet outage or issue:** Documentation showing your name and the provider of service name from the Internet provider showing outage date and times.
 - **Computer or cell phone issue:** If the computer or cell phone fails to work for any reason, documentation showing your name and the provider of service name from a computer repair technician/shop or other appropriate documentation.

Candidate Feedback – Exit Survey

Candidates are provided the opportunity to complete an exit survey via a link when checking their test results in their TMU© account. The survey is confidential and will not affect the outcome of any test. You are encouraged to complete the survey questions with honest feedback regarding the examination process to help improve the testing process.

Test Results

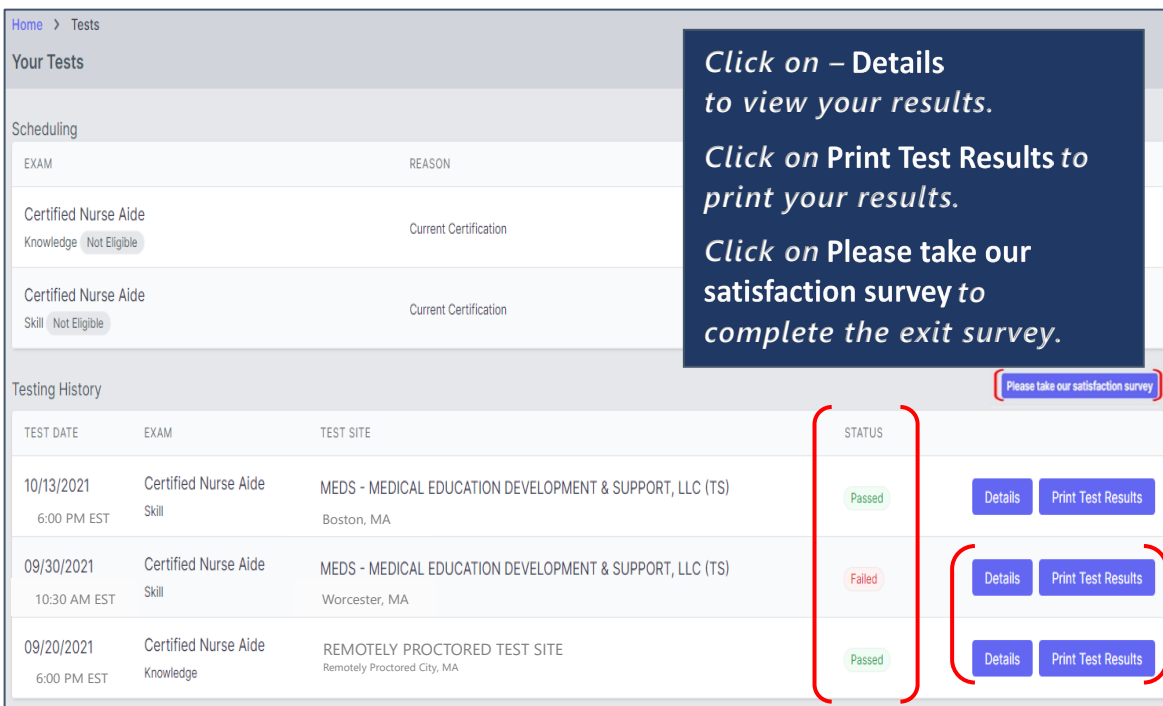
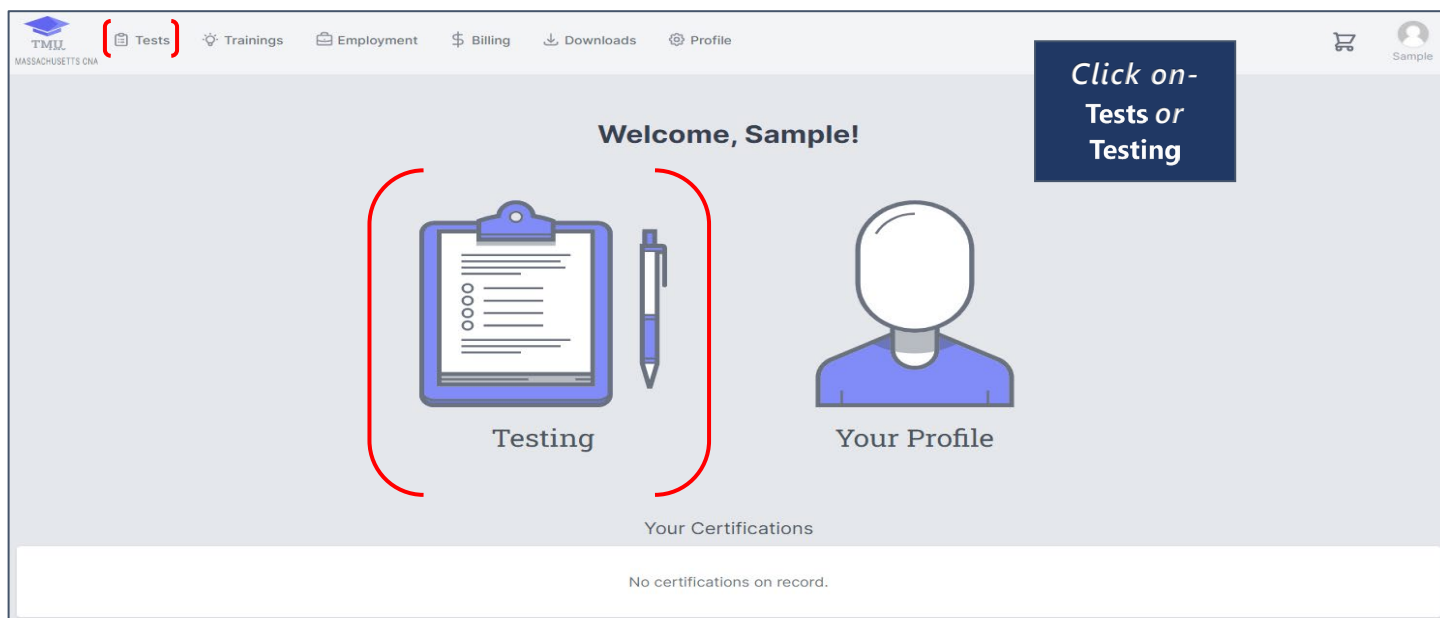
After you have completed both the Knowledge and Skill Test components of the competency exam, your test results will be officially scored and double-checked by D&SDT-HEADMASTER scoring teams. Official test results will be available by signing in to your TMU© account **after 8:00PM (ET) the business day after your test event**. D&SDT-HEADMASTER cannot release test results over the phone.

When you pass your exam, you may be certified and listed on the Massachusetts Nurse Aide Registry **ONLY AFTER you have met all Massachusetts Department of Public Health (DPH) requirements**. One of those requirements includes passing the Massachusetts nurse aide examination's knowledge and skill test components.

Note: *D&SDT-HEADMASTER does not send postal mail test results letters.*

Accessing your Test Results in your TMU© Account

Sign in to your TMU© account at mc.tmutest.com to view your test results. (Refer to the screenshots that follow.)



Skill Test Results Example:

← Back
Print

HEADMASTER, LLP
 P.O. BOX 6609, HELENA, MT 59604-6609
 800-393-8664 — FAX: 406-442-3357 WWW.HDMASTER.COM
Massachusetts Certified Nurse Aide Exam Results Report

IMPORTANT TEST RESULTS
 TEST DATE: Thursday, September 30, 2021

Dear Makayla,

You have **failed** the skill portion of the Certified Nurse Aide exam.
80% or better on each skill task without missing any **Key Steps** to pass the skills test.

Any weaknesses indicated in your test results are listed below:

Skill Exam Incomplete Steps

Pivot-Transfer Resident from Bed to Wheelchair using a Gait Belt
 Properly places gait belt around residen...

Manual Skill Task(s) Failed: Pivot-Transfer Resident from Bed to Wheelchair using a Gait Belt

Knowledge Exam Results Example:

← Back
Print

HEADMASTER, LLP
 P.O. BOX 6609, HELENA, MT 59604-6609
 800-393-8664 — FAX: 406-442-3357 WWW.HDMASTER.COM
Massachusetts Certified Nurse Aide Exam Results Report

IMPORTANT TEST RESULTS
 TEST DATE: Monday, September 20, 2021

Dear Makayla,

You have **passed** the knowledge portion of the Certified Nurse Aide exam.
 Your overall knowledge test score is 78.67%.

Any weaknesses indicated in your test results are listed below:

Knowledge Exam Results By Subject Area

Safety	88%
Communication	80%
Infection Control	56%
Client Rights	100%
Data Collection	100%
Basic Nursing Skills	73%
Role / Responsibility	86%
Disease Process	80%
Mental Health	100%
Personal Care	63%
Care Impaired	67%
Aging Process and Restorative Care	80%

Vocabulary words to study: pressure ulcer, perineal care, incontinence, tendons, decubitus ulcer, deeper tissue, infection control, infection control, fire safety, medications, elderly, fraud, catheter, shaving, transporting food, dehydration, isolation precautions, disease process, anti-embolitic stocking

Test Attempts

You have **four (4) attempts** to pass the knowledge portion and **three (3) attempts** to pass the skill test portion of the exam. If you fail four attempts on the knowledge component or three attempts on the skills component, you must complete a new Massachusetts Department of Public Health (DPH) approved training program to become eligible to further attempt Massachusetts CNA examinations.

NOTE: Federal and State regulations allow healthcare facilities to employ students for up to 120 days from the day employment and training is offered in an approved facility-based nurse aide training and competency evaluation program. However, if you fail four (4) attempts on the knowledge portion or three (3) attempts on the skills portion of the state competency exam, the facility is no longer allowed to employ you to perform nurse aide duties.

Retaking the Nurse Aide Exam

If you fail the knowledge and/or skill portion of the examination, when you want to apply for a retest, you will need to repay the portion you failed before you can schedule a new exam date.

You can schedule a test or re-test online by signing in to your TMU© account with your Email or Username and Password at mc.tmutest.com. (See instructions with screen shots under '**Schedule / Reschedule a Test Event**'.) You will need to pay with a Visa or MasterCard credit/debit card before you can schedule.

If you need assistance scheduling your re-test, please call D&SDT-HEADMASTER at (888)401-0462 during regular business hours, 8:00AM to 8:00PM ET, Monday through Friday, excluding holidays. We can assist you in scheduling a test or re-test date as long as your fees have been paid first.

Test Review Requests

You may request a review of your test results or dispute any other testing condition. The purpose of this review process is to ensure fairness and accuracy in the evaluation of your test.

***PLEASE READ BEFORE FILLING OUT THE TEST REVIEW REQUEST:** Please call D&SDT-HEADMASTER at (888)401-0462 during regular business hours, Monday through Friday, 8:00AM to 8:00PM ET, excluding Saturdays, Sundays, and holidays, and discuss the test outcome you are questioning before committing to sending the \$25 test review request deposit fee. Once you have further details about the scoring of your test, you will often understand the scoring process and learn how to better prepare yourself for subsequent exam attempts. If, after discussion with D&SDT-HEADMASTER staff, you still have a concern with your testing process that affected the outcome of your exam, you may submit a Test Review Request.

There is a \$25 non-refundable test review deposit fee. To request a review, complete the [Test Review Request and Payment Application](#), available on the Massachusetts CNA TMU© main page (before you log in to your account) at mc.tmutest.com. Test Review Requests must be received **within three (3) business days** from the official scoring of your test (excluding Saturdays, Sundays, and holidays). Late requests will be denied and will not be considered.

Since one qualification for certification as a nurse aide in Massachusetts is demonstrated by examination of minimum nurse aide knowledge and skills, the likely outcome of your review will determine who pays for any re-tests granted. If, after investigation, the review finding is in your favor, you will be refunded the \$25 test review deposit. If the finding of the review is *not in your favor*, the \$25 test review deposit will stand, and the fee is non-refundable.

D&SDT-HEADMASTER will review your detailed recollection, your knowledge test markings, and any skill task measurements you recorded at the time of your test, in addition to reviewing markings, notations, and measurements recorded by the RN Test Observer at the time of your test. We will interview the RN Test Observer, Actor, or Knowledge Test Proctor about the facts detailed in your dispute documentation. D&SDT-HEADMASTER will re-check the scoring of your test and may contact you and/or the RN Test Observer, Actor and/or Knowledge Test Proctor, and other candidates who were on-site at your test event for any additional information about the test event.

D&SDT-HEADMASTER cannot review test results or reviews with the candidate's instructor/training program. After a candidate reaches the age of 18, D&SDT-HEADMASTER will only discuss test results or test reviews with the candidate. D&SDT-HEADMASTER will not review test results or reviews with family members or anyone else on behalf of the candidate once the candidate is 18. D&SDT-HEADMASTER will complete your review request within ten business days of receiving your timely review request and will email the review results to your email address and the Massachusetts Department of Public Health (DPH).

The Knowledge/Audio Exam

Knowledge Exam Content

The Knowledge Exam consists of 60 multiple-choice questions. Questions are selected from subject areas based on the Massachusetts Department of Public Health (DPH) approved Massachusetts test plan and include questions from all the required categories as defined in the federal regulations. The subject areas are as follows on the next page.

Subject Areas

SUBJECT AREA	NUMBER OF QUESTIONS	SUBJECT AREA	NUMBER OF QUESTIONS
Aging Process and Restorative Care	2	Infection Control	4
Basic Nursing Skills	8	Mental Health	4
Care Impaired	3	Personal Care	4
Communication	5	Resident Rights	6
Data Collection	2	Role and Responsibility	9
Disease Process	7	Safety	6

Knowledge Exam Information

You will be required to re-present your ID when you enter the knowledge test room and the skills lab for your skills exam. Please keep your ID with you throughout the exam day.

The Knowledge Test Proctor will hand out materials and give instructions for taking the Knowledge Exam. You will have **sixty (60) minutes** to complete the **60 multiple-choice question** Knowledge Exam. You will be told when fifteen (15) minutes remain. You may not ask questions about the content of the Knowledge Exam (such as "What does this question mean?").

You must have a score of 76% or better to pass the knowledge portion of the exam.

All test sites in Massachusetts utilize electronic TMU© testing using Internet-connected computers. The Knowledge test portion of your exam will be displayed on a computer screen for you to read and key/tap or click on your answers.

NOTE: You will need your TMU© Username or Email and Password to sign in to your knowledge exam. Please see the information under **‘Complete Your TMU© Account’** to sign in to your TMU© account.

- The Knowledge Test Proctor will provide you with a code at the test event to start your exam.

SCRATCH PAPER AND BASIC CALCULATOR:

If needed, you may do math calculations on the scratch paper provided by the KTP. If you need a calculator, please quietly alert the Knowledge Test Proctor; one will be provided.

- Any scratch paper and provided calculator must be left with the KTP when done testing.

FOREIGN LANGUAGE WORD-FOR-WORD TRANSLATION DICTIONARIES:

The knowledge and the audio version of the knowledge exam are in English.

- Foreign language word-for-word translation dictionaries **are allowed**.
 - You must show the RN Test Observer and KTP the dictionary during check-in.
 - *Translators, non-approved language translators, electronic dictionaries, or dictionaries that contain writing or definitions are not allowed.*

When you leave the testing room, you must leave all test materials in it. Anyone who takes or tries to take materials, notes, or information from the room is subject to prosecution and will be reported to the Massachusetts Department of Health (MDH).

Knowledge Exam Audio Version

An audio (oral) version of the knowledge test is available. However, you must request an Audio version of the Knowledge Exam before you submit your testing fee payment. There is an additional fee of \$10 (the total for the Audio version of the Knowledge Exam is \$40.00) for an Audio version of the Knowledge exam.

The questions are read neutrally to you and can be heard through wired headphones or earbuds plugged into the computer provided by the KTP (or you may bring your own, but they must be shown to the RN Test Proctor and KTP at check-in). Bluetooth-connected devices are not allowed. The audio control buttons will be displayed on the computer screen, enabling you to play, rewind, or pause questions as needed.

Select an Audio Version of the Knowledge Exam

To select the audio (oral) version of the knowledge exam, follow the instructions on the next page.

Under your **PROFILE**, check the **'Enable Audio Testing'** to receive an Audio version of the Knowledge Exam.

TMU MASSACHUSETTS CNA Tests Trainings Employment Billing Downloads Profile

Logged in as Student Reed

Welcome, Reed!

Testing Your Profile

Click on – Profile or Your Profile

Notifications ☒ RECEIVE TEXT MESSAGE NOTIFICATIONS (requires valid phone number)

Testing Preferences ☒ ENABLE AUDIO TESTING

Address * ADDRESS 3359 Queen City Ave CITY STATE ZIPCODE

Photo Choose File No file chosen

Timezone Your local timezone (optional) TIMEZONE Select a Timezone

Theme Choose which application theme you prefer Default

Save Changes

Remember to check the 'Enable Audio Testing' **BEFORE YOU SCHEDULE** your knowledge exam. Click on the box to the left of Enable Audio Testing to choose the Audio option of the knowledge exam. Then click Save Changes at the bottom of the screen to save.

Remotely Proctored Knowledge Exam Option

You can retake the knowledge exam with a remote proctor from your home, etc. If you have a previously approved ADA, please call D&SDT-HEADMASTER at (888)401-0462 **before** scheduling a remotely proctored retake to ensure your accommodations can be provided.

Remotely Proctored Knowledge Exam Candidate Requirements

Candidates must have:

- An updated version of Google Chrome as your Internet browser.
 - **TMU@ does not support Internet Explorer.**
- A reliable Internet (Wi-Fi) connection.

- A personal computer/tablet/laptop to log into TMU© to access the knowledge exam.
- **Your Email or Username and Password to take the remotely proctored TMU© Knowledge exam. The remote Proctor will give you a 'code' to start your test.**
- A smartphone to access the 'video conferencing app' (for example, Zoom, etc.) that you **must download**.
 - You will receive an email and notifications (in your TMU© account) with information about the 'video conferencing app' (for example, Zoom, etc.) you must download **before** test day.
 - The night before your scheduled remotely proctored knowledge exam, you will be emailed, along with a notification (in your TMU© account), a reminder with the password-protected link to join the test event.
- During your test, your smartphone must be positioned so that the remote Proctor can clearly see you, your keyboard, mouse (if used), and the entire screen of your computer/tablet/laptop.
- You may not use a video filter such as a background or blurring your screen.
- **IMPORTANT NOTE:** On testing day, you will not be allowed to receive any assistance with your setup from anyone in your environment (room/area).
- You must be **alone (by yourself during the entire time while testing)** in a quiet, isolated, secured room/area free of distractions, interruptions, and any other people, children, or pets.
- Along with showing the remote Proctor your surroundings/entire room during check-in, the remote Proctor may also ask you to show your room/entire surroundings at any time during your test.
- If you have selected the Audio version of the knowledge exam, you will provide your own wired headphones/earbuds (Bluetooth-connected devices are not allowed) to plug into the computer.
 - The questions are neutrally read to you and will be heard through wired headphones or earbuds plugged into the computer.
 - When taking an Audio exam, the audio control buttons will be displayed on the computer screen, enabling you to play, rewind, or pause questions as needed.
- Failure to adhere to any of these remote testing conditions will require the remote Proctor to stop your test, which will be scored as a failed attempt.

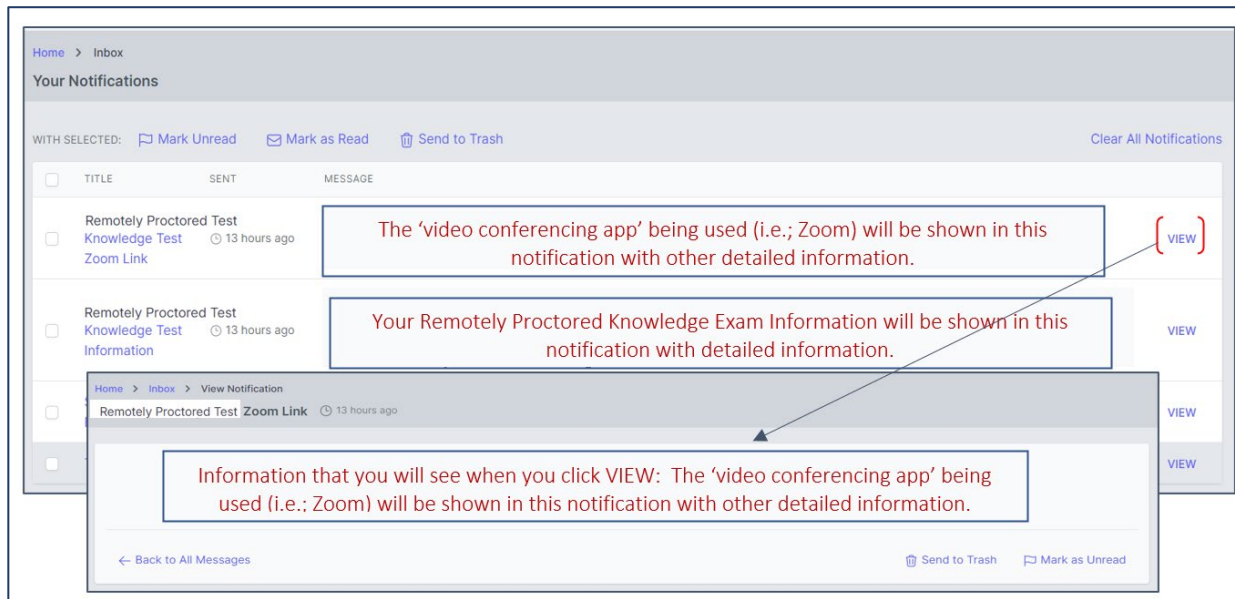
Schedule a Remotely Proctored Knowledge Exam

You will need to sign in to your TMU© account using your Username or Email and Password and follow the instructions to '**Schedule / Reschedule a Test Event**'. Please ensure you have met the '**Remotely Proctored Knowledge Exam Candidate Requirements**' above before scheduling a remotely proctored knowledge exam.

- The test site location for a remotely proctored knowledge exam will be '**Remotely Proctored Test**'.
- Once scheduled, a test confirmation will be sent via email and/or text. A notification will be generated in your TMU© account for you to view (see the '**Test Confirmation Letter**' and the '**Check/View your TMU© Notifications**' sections for information.)
- Instructions and the link to download the 'video conferencing app' (for example, Zoom, etc.), including the meeting ID and Password for the remotely proctored knowledge event you are scheduled for, will be emailed to you and in your notifications.
 - Remember, for this information, check your '**NOTIFICATIONS**' under your profile pic in your TMU© account. Please refer to the '**Check/View your TMU© Notifications**' section.

Please call D&SDT-HEADMASTER at (888)401-0462 if you have any questions or concerns or need assistance scheduling a remotely proctored knowledge exam.

An example of what a notification regarding your remotely proctored knowledge exam will entail:



Remotely Proctored Knowledge Exam Instructions

It is important that you read the Remotely Proctored Knowledge Exam Instructions before signing in to your remotely proctored knowledge exam. Please see the instructions for the Remotely Proctored Knowledge Exam under **'Access the Candidate Handbook and Testing Instructions'**.

Remotely Proctored Knowledge Exam Check-In

You must be signed in to the remotely proctored exam link (for example, Zoom, etc., waiting room) for the check-in process with the remote test proctor **20 minutes before the start time** listed on your test confirmation. If you are not signed into the remotely proctored exam waiting room prior **(20 minutes)** to the time listed on your test confirmation, you will not be allowed to test, considered a no-show status, forfeit your testing fees paid, and have to pay for another test date.

- You must show your mandatory forms of identification to the remote Proctor at check-in before starting your remotely proctored knowledge exam. Please see the **'Identification'** section for specifics.
- You must be **alone (by yourself during the entire time while testing)** in a quiet, isolated, secured room/area free of distractions, interruptions, and any other people, children, or pets.
- You must show your surroundings/entire room to the remote Proctor during check-in before starting your remotely proctored knowledge exam.
 - Along with showing the remote Proctor your surroundings/entire room during check-in, the remote Proctor may also ask you to show your room/entire surroundings at any time during your test.
- Then, you must position your smartphone so the remote Proctor can clearly see you, your keyboard, mouse (if used), and the entire screen of your computer/tablet/laptop.
 - *You may not use a video filter such as a background or blurring your screen.*
- **NOTE:** On testing day, you will not be allowed to receive any assistance with your setup from anyone in your environment (room/area).
- Failure to adhere to any of these remote testing conditions will require the remote Proctor to stop your test, which will be scored as a failed attempt.

Remotely Proctored Knowledge Exam Policies

All **'Testing Policies'** and **'Security'** measures are followed during the remotely proctored knowledge exam. Please refer to those sections for information.

- On testing day, you **will not be allowed to receive any assistance with your setup** from anyone in your environment (room/area). **If someone else is in the room with you, the remote Proctor will remove you from the meeting, and you will be considered a no-show status.** You will forfeit any testing fees paid and must repay to schedule a new test.
- You must be **alone (by yourself during the entire time while testing)** in a quiet, isolated, secured room/area free of distractions, interruptions, and any other people, children, or pets.
- Along with showing the remote Proctor your surroundings/entire room during check-in, the remote Proctor may also ask you to show your room/entire surroundings at any time during your test.
- During your test, your smartphone must be positioned so that the remote Proctor can clearly see you, your keyboard, mouse (if used), and the entire screen of your computer/tablet/laptop.
 - **You may not use a video filter such as a background or blurring your screen.**
- The 'video conferencing app' (for example, Zoom, etc.) link must be maintained during the entire knowledge exam.
 - If the 'video conferencing app' (for example, Zoom, etc.) connection is lost, you must immediately reconnect, or you will be disconnected from the test event by the remote Proctor, and your test will be scored as a failed attempt.
- Your device must **not be muted** during testing so that the remote Proctor can hear if there are any distractions or other interruptions during your test. **REMEMBER:** *You need to test in an isolated, secured/room area that is distraction and interruption-free, just like you would if you were sitting in the knowledge test room at a test site.*
- If the remote Proctor has any inclination that you are cheating or not following instructions, your test will be ended and scored as a failed attempt.
- Please see the information on remotely proctored testing issues under the **'No-Show Exceptions'** section.
- If needed, you may do math calculations on scratch paper or with a basic calculator. Before starting your exam, you will be asked to show both sides of the scratch paper and the basic calculator to the remote Proctor.
 - At the end of your exam, you will be asked to show both sides of the scratch paper and the calculator to the remote Proctor **again**. You will then be told you must tear up the scratch paper in view of the remote Proctor and to mute your phone before tearing up the scratch paper.
- Published foreign language word-for-word translation dictionaries **are allowed**.
 - You will need to show the remote Proctor the dictionary during check-in.
 - *Electronic, non-approved language translators or dictionaries that contain writing or definitions **are not allowed**.*
- If you have requested an AUDIO version of the Knowledge Exam, you will need to have wired headphones/earbuds (Bluetooth-connected devices are not allowed) that plug into the computer.

Failure to adhere to any of these remote testing conditions/policies will require the remote Proctor to stop your test, which will be scored as a failed attempt.

Self-Assessment Reading Comprehension Exam

The following passages and corresponding questions will assess your reading comprehension required for the knowledge portion of the state competency evaluation. If you miss more than three (3) questions, you should consider utilizing the audio option for the knowledge exam.

PASSAGE 1

Paul and Ben are twins. They are identical in features but opposite in personality. Paul likes to wear dark colors. Ben likes to wear bright colors. Paul likes to read quietly, and Ben likes to watch football games with friends.

1. Paul can be classified as an
 - a. omnivert
 - b. extrovert
 - c. introvert
 - d. ambivert

 2. Ben can be classified as an
 - a. omnivert
 - b. extrovert
 - c. introvert
 - d. ambivert

 3. Paul and Ben have identical
 - a. noses
 - b. shoes
 - c. earrings
 - d. tattoos
-

PASSAGE 2

Amy is from the state of Montana. Amy lives in an apartment with her parents and her brother, Nick. Tomorrow, Amy is flying to the state of Oregon. Amy is bringing three books of 3 different colors with her. Nick doesn't understand why she needs three books. The yellow one is a Spanish-English dictionary. The red one is a tourist guide to Oregon. The blue one is about horses, which Amy feels is the most important.

Amy will not need her United States of America passport because she won't be leaving the country.

4. Amy is from
 - a. Wisconsin
 - b. Montana
 - c. Oregon
 - d. Wyoming

5. Amy resides in a(n)
 - a. house
 - b. farm
 - c. condo
 - d. apartment

 6. Amy lives in
 - a. Canada
 - b. America
 - c. Mexico
 - d. Peru

 7. Amy lives with her
 - a. aunt
 - b. grandmother
 - c. father
 - d. sister

 8. Amy's brother's name is
 - a. Nick
 - b. Loren
 - c. Chad
 - d. Jared

 9. Tomorrow she is going to
 - a. Montana
 - b. Canada
 - c. Wisconsin
 - d. Oregon

 10. The type of book that is yellow is a(n)
 - a. dictionary
 - b. animal interest
 - c. tourist
 - d. guidebook

 11. Amy believes the most important book is the color
 - a. red
 - b. black
 - c. yellow
 - d. blue
-

PASSAGE 3

Katherine did not like being called by her full name. She preferred to be called Katie. Katherine’s mother wanted her to understand why she was given that legal name. Her mother shared a story about a strong-willed woman who overcame adversities, and her name was Katherine. Katherine then embraced her given name.

12. Katherine is a
 - a. last name
 - b. middle name
 - c. legal name
 - d. nickname

13. The purpose of Katherine’s mother sharing the story with Katherine is to
 - a. entertain
 - b. persuade
 - c. inform
 - d. describe

Answers: 1. C | 2. B | 3. A | 4. B | 5. D | 6. B | 7. C | 8. A | 9. D | 10. A | 11. D | 12. C | 13. C

Knowledge Practice Exam


D&SDT-HEADMASTER offers a free knowledge test question of the day and a ten-question online static practice test available on our website at www.hdmaster.com. Candidates may purchase complete practice tests randomly generated based on the state test plan. A mastery learning method is used, and each practice test will be unique. This means candidates must get the question they are attempting correct before they move on to the next question. A first-attempt percentage score and vocabulary feedback are supplied upon completion of the practice test. A list of vocabulary words to study is provided at the end of each test. Single or group purchase plans are available.

NOTE: Select **MASSACHUSETTS NA** from the drop-down list of states for the practice exams you purchase.

On-Line CNA Practice Exams (BELOW)

NOW AVAILABLE Med Aide Practice Exams! (BELOW)

Order an individual practice test or set up a group testing account


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We MUST have your name to provide service.

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Which Test? Massachusetts NA

How Many? Nation Wide NA

Multi-user Account? Arizona

Group account to begin and Arkansas

California

CG List

Colorado

Delaware

Idaho

Kentucky

Massachusetts NA

Michigan

Minnesota


Mississippi

If you wish more than one individual to be able to use the assigned group pin number. You will only be issued one group pin h of which along with the group pin number, will give an individual access to a unique exam.

record the **pin number** displayed above every question as it will be required to either complete an unfinished exam or

I will abide by the terms and conditions therein. In addition, I accept that these practice exams are only available on-line and I will not receive a copy of the exam, nor will I be able to print out the exam.

Please Note: These practice exams are only available on-line. You will not receive a copy of the exam, nor will you be able to print out the exam.

Credit Card 

Credit Card or Debit Card #

Exp. Date

mm/yyyy

Amount

8.95

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The following is a sample of the kinds of questions that you will find on the Knowledge/Audio exam:

- 1. Clean linens that touch the floor should be:**
- (A) Picked up quickly and placed back on the clean linen cart
 - (B) Used immediately on the next resident bed
 - (C) Considered dirty and placed in the soiled linen hamper
 - (D) Used only in the room with the floor the linen fell on
- 2. When you are communicating with residents, you need to remember to:**
- (A) Face the resident and make eye contact
 - (B) Speak rapidly and loudly
 - (C) Look away when they make direct eye contact
 - (D) Finish all their sentences for them
- 3. A resident's psychological needs:**
- (A) Should be given minor consideration
 - (B) Make the resident withdrawn and secretive
 - (C) Are nurtured by doing everything for the resident
 - (D) Are nurtured when residents are treated like individuals
- ANSWERS: 1-C | 2-A | 3-D

The Manual Demonstration Skill Test

- The purpose of the Skill Test is to evaluate your performance when demonstrating DPH-approved nurse aide skill tasks. You will find a complete list of skill tasks in this handbook.
- You will be asked to re-present your ID that you showed the RN Test Observer at check-in.
- Be sure you understand all instructions you read while in the waiting area before you begin your skill task demonstrations. You may not ask questions once the Skill Test begins and the timer starts. Once the Skill Test begins, the RN Test Observer may not answer questions.
- Each of your randomly selected three (3) or four (4) tasks will have scenarios associated with them. The scenarios will be read to you by the RN Test Observer immediately before you are asked to do each task.
- You will be allowed **forty (40) minutes** to complete your three or four tasks.
 - Two timers will be set when you begin your skill test. The first timer will sound when 15 minutes remain, and the second timer will sound when all 40 minutes have elapsed.
- Listen carefully to all instructions given by the RN Test Observer. You may request to have any of the scenarios repeated **at any time** during your Skill Test up until you run out of time or tell the RN Test Observer that you are finished with your skill task demonstrations.
- You must correctly perform all **critical** steps (in **bold** font) and 80% of all non-key steps on each task assigned to pass the Skill Test.
- If you believe you made a mistake while performing a task, tell the RN Test Observer you would like to make a correction. You will need to correctly demonstrate the step or steps on the task you believe you performed incorrectly to receive credit for the correction.

- You may repeat or correct **any step** or **steps** on any task you believe you have performed incorrectly at **any time** during your allotted 40 minutes or until you tell the RN Test Observer you are finished with the Skill Test.
- The skill task steps are not order dependent unless the words *BEFORE* or *AFTER* are used in a step.
- When you finish each task, verbally tell the RN Test Observer you are finished and move to the designated “relaxation area.” When the RN Test Observer and actor have set up and are ready for your next skill task demonstration, the RN Test Observer will read the scenario for your next task.
- **All steps must actually be demonstrated. Steps that are only verbalized WILL NOT COUNT.**

Skill Test Recording Form

If your skill test includes a skill task that requires recording a count or measurement, the RN Test Observer will provide a recording form similar to the one displayed below. You will be required to sign the recording form during the equipment/supplies demonstration before starting your skills test.

RECORDING FORM →

Candidate's Name: _____	
PLEASE PRINT	
PULSE: _____ beats	RESPIRATIONS: _____ breaths
URINE OUTPUT: _____ ml	
GLASS 1: _____ GLASS 2: _____	<div style="border: 1px solid black; height: 80px; margin-bottom: 5px;"></div> FOOD INTAKE: _____ %
TOTAL FLUID INTAKE: _____ ml	
Candidate's Signature: _____	

Skill Test Tasks

You will be assigned one of the following mandatory tasks with embedded hand washing using soap and water as your first task:

- Assist a Resident with the use of a Bedpan, Measure, and Record Urine Output with Hand Washing
- Catheter Care for a Female Resident with Hand Washing [DEMONSTRATED ON A MANIKIN]
- Donn [PUT ON] a Gown and Gloves, Empty a Urinary Drainage Bag, Measure and Record Urine Output, and Doff [REMOVE] the Gown and Gloves with Hand Washing
- Perineal Care for a Female Resident with Hand Washing [DEMONSTRATED ON A MANIKIN]

Note: Hand washing with soap and water is embedded in each of the mandatory tasks and must be demonstrated at the end of each mandatory task.

You will also receive an additional two (2) or three (3) randomly selected tasks from the Skill Task listing below. These selected tasks will make up your personalized and unique skill test. Each skill test randomly assigned by the TMU© skill test assignment algorithm will be comparable in overall difficulty.

Skill Tasks Listing

To receive credit, you must actually perform and demonstrate every step during your skill test demonstration.

The steps listed for each task are required for a nurse aide candidate to successfully demonstrate minimum proficiency in the skill task for the RN Test Observer. **The steps will be performed on a live resident actor for all but two tasks; the catheter care for a female and the perineal care for a female will be performed on a manikin.** You will be scored only on the steps listed.

You must score 80% or better on each task without missing any critical steps (the bolded steps) to pass the skill component of your competency evaluation.

If you fail the Skill Test, there will always be one of the first mandatory tasks to start each Skill Test. You will receive one of the tasks you failed (if you failed more than one task, the computer will randomly draw which task you failed to retest on), and one or two other tasks are randomly chosen so that every Skill Test is comparable in difficulty and an average length of time to complete. The RN Test Observer will observe your demonstrations of your skill tasks and record what they see you do. D&SDT-HEADMASTER scoring teams will officially score and double-check your test.

Note: The skill task steps included in this handbook are offered as guidelines to help prepare candidates for the Massachusetts nurse aide skill test, and the steps included herein are not intended to be used to provide complete care that would be all-inclusive of best care practiced in an actual work setting.

APPLY AN ANTI-EMBOLIC (COMPRESSION) STOCKING TO ONE LEG

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Raise bed height.
4. Provide for resident's privacy.
5. Provide for resident's privacy by only exposing one leg.
6. Roll, gather, or turn the stocking down inside out to at least the heel.
7. Place the foot of the stocking over the resident's toes, foot, and heel.
8. Roll -or- pull the top of the stocking over the resident's foot, heel, and up the leg.
9. Check toes for possible pressure from stocking.
10. Adjust stocking as needed.
- 11. Leave the resident with a stocking that is smooth/wrinkle-free.**
12. Lower bed.
13. Place the call light or signaling device within easy reach of the resident.
14. Maintain respectful, courteous interpersonal interactions at all times.
15. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

ASSIST RESIDENT TO AMBULATE USING A GAIT BELT

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Obtain a gait belt for the resident.
4. Assist the resident in putting on non-skid shoes/footwear.
5. Adjust the bed height to ensure that the resident's feet are flat on the floor when sitting on the edge of the bed.
6. **Lock bed brakes to ensure resident's safety.**
7. **Lock wheelchair brakes to ensure resident's safety.**
8. Bring the resident to a sitting position.
9. Place a gait belt around the resident's waist to stabilize the trunk.
10. Tighten gait belt.
11. Check the gait belt for tightness by slipping fingers between the gait belt and the resident.
12. Face the resident.
13. Grasp the gait belt on both sides with an upward grasp.
14. Bring the resident to a standing position.
15. Stabilize the resident.
16. Ambulate the resident at least ten (10) steps to the wheelchair.
17. Assist resident in pivoting/turning and sitting resident in the wheelchair in a controlled manner that ensures safety.
18. Use proper body mechanics at all times.
19. Remove gait belt.
20. Place the call light or signaling device within easy reach of the resident.
21. Maintain respectful, courteous interpersonal interactions at all times.
22. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

ASSIST RESIDENT WITH THE USE OF A BEDPAN, MEASURE AND RECORD URINE OUTPUT WITH HAND WASHING

(One of the possible first mandatory tasks.)

~~EMBEDDED HAND WASHING ADDED~~

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Put on gloves.
5. Position the resident on the bedpan/fracture pan safely and correctly. (The pan is not upside down, is centered, etc.)
6. Raise the head of the bed to a comfortable level.
7. Leave tissue within reach of the resident.
8. Leave the call light or signaling device within reach of the resident.

9. Step behind the privacy curtain to provide privacy for the resident.
10. When the RN Test Observer indicates the candidate returns.
11. Lower the head of the bed.
12. Gently remove the bedpan/fracture pan.
13. Hold the bedpan for the RN Test Observer while an unknown quantity of liquid is poured into the bedpan.
14. Place the graduate on a designated level flat surface.
15. Pour bedpan/fracture pan contents into the graduate.
16. With the graduate at eye level, measure output.
17. Empty equipment used into the designated toilet/commode.
18. Rinse equipment used and empty rinse water into the designated toilet/commode.
19. Return equipment to storage.
20. Wash/assist the resident in washing and drying hands with soap and water.
21. Place soiled linen in the designated laundry hamper.
22. Remove gloves, turning them inside out as they are removed, and dispose in a trash container.
23. Record output on the previously signed recording form.
- 24. The candidate's recorded measurement is within 25mls of the RN Test Observer's reading.**
25. Place the call light or signaling device within easy reach of the resident.
26. Maintain respectful, courteous interpersonal interactions at all times.
27. Turn on water.
28. Wet hands and wrists thoroughly.
29. Apply soap to hands.
30. Rub hands together using friction with soap.
- 31. Scrub/wash hands together with soap for at least twenty (20) seconds.**
32. Scrub/wash with interlaced fingers pointing downward with soap.
33. Wash all surfaces of your hands with soap.
34. Wash wrists with soap.
35. Clean fingernails by rubbing fingertips against the palm of the opposite hand.
36. Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.
37. Starting at the fingertips, dry fingers, hands, and wrists with a clean paper towel(s).
38. Discard paper towel(s) in a trash container as used.
39. Turn off the faucet with a clean, dry paper towel and discard it in a trash container as used, or use the elbow or knee/foot control to turn off the faucet.
- 40. Do not re-contaminate hands at any time during the hand washing procedure.** *(For example, do not touch the sides of the sink during the procedure or crumple up the paper towel used to turn off the faucet with both hands before discarding it.)*

CATHETER CARE FOR A FEMALE RESIDENT WITH HAND WASHING

(One of the possible first mandatory tasks.)

~~EMBEDDED HAND WASHING ADDED-~~ [DEMONSTRATED ON A MANIKIN]

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Fill a basin with comfortably warm water.
5. Put on gloves.

6. Expose the area surrounding the catheter, only exposing the lower half of the resident's body.
- 7. Hold the catheter where it exits the urethra with one hand.**
8. While holding the catheter, clean at least 3-4 inches down the drainage tube.
9. Clean with at least two strokes only away from the urethra.
10. Use a clean portion of the washcloth for each stroke.
11. While holding the catheter, rinse at least 3-4 inches down the drainage tube.
12. Rinse using strokes only away from the urethra.
13. Rinse using a clean portion of the washcloth for each stroke.
14. Pat dry.
- 15. Do not allow the tube to be tugged/pulled at any time during the procedure.**
16. Replace the top cover over the resident.
17. Place soiled linen in the designated laundry.
18. Empty, rinse, dry, and return equipment to storage.
19. Remove gloves, turn them inside out as they are removed, and dispose in a trash container.
20. Place the call light or signaling device within easy reach of the resident.
21. Maintain respectful, courteous interpersonal interactions at all times.
22. Turn on water.
23. Wet hands and wrists thoroughly.
24. Apply soap to hands.
25. Rub hands together using friction with soap.
- 26. Scrub/wash hands together with soap for at least twenty (20) seconds.**
27. Scrub/wash with interlaced fingers pointing downward with soap.
28. Wash all surfaces of your hands with soap.
29. Wash wrists with soap.
30. Clean fingernails by rubbing fingertips against the palm of the opposite hand.
31. Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.
 32. Starting at the fingertips, dry fingers, hands, and wrists with a clean paper towel(s).
33. Discard paper towel(s) in a trash container as used.
34. Turn off the faucet with a clean, dry paper towel and discard it in a trash container as used, or use the elbow or knee/foot control to turn off the faucet.
- 35. Do not re-contaminate hands at any time during the hand washing procedure.** *(For example, do not touch the sides of the sink during the procedure or crumple up the paper towel used to turn off the faucet with both hands before discarding it.)*

DENTURE CARE – CLEAN UPPER OR LOWER DENTURE

-WITHOUT MOUTH CARE – ONLY ONE PLATE IS USED FOR TESTING-

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Line the bottom of the sink with a protective lining that will help prevent damage to the denture. *(Towels, washcloths, or paper towels are all acceptable.)*
- 4. Put on gloves.**
5. Apply denture cleanser (paste) to denture brush (or toothbrush).
6. Remove the denture from the cup.
7. Handle the denture carefully to avoid damage.

8. Rinse the denture under cool running.
9. Thoroughly brush the inner surfaces of an upper or lower denture.
10. Thoroughly brush the outer surfaces of an upper or lower denture.
11. Thoroughly brush denture chewing surfaces of an upper or lower denture.
12. Rinse all surfaces of the denture under cool running water.
13. Rinse the denture cup and lid.
14. Place the denture in the rinsed cup.
15. Add cool, clean water to the denture cup and replace the lid on the denture cup.
16. Rinse equipment.
17. Return equipment to storage.
18. Discard the sink protective lining in an appropriate container.
19. Remove gloves, turn them inside out as they are removed, and dispose in a trash container.
20. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
21. Place the call light or signaling device within easy reach of the resident.
22. Maintain respectful, courteous interpersonal interactions at all times.

DONN [PUT ON] A GOWN AND GLOVES, EMPTY A URINARY DRAINAGE BAG, MEASURE AND RECORD URINE OUTPUT, AND DOFF [REMOVE] GOWN AND GLOVES WITH HAND WASHING

(One of the possible first mandatory tasks.)

-EMBEDDED HAND WASHING ADDED-

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Unfold the gown.
3. Face the back opening of the gown.
4. Place arms through each sleeve.
5. Secure the neck opening.
6. Secure the gown at the waist, ensuring the back flaps cover the clothing as completely as possible.
7. Put on gloves.
8. Ensure the cuffs of the gloves overlap the cuffs of the gown.
9. Explain the procedure to the resident.
10. Provide for resident's privacy.
11. Place a barrier on the floor under the drainage bag.
12. Place the graduate on the previously placed barrier.
13. Open the drain to allow the urine to flow into the graduate until the bag is completely empty.
14. Avoid touching the graduate with the tip of the tubing.
15. Close the drain.
16. Wipe the drain with an alcohol wipe AFTER emptying the drainage bag.
17. Place the graduate on a level, flat surface.
18. With the graduate at eye level, measure output.
19. Empty the graduate into the designated toilet/commode.
20. Rinse equipment, emptying rinse water into the designated toilet/commode.

21. Return equipment to storage.
22. Record the output on the previously signed recording form.
- 23. The candidate's recorded measurement is within 25mls of the RN Test Observer's measurement.**
24. Place the call light or signaling device within easy reach of the resident.
25. Maintain respectful, courteous interpersonal interactions at all times.
26. Remove gloves before removing the gown OR, with gloves on, pull/pop the gown off by pulling on the front of the gown.
27. Remove gloves by turning them inside out and folding one glove inside the other, or pull/pop the gown from the neck, always keeping gloved hands on the outside (contaminated) portion of the gown.
28. Do not touch the outside of the gloves with your bare hand at any time OR work gown down the arms from the neck and roll the gown inside out as it is removed.
29. Dispose of the gloves in the appropriate container without contaminating yourself, OR peel the gloves off, keeping them inside out and rolled up inside the gown.
30. Unfasten the gown at the waist with bare hands if not using an alternate removal method.
31. Unfasten the gown at the neck with bare hands if not using an alternate removal method.
32. Remove the gown by folding/rolling the soiled area to the soiled area **with either removal method**.
33. The candidate's bare hands never touch the soiled surface of the gown.
34. With either method of removal, dispose of the gown in an appropriate container without contaminating yourself.
35. Turn on water.
36. Wet hands and wrists thoroughly.
37. Apply soap to hands.
38. Rub hands together using friction with soap.
- 39. Scrub/wash hands together with soap for at least twenty (20) seconds.**
40. Scrub/wash with interlaced fingers pointing downward with soap.
41. Wash all surfaces of hands with soap.
42. Wash wrists with soap.
43. Clean fingernails by rubbing fingertips against the palm of the opposite hand.
44. Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.
45. Starting at the fingertips, dry fingers, hands, and wrists with a clean paper towel(s).
46. Discard paper towel(s) in a trash container as used.
47. Turn off the faucet with a clean, dry paper towel and discard it in a trash container as used, or use the elbow or knee/foot control to turn off the faucet.
- 48. Do not re-contaminate hands at any time during the hand washing procedure.** *(For example, do not touch the sides of the sink during the procedure or crumple up the paper towel used to turn off the faucet with both hands before discarding it.)*

DRESS A RESIDENT WITH AN AFFECTED (WEAK) SIDE

-OVERSIZED SHIRT, PANTS, AND SOCKS-

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Raise bed height.
5. Keep the resident covered while removing the gown.

6. Remove the gown from the unaffected side first.
7. Place the soiled gown in the designated laundry hamper.
8. Dress the resident in a button-up shirt. Insert your hand through the shirt sleeve and grasp the resident's hand.
- 9. When dressing the resident in a button-up shirt, always dress from the affected (weak) side first.**
10. Assist the resident to raise their buttocks or turn the resident from side to side and draw the pants over the buttocks and up to the resident's waist.
11. Put on the resident's socks. Draw the socks up the resident's foot until they are smooth.
12. Leave the resident comfortably/properly dressed (pants pulled up to the waist front and back and shirt completely buttoned).
13. Lower bed.
14. Place the call light or signaling device within easy reach of the resident.
15. Maintain respectful, courteous interpersonal interactions at all times.
16. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

FEED A DEPENDENT RESIDENT

-WITH THE RESIDENT IN THE BED-

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Ask the resident to state the name and verify that the name matches the name on the diet card.
- 4. Position the resident in an upright, sitting position at least 75-90 degrees BEFORE feeding.**
5. Protect clothing from soiling using a napkin, clothing protector, or towel.
6. Provide hand hygiene for the resident BEFORE feeding. (*Candidate may use a disposable wipe and dispose of it in a trash can –or– wash resident's hands with soap and a wet washcloth –or– they may rub hand sanitizer over all surfaces of the resident's hands until dry.*)
7. Ensure the resident's hands are dry BEFORE feeding. (If a wet washcloth with soap was used, the candidate must dry the resident's hands. The hands must be dry if a disposable wipe or hand sanitizer is used.)
8. Place soiled linen in the designated laundry hamper or dispose of disposable wipes in the trash container if used.
9. Sit in a chair, facing the resident, while feeding the resident.
10. Describe the food and fluid being offered to the resident.
11. Offer each fluid frequently.
12. Offer small amounts of food at a reasonable rate.
13. Allow resident time to chew and swallow.
14. Wipe the resident's hands and mouth AFTER feeding the resident.
15. Remove the clothing protector and place it in the designated laundry hamper. If a napkin is used, dispose of it in a trash container.
16. Leave the resident sitting upright in bed with the head of the bed set up to at least 45 degrees.
- 17. Record intake as a percentage of total solid food eaten on the previously signed recording form.**
18. The candidate's calculation must be within 25 percentage points of the RN Test Observer's.

19. Record estimated intake as the sum of total fluid consumed in mls on the previously signed recording form.
20. The candidate's calculation must be within 60mls of the RN Test Observer's calculation.
21. Place the call light or signaling device within easy reach of the resident.
22. Maintain respectful, courteous interpersonal interactions at all times.
23. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

FOOT CARE - ONE FOOT

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Fill a basin with comfortably warm water.
4. Remove a sock from the resident's (right/left) foot. *(The scenario read to you will specify right or left.)*
5. Immerse the resident's foot in warm water.
 - a. Verbalize the 5 to 20 minutes of soaking time after you begin soaking the foot.
 - b. Once the 5 to 20-minute soaking time is verbalized, the RN Test Observer acknowledges the stated time and says, "You may continue with your demonstration now."
6. Use water and a soapy washcloth.
7. Wash entire foot.
8. Wash between toes.
9. Rinse entire foot.
10. Rinse between toes.
11. Dry foot thoroughly.
12. Dry thoroughly between toes.
13. Apply lotion to the top and bottom of the foot.
14. Avoid getting lotion between the resident's toes.
15. If any excess lotion is on the foot, wipe with a towel/washcloth.
16. Replace the sock on the resident's foot.
17. Empty, rinse, dry, and return equipment to storage.
18. Place soiled linens in the designated laundry hamper.
19. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry
20. Place the call light or signaling device within easy reach of the resident.
21. Maintain respectful, courteous interpersonal interactions at all times.

MAKE AN OCCUPIED BED

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Gather linen and transport linen away from the body without touching the uniform.

4. Place linen over the back of the chair, drape it over the foot of the bed, or place it on the overbed table.
5. Provide for resident's privacy.
6. Raise bed height.
7. The resident is to remain covered at all times.
8. Assist the resident in rolling onto the side.
9. Roll or fan fold soiled linen, soiled side inside, to the center of the bed.
10. Place a clean bottom sheet on the mattress.
11. Secure two fitted corners.
12. Roll or fan-fold clean linen against the resident's back.
13. Assist the resident in rolling onto the side over the clean bottom linen.
14. Remove soiled linen without shaking.
15. Avoid placing soiled linen on the overbed table, chair, or floor.
16. Avoid touching soiled linen to your uniform.
17. Place soiled linen in the designated laundry hamper.
18. Pull through and smooth out the clean bottom linen, leaving it tight and wrinkle-free.
19. Secure the other two fitted corners.
20. Place resident on their back.
21. Ensure that the resident never touches the bare mattress at any time during the demonstration.
22. Place clean top linen over the covered resident.
23. Place a clean blanket or bedspread over the covered resident.
24. Remove soiled linen keeping resident unexposed at all times.
25. Place soiled linen in the designated laundry hamper.
26. Tuck in clean top linen, blanket, or bedspread at the foot of the bed while providing room for the resident's feet to move.
27. Apply a clean pillowcase with zippers and/or tags to the inside.
28. Gently lift the resident's head while replacing the pillow.
29. Leave the bed neatly and completely made.
30. Lower bed.
31. Place the call light or signaling device within easy reach of the resident.
32. Maintain respectful, courteous interpersonal interactions at all times.
33. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

MODIFIED BED BATH- FACE AND ONE ARM, HAND AND UNDERARM

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Raise bed height.
5. Cover the resident with a bath blanket.
6. Remove the remaining top covers. Fold to the bottom of the bed or place aside.
7. Remove the resident's gown without exposing the resident and place the soiled gown in the designated laundry hamper.
8. Fill a basin with comfortably warm water.

9. **Beginning with eyes, wash eyes WITHOUT SOAP using a clean portion of the washcloth for each stroke, washing the inner aspect to the outer aspect.**
10. Wash the resident's face WITHOUT SOAP.
11. Pat dry face.
12. Place a towel under the resident's arm, exposing one arm.
13. Wash the resident's arm with soap.
14. Wash the resident's hand with soap.
15. Wash the resident's underarm with soap.
16. Rinse arm.
17. Rinse hand.
18. Rinse underarm.
19. Pat dry arm.
20. Pat dry hand.
21. Pat dry underarm.
22. Assist the resident in putting on a clean gown.
23. Empty, rinse, dry, and return equipment to storage.
24. Place soiled linen in the designated laundry hamper.
25. Lower bed.
26. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
27. Place the call light or signaling device within easy reach of the resident.
28. Maintain respectful, courteous interpersonal interactions at all times.

MOUTH CARE—BRUSH A RESIDENT'S TEETH

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Drape the resident's chest with a towel to prevent soiling.
5. **Put on gloves BEFORE cleaning the resident's mouth.**
6. Wet the toothbrush and apply a small amount of toothpaste.
7. Gently brush the inner surfaces of the resident's upper and lower teeth.
8. Gently brush the outer surfaces of the resident's upper and lower teeth.
9. Gently brush the chewing surfaces of the resident's upper and lower teeth.
10. Gently brush the resident's tongue.
11. Assist the resident in rinsing the mouth.
12. Wipe the resident's mouth.
13. Remove soiled linen.
14. Place soiled linen in the designated laundry hamper.
15. Empty container. *(The container may be an emesis basin or a disposable cup.)*
16. Rinse the emesis basin, if used, or discard disposable items in the trash can.
17. Dry emesis basin, if used.
18. Rinse the toothbrush.
19. Return equipment to storage.

20. Remove gloves, turning them inside out as they are removed, and dispose in a trash container.
21. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
22. Place the call light or signaling device within easy reach of the resident.
23. Maintain respectful, courteous interpersonal interactions at all times.

NAIL CARE - ONE HAND

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Fill a basin with warm water.
4. Immerse left/right-hand nails in warm water. (The scenario read to you will specify right or left.)
 - a. *Verbalize the 'at least 5 minutes' soaking time after you begin soaking the nails.*
 - b. *Once the 'at least 5 minutes' of soaking time is verbalized, the RN Test Observer acknowledges the stated time and says, "You may continue with your demonstration now."*
5. Dry hand thoroughly.
6. Specifically dry between the fingers.
7. Gently clean under the resident's nails with an orange stick.
8. Gently push the resident's cuticles back with a towel or washcloth.
9. File each fingernail.
10. Empty, rinse, dry, and return equipment to storage.
11. Place soiled linen in the designated laundry hamper.
12. Place the call light or signaling device within easy reach of the resident.
13. Maintain respectful, courteous interpersonal interactions at all times.
14. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

PASSIVE RANGE OF MOTION EXERCISES FOR ONE HIP AND ONE KNEE

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Raise bed height.
5. Position resident supine (bed flat).
6. Correctly support joints at all times by placing one hand under the resident's knee and the other hand under the resident's ankle.
7. Gently move the resident's entire leg away from the body.
 - a. *Abduction*
8. Gently return the resident's leg toward the body.
 - a. *Adduction*
9. Gently complete abduction and adduction of the hip at least three times.

10. Continue correctly supporting joints at all times by placing one hand under the resident's knee and the other hand under the resident's ankle.
11. Gently bend the resident's knee and hip toward the resident's trunk.
 - a. *Flexion of hip and knee at the same time.*
12. Gently straighten the resident's knee and hip.
 - a. *Extension of hip and knee at the same time.*
13. Gently complete flexion and extension of the knee and hip at least three times.
14. Do not force any joint beyond the point of free movement.
15. The candidate **must ask** at least once during the PROM exercise if there is/was any discomfort/pain.
16. Lower bed.
17. Place the call light or signaling device within easy reach of the resident.
18. Maintain respectful, courteous interpersonal interactions at all times.
19. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

PASSIVE RANGE OF MOTION EXERCISES FOR ONE SHOULDER

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Raise bed height.
5. Position resident supine (bed flat).
6. Correctly support joints at all times by placing one hand under the resident's elbow or upper arm and the other hand under the resident's wrist.
7. Gently raise the resident's straightened arm up and over the resident's head to ear level.
 - a. *Flexion*
8. Gently bring the resident's arm back down to the side of the resident's body.
 - a. *Extension*
9. Gently complete flexion and extension of the shoulder at least three times.
10. Continue correctly supporting shoulder joints by placing one hand under the resident's elbow or upper arm and the other hand under the resident's wrist.
11. Gently move the resident's entire arm away from the side of the resident's body to shoulder level.
 - a. *Abduction*
12. Gently return the resident's arm to the side of the resident's body.
 - a. *Adduction*
13. Gently complete abduction and adduction of the shoulder at least three times.
14. Do not force any joint beyond the point of free movement.
15. The candidate **must ask** at least once during the PROM exercise if there is/was any discomfort/pain.
16. Lower bed.
17. Place the call light or signaling device within easy reach of the resident.
18. Maintain respectful, courteous interpersonal interactions at all times.
19. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

PERINEAL CARE FOR A FEMALE RESIDENT WITH HAND WASHING

(One of the possible first mandatory tasks.)

-EMBEDDED HAND WASHING ADDED- [DEMONSTRATED ON A MANIKIN]

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Fill a basin with comfortably warm water.
5. Raise bed height.
6. Put on gloves.
7. Turn the resident or raise hips and place a waterproof pad under the resident's buttocks.
8. Expose the perineal area only.
9. Separate labia. *(It is helpful if you verbalize separating labia as you demonstrate separating labia.)*
10. Use water and a soapy washcloth (peri-wash and no-rinse soaps *are not allowed*).
11. Clean one side of the labia from front to back.
12. Use a clean portion of the washcloth and clean the other side of the labia from front to back.
- 13. Use a clean portion of the washcloth, and clean the vaginal area from front to back.**
14. Use a clean washcloth and rinse from one side of the labia from front to back.
15. Use a clean portion of the washcloth and rinse the other side of the labia from front to back.
16. Use a clean portion of the washcloth and rinse the vaginal area from front to back.
17. Pat dry.
18. Assist the resident (manikin) in turning sideways away from the candidate toward the center of the bed.
 - a. *RN Test Observer may help hold the manikin on their side ONLY after the candidate has turned the manikin.*
19. Use a clean washcloth with water and soap (peri-wash and no-rinse soaps *are not allowed*).
- 20. Wash from vagina to rectal area.**
21. Use a clean portion of the washcloth with any stroke.
22. Use a clean washcloth and rinse the rectal area from front to back.
23. Use a clean portion of the washcloth with any stroke.
24. Pat dry.
25. Safely remove the waterproof pad from under the resident's buttocks.
26. Position resident on their back.
27. Place soiled linen in the designated laundry hamper.
28. Empty, rinse, dry, and return equipment to storage.
29. Remove gloves, turn them inside out as they are removed, and dispose in a trash container.
30. Lower bed.
31. Place the call light or signaling device within easy reach of the resident.
32. Maintain respectful, courteous interpersonal interactions at all times.
33. Turn on water.
34. Wet hands and wrists thoroughly.
35. Apply soap to hands.
36. Rub hands together using friction with soap.
- 37. Scrub/wash hands together with soap for at least twenty (20) seconds.**
38. Scrub/wash with interlaced fingers pointing downward with soap.
39. Wash all surfaces of your hands with soap.

40. Wash wrists with soap.
41. Clean fingernails by rubbing fingertips against the palm of the opposite hand.
42. Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.
43. Starting at the fingertips, dry fingers, hands, and wrists with a clean paper towel(s).
44. Discard paper towel(s) in a trash container as used.
45. Turn off the faucet with a clean, dry paper towel and discard the paper towel in a trash container as used, or use elbow or knee/foot control to turn off the faucet.
46. **Do not re-contaminate hands at any time during the hand washing procedure.** *(For example, do not touch the sides of the sink during the procedure or crumple up the paper towel used to turn off the faucet with both hands before discarding it.)*

POSITION A DEPENDENT RESIDENT IN BED ON THEIR SIDE

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Position the bed flat.
5. Raise bed height.
6. **Direct the RN Test Observer to stand on the side of the bed opposite the working side or raise the side rail opposite the working side of the bed to provide safety.**
7. From the working side of the bed – gently move the resident's upper body toward self.
8. From the working side of the bed – gently move the resident's hips toward self.
9. From the working side of the bed – gently move the resident's legs toward self.
10. Gently assist/turn the resident to slowly roll onto the correct side that the RN Test Observer read to the candidate in the scenario at the start of the task.
11. Place or adjust the pillow under the resident's head for support.
12. Reposition the resident's arm and shoulder so that the resident is not lying on the arm.
13. Place the support device under the resident's upside arm.
14. Place the support device behind the resident's back.
15. Place the support device between the resident's knees.
16. Lower bed.
17. Place the call light or signaling device within easy reach of the resident.
18. Maintain respectful, courteous interpersonal interactions at all times.
19. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

TRANSFER RESIDENT FROM THEIR BED TO A WHEELCHAIR USING A GAIT BELT

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Provide for resident's privacy.
4. Obtain a gait belt for the resident.

5. Assist the resident in putting on non-skid shoes/footwear.
6. Adjust the bed height to ensure that the resident's feet are flat on the floor when the resident is sitting on the edge of the bed.
- 7. Lock bed brakes to ensure resident's safety.**
- 8. Lock wheelchair brakes to ensure resident's safety.**
9. Bring the resident to a sitting position.
10. Place a gait belt around the resident's waist to stabilize the trunk.
11. Tighten gait belt.
12. Check the gait belt for tightness by slipping fingers between the gait belt and the resident.
13. Position the wheelchair arm/wheel touching the side of the bed.
14. Face the resident.
15. Grasp the gait belt on both sides with an upward grasp.
16. Bring the resident to a standing position.
17. Assist the resident to pivot in a controlled manner that ensures safety.
18. Lower the resident into the wheelchair in a controlled manner that ensures safety.
19. Remove gait belt.
20. Place the call light or signaling device within easy reach of the resident.
21. Maintain respectful, courteous interpersonal interactions at all times.
22. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

VITAL SIGNS – COUNT AND RECORD RESIDENT'S RADIAL PULSE AND RESPIRATION

-PULSE AND RESPIRATIONS COMBINED-

1. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
 2. Explain the procedure to the resident.
 3. Locate the resident's radial pulse by placing fingertips on the thumb side of the resident's wrist.
 4. Count the resident's radial pulse for one full minute.
 - a. *Tell the RN Test Observer when you start counting and tell them when you stop counting.*
 - 5. Record the resident's radial pulse rate reading on the previously signed recording form.**
 6. The candidate's recorded radial pulse rate is within eight (8) beats of the RN Test Observer's recorded rate.
 7. Count the resident's respiration for one full minute.
 - a. *Tell the RN Test Observer when you start counting and tell them when you stop counting.*
 - 8. Record the resident's respiration reading on the previously signed recording form.**
 9. The candidate's recorded respiratory rate is within four (4) breaths of the RN Test Observer's recorded rate.
 10. Place the call light or signaling device within easy reach of the resident.
 11. Maintain respectful, courteous interpersonal interactions at all times.
 12. Perform hand hygiene.
 - a. Cover all surfaces of your hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
-

Knowledge Exam Vocabulary List

abandonment
abdominal thrust
abductor wedge
abnormal vital signs
absorption
abuse
accidents
activities
acute
adaptive
ADL
admission
admitting resident
affected side
aging process
agitation
Alzheimer's
ambulation
angina
anterior
anti-embolic
(compression) stocking
anxiety
aphasia
arthritis
aspiration
assault
assistive device
atrophy
authorized duty
basic needs
bath water temperature
bathing
bed cradle
bed height
bed making
bedrest
behavior
behavioral care plan
beliefs
biohazard

bleeding
blindness
blood pressure
body alignment
body fluid
body language
body mechanics
body temperature
bone loss
bowel program
brain stem
breathing
burnout
call light
cancer
cardiac arrest
cardiovascular system
care impaired
care plan
care planning
cataract
catheter
catheter care
cc's in an ounce
central nervous system
chain of command
charge nurse
choking
chronic
circulation
circulatory system
cleaning
clear liquid diet
clergy
cold pack
colostomy
colostomy care
coma
combative resident
communicable
communication

conduct
confidentiality
conflict
confused resident
congestive heart failure
constipation
contracture
converting measures
COPD
coughing excessively
CPR
cultural
culture
CVA
dangling
de-escalation
death and dying
deeper tissue
dehydration
delegation
demanding resident
dementia
denture care
dentures
dependability
developmental disability
diabetes
diastolic
diet
dietitian
digestion
dirty linen
discharging resident
disease
disease process
disinfection
disoriented
disposing of
contaminated materials
disrespect
dizziness

DNR
documentation
domestic abuse
dressing
dry skin
dying
dyspnea
dysuria
edema
elastic (compression)
stockings
elimination
emesis
emesis basin
emotional abuse
emotional needs
emotional stress
emotional support
empathy
essential behaviors
ethics
eyeglasses
falls
fasting
feces
feeding
fire
fire safety
first aid
flatus
Foley catheter
foot care
foot drop
fractures (broken bones)
fraud
frayed cord
gait belt
gastric feedings
gastrostomy tube
geriatrics
gestures
gifts
gloves
grieving process

group settings
hair care
hand care
hand tremors
hand washing
health-care team
hearing aid
hearing impaired
hearing loss
heart muscle
Heimlich maneuver
helping residents
hemiplegia
HIPAA
HIV
hormones
hospice
hyperglycemia
hypertension
hyperventilation
immobility
impaired
in-house transfer
in-service programs
incontinence
indwelling catheter
infection
infection control
initial observations
insomnia
intake
intake and output (I&O)
interpersonal skills
invasion of privacy
isolation
isolation precautions
IV care
jaundice
job description
lactose intolerance
lift/draw sheet
linen (sheets, towels, etc.)
log rolling
loose teeth

male perineal care
masturbation
measuring height
measuring temperature
mechanical lift
medical record
medications
memory loss
mental health
mentally impaired
microorganism
military time
mistakes
mobility
mouth care
moving
Multiple Sclerosis
muscle spasms
musculoskeletal
nail care
nasal cannula
neglect
non-contagious disease
NPO
nurse aide's role
nutrition
objective
objective data
occupied bed
ombudsman
oral care
oral hygiene
oral temperature
orientation
oriented
orthostatic hypotension
osteoporosis
ostomy bag
output
overbed table
oxygen
oxygen use
palliative care
paralysis

paranoia	resident belongings	spiritual/religious needs
Parkinson's	resident independence	standard precautions
passive	resident pictures	stealing
patience	resident right	stethoscope
perineal care	resident treatment	stress
personal care	resident trust	stroke
personal items	Resident's Bill of Rights	subjective
personal protective equipment (PPE)	resident's chart	subjective data
personal values	resident's families	sundowning
pet therapy	resident's room	supplemental feedings (snacks, Ensure, Boost, etc.)
phone etiquette	residents	suprapubic
physical needs	respectful treatment	survey
physical therapist	respiration	swelling
physician's authority	respiratory symptoms	tachycardia
plaque	respiratory system	telephone etiquette
plate rim	responding to resident's behavior	temperature
positioning	responsibility	tendons
precautions	restorative care	terminal illness
pressure ulcer/injury	restraint	terminology
preventing falls	resuscitation	thickened liquids
privacy	rights	threatening resident
pronation	risk factor	tips
prostate gland	rotation	toenails
prosthesis	safety	toileting schedule
prosthesis	safety procedures	transfer belt
psychological needs	sanitizer	transfers
psychosocial	scale	transporting food
pulse	secretions	transporting linens
quadriplegia	seizure	tub bath
quality of life	self-esteem	tubing
RACE (acronym)	sexual abuse	twice daily
radial	sexual harassment	tympanic
range of motion	sexual needs	tympanic temperature
reality orientation	shampoo tray	unaffected
rectal	sharing information	unconscious
regulation	sharps container	unsteady
rehabilitation	shaving	urethral
religious service	skin observation	urinary catheter bag
reminiscing	smoking	urinary system
renewal	social needs	urinary tract
reporting	social worker	urination
reposition	soiled linen	validation therapy
resident abuse	specimen	

Massachusetts Nurse Aide Candidate Handbook

vision change

vital signs

vocabulary

vomitus

walker

wandering resident

water faucets

weakness

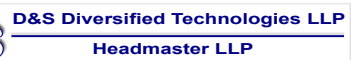
weighing

weight

well-being

wheelchair safety

withdrawn resident

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