Slorida CNA Exam Prep – Sneak Peek Packet

Presented by FamilySafe Florida

A Different Kind of Home Protection

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■ Welcome to Your CNA Prep Sneak Peek!

So you're ready to become a Certified Nursing Assistant — let's get you across the finish line.

At **FamilySafe Florida**, our CNA Prep Program is built around one thing: **confidence through hands-on practice**. We go beyond basic reviews. We prepare you for the **real testing environment**, the **real expectations**, and a **real chance to succeed** — the first time.

Here's a sneak peek into what the full course includes:

- 22 Clinical Skills based on Florida's actual state exam
- Full Written Test Review
- Over 600 Flashcards
- Personalized 20-hour support
- CNA Prep Kits available
- Practice checklists, mock scenarios & study trackers
- In-person or virtual sessions

This packet gives you a quick look at what we offer. Ready to dive in? Let's go.

Sample Skill: Feeding a Resident

Skill Focus: Helps feed a seated resident and records food intake.

Checklist Preview:

- 1. Greet and explain procedure
- 2. Confirm name and diet card
- 3. Offer hand cleaning and clothing protector

- 4. Sit at eye level, facing resident
- 5. Offer food slowly, with verbal encouragement
- 6. Offer fluids often
- 7. Wipe mouth and hands after
- 8. Record food/fluid intake
- 9. Leave resident upright for 30 minutes
- 10. Give call light and wash hands

Instructor Note:

- ✓ Always confirm identity and dietary restrictions.
- ✓ Do not rush the resident. Use clear, respectful communication.
- ✓ Document accurately intake is a vital part of this skill.

Flashcard Sample (10 of 600+) – Infection Control & Safety

Q: What's the most important reason to wash your hands?

A: To prevent the spread of infection.

Q: What should you do before entering a resident's room?

A: Knock and introduce yourself.

Q: What does PPE stand for?

A: Personal Protective Equipment.

Q: When are gloves required?

A: Anytime contact with body fluids is possible.

Q: What is the minimum time to scrub your hands with soap?

A: 20 seconds.

Q: Should you shake linens when removing them?

A: No.

Q: What position should a resident be in during meals?

A: Upright (at least 75–90 degrees).

- Q: What should you do after removing gloves?
- A: Wash your hands.
- Q: How can you prevent falls?
- A: Keep call light in reach and floor free of clutter.
- Q: What's the final step in any skill?
- **A:** Wash your hands and give the call light.

Written Test Teaser (5 Sample Questions)

- 1. What is the best way to prevent the spread of infection?
- A. Wear gloves
- B. Wash your hands
- 2. A resident is choking but can speak. What should you do?
- A. Encourage them to cough
- B. Begin abdominal thrusts
- 3. What is the normal adult pulse rate?
- A. 60-100 bpm
- B. 40-90 bpm
- 4. You find a resident on the floor. What do you do first?
- A. Check for injuries and call for help
- B. Help them back to bed immediately
- 5. When giving peri-care to a female, you should:
- A. Wipe back to front
- B. Wipe front to back

(Answer key available in full course)

Skill Completion Tracker (Sample Preview)

Skill Date Practiced Confident? Y/N **Note**

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Hand Washing

Pulse

Respirations

Change Occupied Bed

Feeding a Resident

Side-Lying Position

✓ The full version tracks all 22 Florida exam skills.

Let's Get You Certified

Price: \$199 (introductory offer)

(S) Includes: Up to 20 hours of instruction, test prep, mock skills, and support

Location: Gainesville-based. Virtual or in-person available

Wits: CNA Prep Kits available (ask for details)

▼■ Text or call Donald at 802-477-2955

Wisit www.FamilySafeFL.com to reserve your spot

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