



D&S Diversified Technologies LLP

Headmaster LLP

New Mexico Nurse Aide Candidate Handbook

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Candidate Instructions for Renewing their Certification (pages 2-3).

The Identification section (page 18) has been updated.

The Test Review Requests section (pages 27-28) has been updated.

NO CHANGES WERE MADE TO THE SKILL TASKS OR VOCABULARY WORDS.

New Mexico Nurse Aide Candidate Handbook

Contact Information

<p>Questions regarding: testing process • test scheduling • eligibility to test • name and address changes (888) 401-0462</p> <p>Questions regarding: obtaining information on official regulations and guidelines for nurse aides • obtaining information regarding approved training programs • renewals • reinstatement • reciprocity • regulations (505) 861-9680</p>		
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<p>New Mexico Health Care Authority (NMHCA) Health Facility Licensing and Certification Nurse Aide Registry</p> <p>ATTN: Nurse Aide Registry 5300 Homestead Road NE Suite 300-3114 Albuquerque, NM 87110</p> <p>Email: CNA.Registry@hca.nm.gov New Mexico Nurse Aide Web Site: https://www.nmhealth.org/about/dhi/hflc/prop/nar/</p>	<div style="text-align: center;">  <small>HEALTH CARE AUTHORITY</small> </div> <p><i>Monday through Friday</i> <i>8:00AM – 5:00PM</i> <i>Mountain Time Zone</i></p>	<p>Phone #: (505) 861-9680</p>

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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 New Mexico Nurse Aide Registry.

The New Mexico Health Care Authority (NMHCA) has 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 [New Mexico Nurse Aide webpage](#) or at www.hdmaster.com and click on 'New Mexico CNA'. The information in this handbook will help you prepare for your examination.

New Mexico Nurse Aide Registry Requirements

The New Mexico Nurse Aide Registry (NMNAR) lists the names of nurse aides who, through training, testing, and experience, meet federal and/or state requirements to work as a nurse aide in New Mexico. The Registry includes substantiated findings of nurse aide abuse, neglect, misappropriation of resident property, or exploitation involving a nurse aide at a New Mexico Health Care Authority (NMHCA) licensed medical facility. Upon successfully completing 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 NMNAR.

Review the [Nurse Aide Competency Exam](#) section to help prepare for the exam.

Registry Maintenance

Once placed on the New Mexico Registry, it is your responsibility to maintain your demographic information so that renewal notifications/alerts can be delivered to you promptly. You must renew electronically by signing in to your TMU© account at nm.tmutest.com. Use your Email or Username and Password to sign in. If you are new to the system or have forgotten your password, refer to the 'Forget my Password?' section in this handbook to reset your password. If you need assistance signing in to your TMU© account, call D&SDT-HEADMASTER at (888)401-0462. Renewal reminders are emailed to your TMU© account email address of record and/or text to your SMS-capable phone, so keeping your contact information current is important.

Note: Renewal notifications/alerts are sent via email and text message 30 days before your certification expiration date. No renewal certifications are sent via USPS mail. It is important to keep your TMU© demographic information updated to receive your renewal notification.

DEMOGRAPHIC UPDATES / CHANGES / CORRECTIONS

Registry name changes (marriage/divorce, etc.), date of birth changes, social security number corrections, etc., must be verified with appropriate documentation. Please complete the [DEMOGRAPHIC CHANGE/CORRECTION REQUEST FORM](#) and upload your demographic change/correction documentation. The form is under 'Applications' on the New Mexico TMU© main web page (before you log in to your account), or click on this link: <https://nm.tmutest.com/apply/6>.

Registry Renewal

To maintain eligibility to work, you must renew your eligibility every twenty-four 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 twenty-four months. Nurse aides with misconduct restrictions on the Registry are not eligible for renewal.

To renew, sign in to your TMU© account at nm.tmutest.com and list your work hours and where you were employed (nursing home, hospital, hospice, home health agency, or ICF/MR facility). Use your Email or Username and Password to sign in. If you are new to the system or have forgotten your password, refer to the '**Forget my Password and Recover my Account**' section in this handbook to reset your password. An email verification link will be sent to the employer contact you choose from the list of employers. When the employer verifies your work experience, your eligibility will be extended an additional twenty-four months.

- If you work for an employment agency, you must have the long-term care facility you have been placed at listed as your employer when you choose from the list of employers.
- Employment agencies are not listed in the list of employers and cannot verify your employment.
- Employment as a private-duty aide, doctor's office aide, laboratory aide, personal care home assisted living aide, or personal care home residential living aide does not qualify for recertification.
- If you are not employed as a nurse aide at the time of re-certification, you will choose 'unemployed' from the list of employers, and the New Mexico Health Care Authority (NMHCA) will review and approve your verification.

RENEWAL INSTRUCTIONS

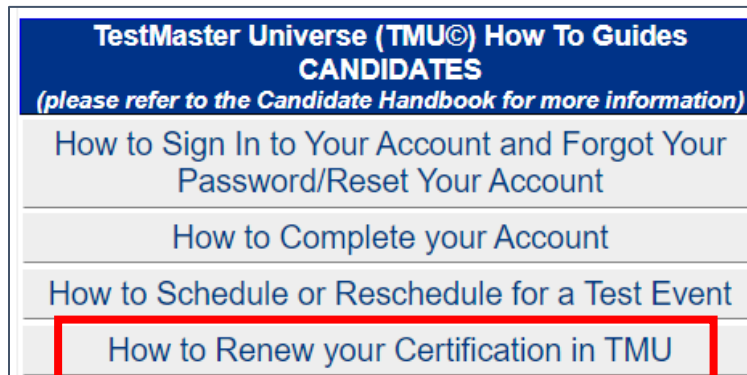
To renew your certification, sign in to your TMU© account at nm.tmutest.com.

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

There are three options to pay the renewal fee:

- **Self-Pay:** pay the fee yourself with a credit card.
- **Sponsor Payment:** your employer pays the fee for you.
- **New Mexico Health Care Authority Funded Facility:** there is no renewal fee.

Please see detailed instructions on [D&SDT-HEADMASTER's New Mexico website](#). Click [How to Renew your Certification in TMU©](#).



Under federal regulations, a nurse aide becomes ineligible for employment if they do not perform at least 8 hours of nursing-related services for pay in a health care setting within twenty-four months of the lapse of their certification. To re-establish employment eligibility on the NMNAR, you must successfully pass both components of the approved New Mexico NA nurse aide competency examination.

Contact D&SDT-HEADMASTER for authorization to schedule the competency test to regain employment eligibility status.

Reinstatement

Reinstatements of lapsed New Mexico certifications are processed as follows:

- If you are on the New Mexico CNA Registry (NMNAR) and your certification has lapsed *less than 24 months*, you may reinstate your certificate via retesting. Training will not be required if your expiration date is within the past 24 months when you apply and you complete testing within six months of applying. To apply for reinstatement under this circumstance, please go to the New Mexico TMU© nm.tmutest.com, click 'Applications' or nm.tmutest.com/apply, and choose the [REACTIVATION BY EXAM \(Lapsed LESS THAN 24 Months\)](#). Once the NMHCA approves your eligibility to test, an account will be created in the New Mexico TMU© for you. You will be emailed your username and password to log in to your TMU© account, pay your testing fee, and schedule a test date. You must complete your testing within six months of your eligibility to test.
- If your certification has lapsed more than 24 months, but you have been working in a nursing-related field for at least 24 months, you may reinstate your certification via retesting. To apply for reinstatement under this circumstance, please go to the New Mexico TMU nm.tmu.test.com, click 'Applications' or nm.tmutest.com/apply, and choose the [REACTIVATION BY EXAM \(Lapsed MORE THAN 24 Months\)](#). Once the NMHCA approves your eligibility to test, an account will be created in the New Mexico TMU© for you. You will be emailed your username and password to log in to your TMU© account, pay your testing fee, and schedule a test date. You must complete your testing within six months of your eligibility to test.
 - You will need to submit a letter from your employer on company letterhead listing the following information:
 - Employee's name
 - Employee's title
 - Employee's hire date(s)
 - A detailed list of employee's job duties

- If your certification **lapsed more than 24 months ago and you have not worked in a nursing-related field in the past 24 months**, you must successfully complete a New Mexico state-approved nurse aide training program and then take and pass the Competency Examination to become certified.
 - Candidates have 24 months from completing their training program to take and pass both parts of the Competency Examination.

Registry Reciprocity

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

OUT-OF-STATE RECIPROCALITY PROCESS

You must be current and in good standing on a nurse aide registry in a state other than New Mexico to be considered. To apply for reciprocity placement on the NMNAR, you must complete an Out-of-State Reciprocity Application in the New Mexico TMU© nm.tmutest.com by clicking 'APPLICATIONS' or nm.tmutest.com/apply and choose the [Reciprocity Form](#) application.

Once your completed application and all required documentation have been received, the NMHCA will determine if you are eligible to be added to the New Mexico Nurse Aide Registry. You must have a valid email address to receive your TMU© login username and temporary password. You may check your listing on the New Mexico Nurse Aide Registry at nm.tmutest.com. Any personal information entered into TMU© will only be used to determine whether you can work as a nurse aide in New Mexico. Failure to provide complete and accurate information during the reciprocity determination process may delay or even prevent you from being listed on the NMNAR.

Student Nurse / Graduate Nurse / Foreign Nurse Training

LPN/RN Nursing Student

LPN or RN students: Select this route if you have successfully completed the required basic coursework and first round of clinicals in a New Mexico state-approved nursing program within the past 24 months. Once the NMHCA approves your eligibility to test, an account will be created in the New Mexico TMU© for you. You will be emailed your username and password to log in to your TMU© account, pay your testing fee, and schedule a test date. You must complete your testing within six months of your eligibility to test.

- To apply for a nursing student training waiver, please go to the New Mexico TMU© nm.tmutest.com, click 'APPLICATIONS' or nm.tmutest.com/apply, and choose the [Nursing Student Waiver](#) application.

Graduate Nurse

LPN or RN program graduates: Select this route if you have successfully completed a New Mexico state-approved RN/LPN program but have not yet been licensed. Once the NMHCA approves your eligibility to test, an account will be created in the New Mexico TMU© for you. You will be emailed your username and password to log in to your TMU© account, pay your testing fee, and schedule a test date. You must complete your testing within six months of your eligibility to test.

- To apply for a graduate nurse training waiver, please go to the New Mexico TMU© nm.tmutest.com, click 'APPLICATIONS' or nm.tmutest.com/apply, and choose the [Graduate Nurse Waiver](#) application.

Foreign Trained Nurse (LPN/RN)

LPN or RN program graduates who have completed an LPN or RN program outside New Mexico: Select this route if you are an LPN or RN trained in another country. You must have a valid nursing license from your country and be in good standing on the applicable registry. Once the NMHCA approves your eligibility to test, an account will be created in the New Mexico TMU© for you. You will be emailed your username and password to log in to your TMU© account, pay your testing fee, and schedule a test date. You must complete your testing within six months of your eligibility to test.

- To apply for a foreign-trained nurse (LPN/RN) training waiver, please go to the New Mexico TMU© nm.tmutest.com, click 'APPLICATIONS' or nm.tmutest.com/apply, and choose the [Foreign Trained Nurse Waiver](#) application.

Military Trained

Select this route if you have obtained nurse aide-related skills and training through military service within the past 24 months. Once the NMHCA approves your eligibility to test, an account will be created in the New Mexico TMU© for you. You will be emailed your username and password to log in to your TMU© account, pay your testing fee, and schedule a test date. You must complete your testing within six months of your eligibility to test.

- To apply for a Military Training Waiver, please go to the New Mexico TMU© nm.tmutest.com, click 'APPLICATIONS' or nm.tmutest.com/apply, and choose the [Military Training Waiver](#) application.

Verification

A transfer of a CNA from New Mexico to another state may require a verification form verifying the New Mexico certification. Verification forms are available from the CNA registry business offices of other states. A CNA is responsible for acquiring the verification form from the State nurse aide registry of a state other than New Mexico.

Once the verification form is acquired, do the following:

1. Fill out the top portion of the Verification Form with your individual information.
2. Forward the original to the New Mexico CNA office:

CNAR Coordinator
Division of Health Improvement
5300 Homestead Road NE, Ste 300-3114
Albuquerque, NM 87110

Once the verification form is received, the New Mexico CNAR coordinator will verify your certification in the New Mexico registry, date, sign, and stamp the official New Mexico Health Care Authority Nurse Aide Registry seal on the verification form, and mail it to the state you are transferring to.

The CNA must follow up with the NAR of the reciprocating state within 3-4 weeks.

Americans with Disabilities Act (ADA)

ADA Compliance

The New Mexico Health Care Authority (NMHCA) 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 examination. D&SDT-HEADMASTER must approve accommodations in advance of the examination. The request for accommodations can be found on [D&SDT-HEADMASTER's New Mexico webpage](#) by clicking the PDF Fillable [ADA Accommodation Form](#). Fill out the ADA Request and attach the required documentation found on the second page of the request form to an email to newmexico@hdmaster.com to be reviewed for accommodation.

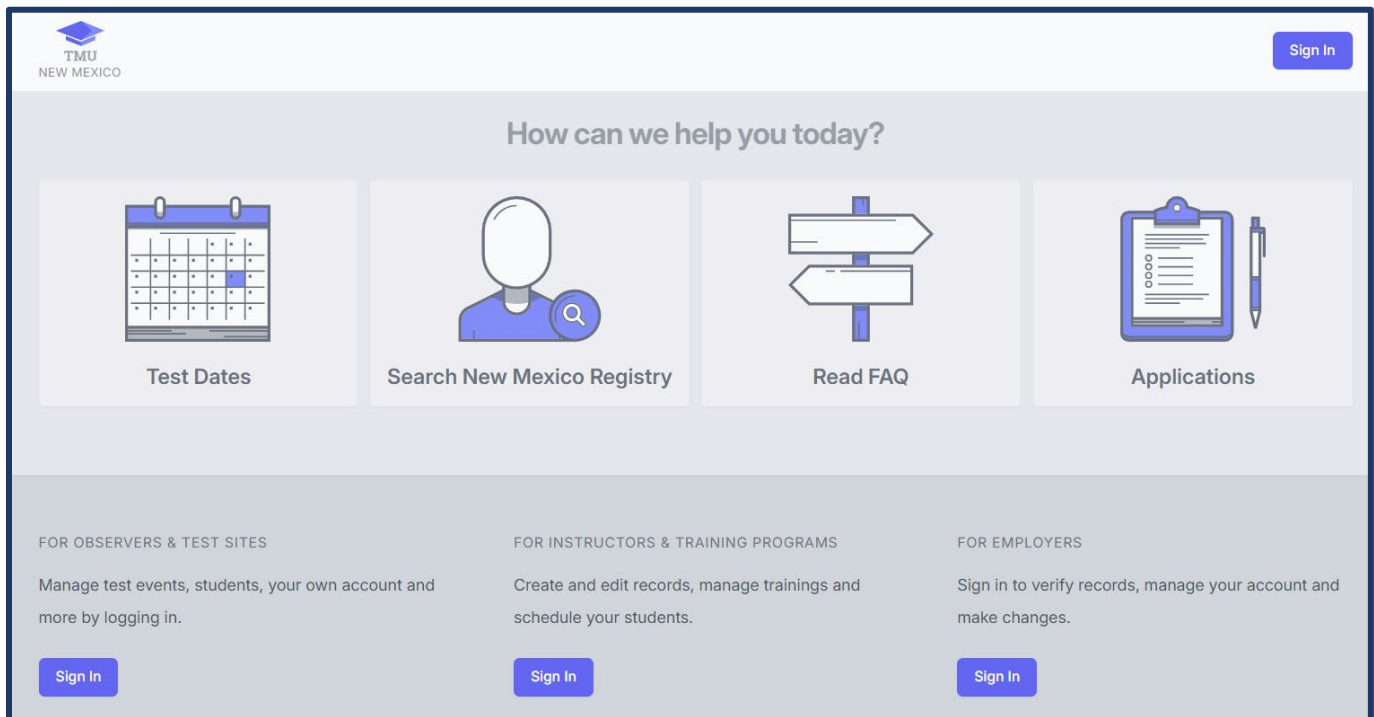
ADA request forms submitted without supporting documentation of a diagnosed disability will not be accepted or reviewed.

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.

New Mexico TestMaster Universe© (TMU©)

New Mexico TMU© Home Page

This is the New Mexico TMU© main page, nm.tmutest.com



- Click on 'Test Dates' to see the calendar of available test events and their location
- Click on 'Search New Mexico Registry' to search the Registry
- Click on 'Read FAQ' for frequently asked questions

Complete your TMU@ Account

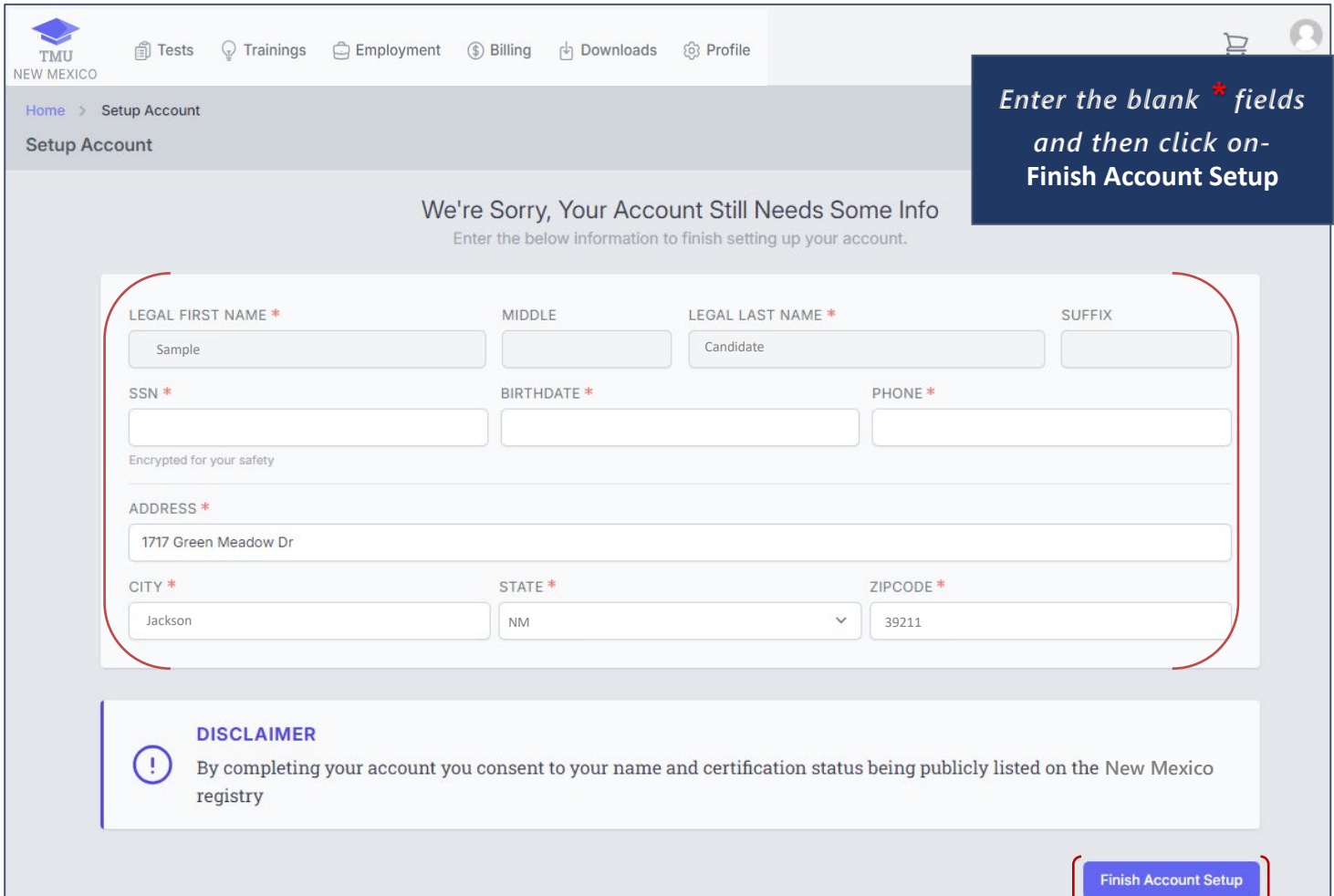
Your training program will enter your initial registration information in D&SDT-HEADMASTER’s New Mexico TestMaster Universe (TMU@) software.

IMPORTANT: Before you can test, you must sign in to TMU@ (nm.tmutest.com) using your secure Email or Username and Password, complete and verify that your demographic information is correct.

- It is highly recommended that when you receive your confirmation email from TMU@ (check your junk/spam mail) that your account has been created, you sign in, update your password, and complete and verify your demographic information.

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.

*This is the 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:***



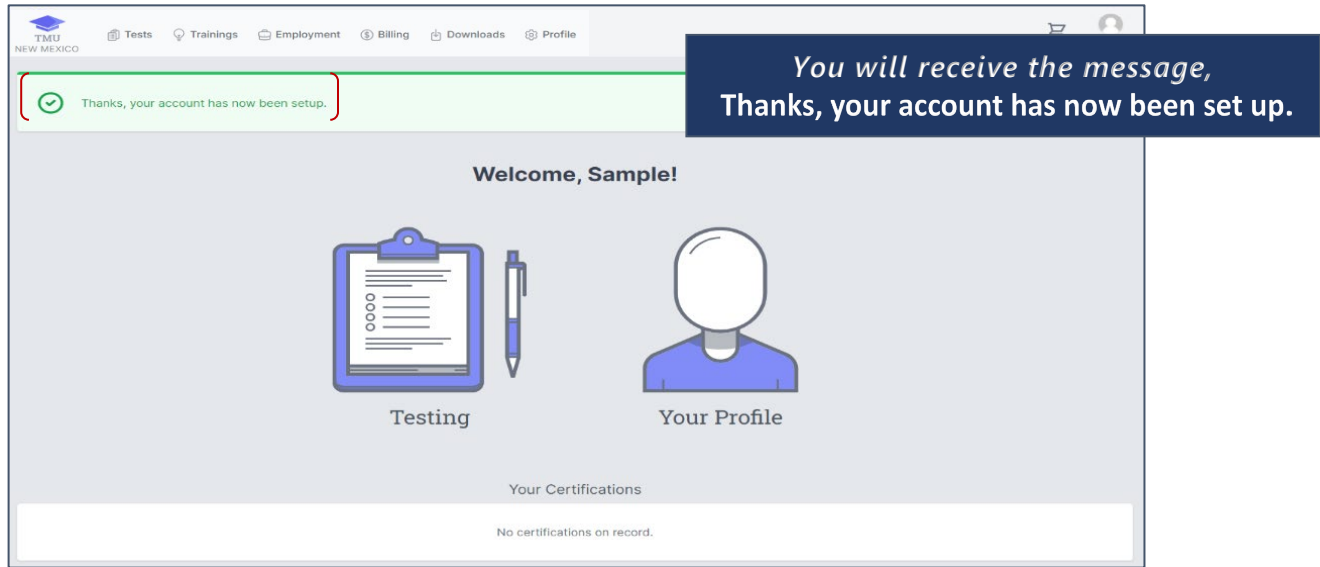
We're Sorry, Your Account Still Needs Some Info
 Enter the below information to finish setting up your account.

LEGAL FIRST NAME *	MIDDLE	LEGAL LAST NAME *	SUFFIX
Sample		Candidate	
SSN *	BIRTHDATE *	PHONE *	
<small>Encrypted for your safety</small>			
ADDRESS *			
1717 Green Meadow Dr			
CITY *	STATE *	ZIPCODE *	
Jackson	NM	39211	

DISCLAIMER

By completing your account you consent to your name and certification status being publicly listed on the New Mexico registry

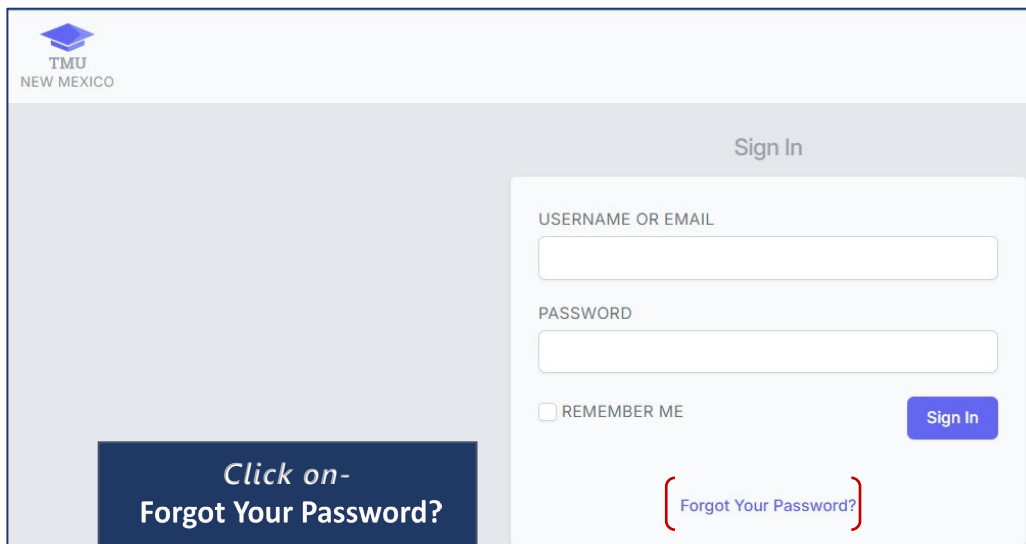
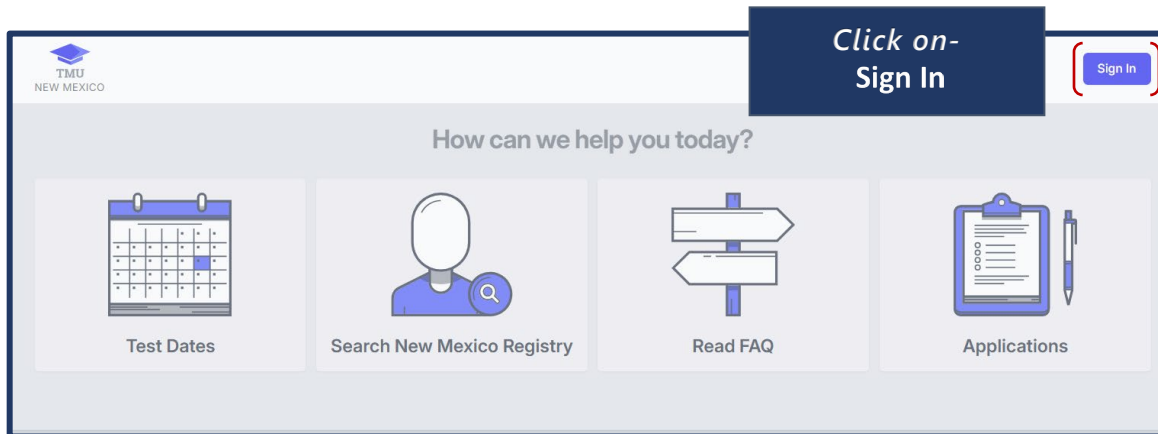
[Finish Account Setup](#)



Forgot your Password and Recover your Account

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

Go to nm.tmutest.com.



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

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.

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 *

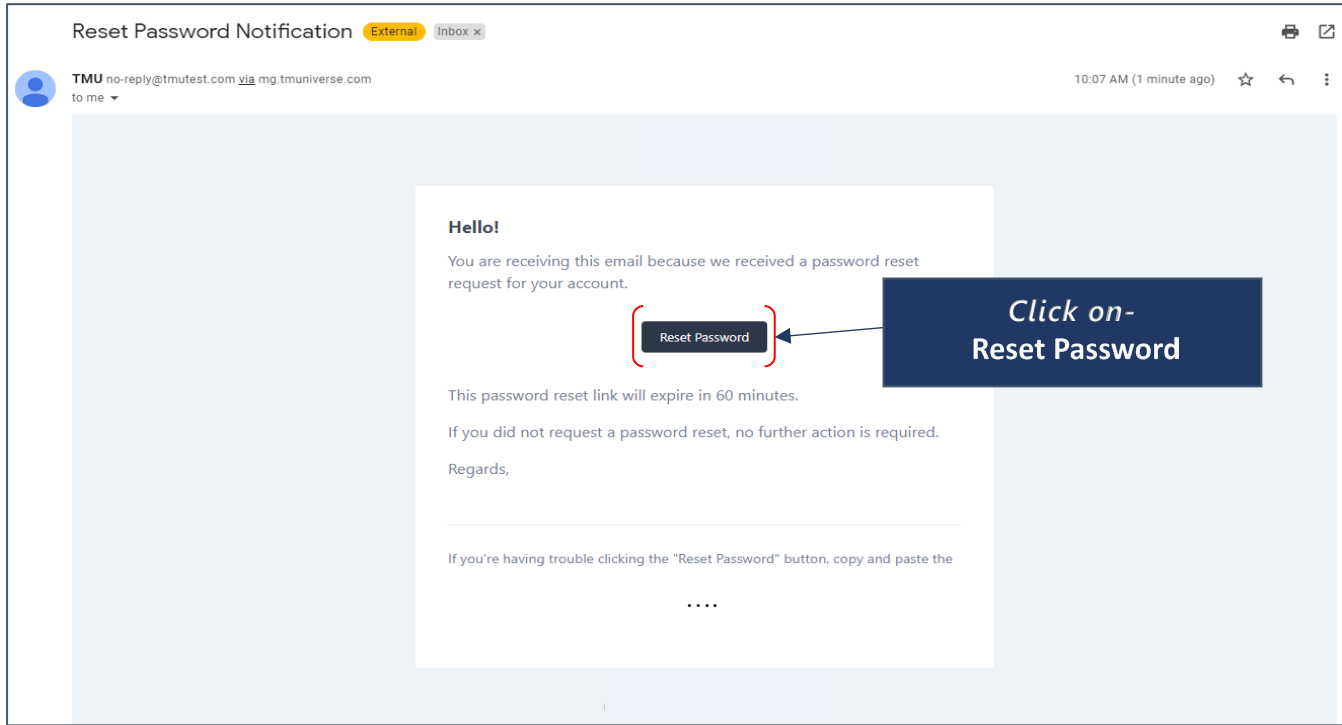
DATE OF BIRTH *

LAST NAME *

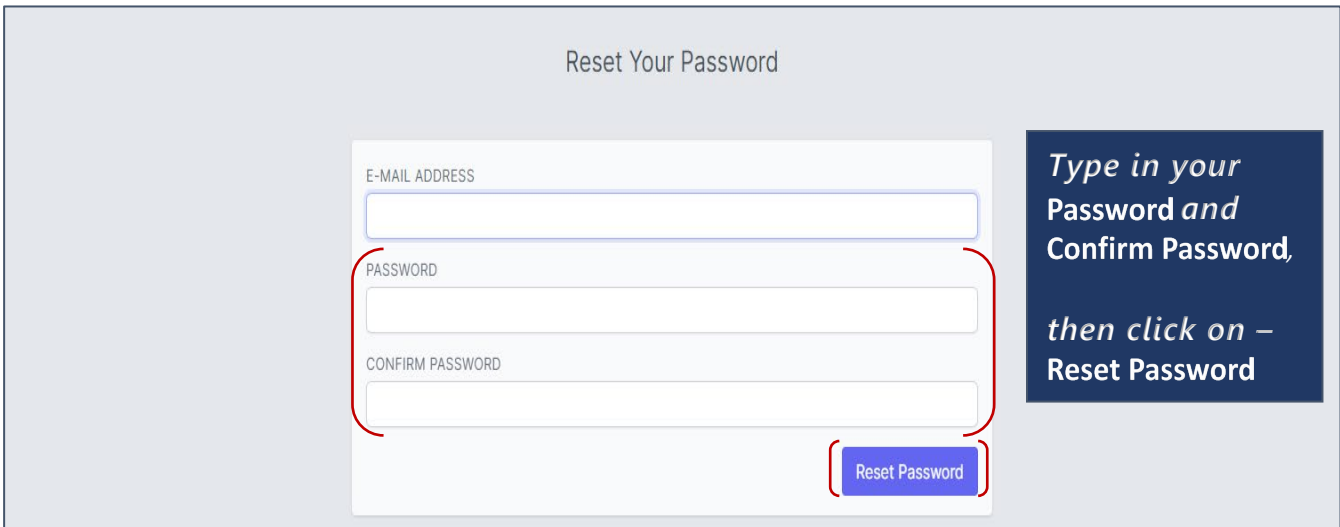
ZIP CODE *

Recover Account

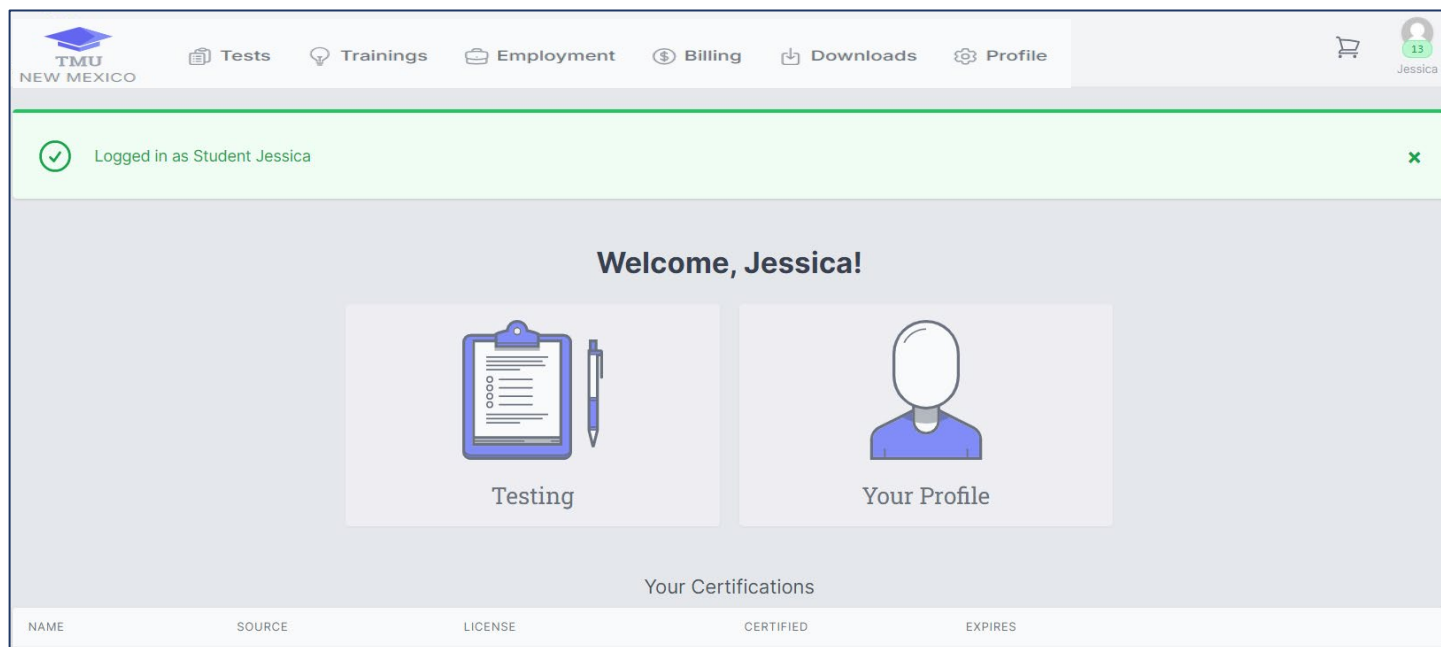
This is what the email will look like (check your junk/spam folder for the email):



Note: If you do not reset your password right away, the link will expire 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 New Mexico Nurse Aide Competency Exam

Payment Information

Exam Description	Price
KNOWLEDGE EXAM [ENGLISH OR SPANISH] <i>-or- Knowledge Retake</i>	\$40.00
OPTIONAL: AUDIO VERSION OF THE KNOWLEDGE EXAM [ENGLISH OR SPANISH] <i>-or- Audio Knowledge Retake</i> <i>(The knowledge test questions and answers are read through the computer and listened to through headphones or earbuds while you read along.)</i>	\$45.00
SKILL TEST <i>-or- Skill Retake</i>	\$100.00

State of New Mexico – Payment of Test Fees

The State of New Mexico will pay test fees for candidates who have been offered employment or are currently employed by a Medicaid-certified nursing facility. In order for the state to pay your test fees, an authorized facility must be listed in your TMU© application.

If you are not eligible for state payment, please refer to the **'Self-Pay of Testing Fees'** section.

Schedule a New Mexico Nurse Aide Exam

Once you have completed your program, your instructor has entered your training record 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 New Mexico TMU© webpage at nm.tmutest.com using

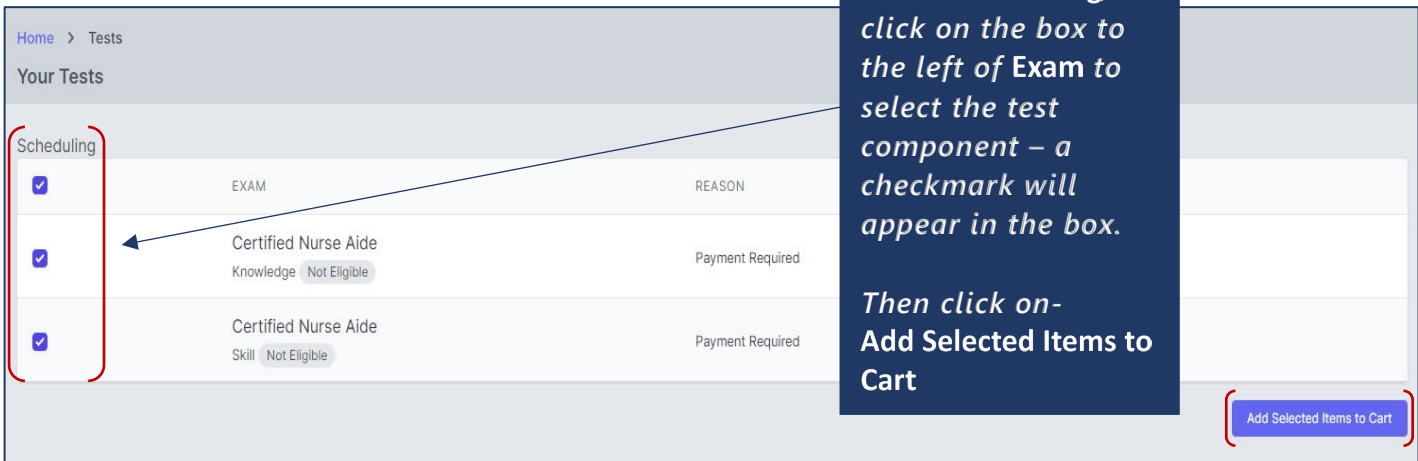
your email and password (see instructions under **'Schedule / Reschedule a Test Event'**). If you cannot sign in with your email, please call D&SDT-HEADMASTER for assistance at (888)401-0462 during regular business hours, 6:00AM to 6:00PM MT, Monday through Friday, excluding holidays.

To schedule or reschedule your test date, sign in to the New Mexico TMU© webpage at nm.tmutest.com with your email and password. If you cannot schedule/reschedule online, please call D&SDT-HEADMASTER at (888)401-0462 during regular business hours, 6:00AM to 6:00PM MT, Monday through Friday, excluding holidays, for assistance.

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.

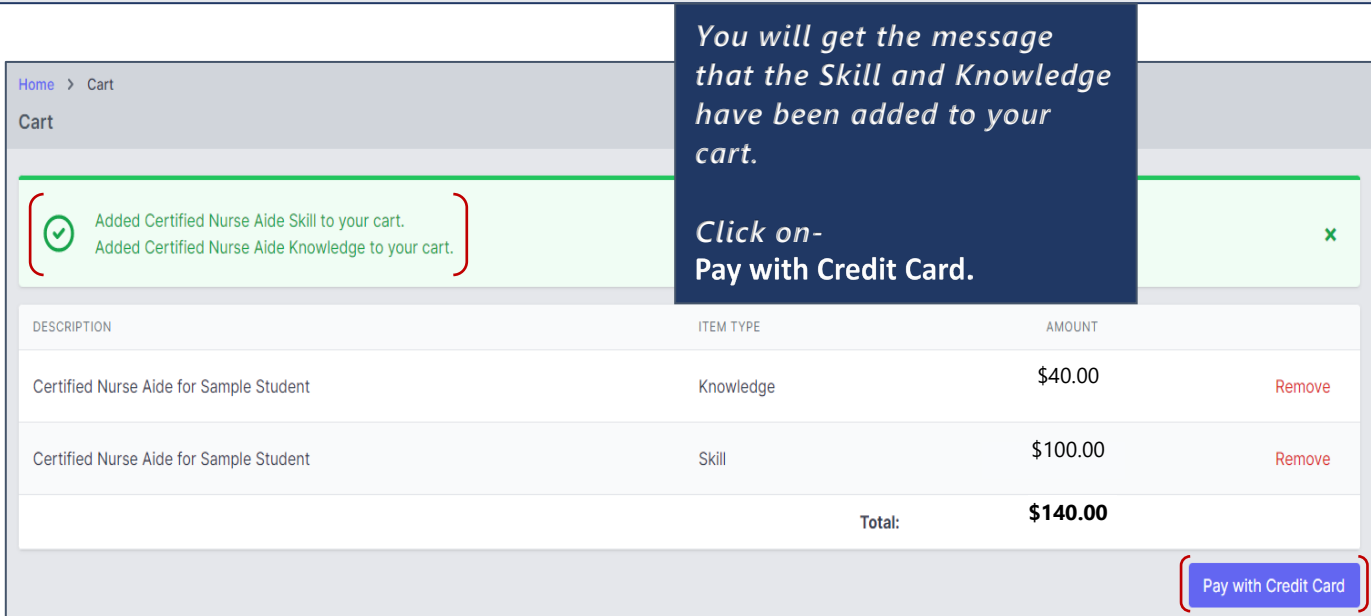
Securely processed Visa or MasterCard credit card or debit card information is required when paying testing fees online.



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 Not Eligible	Payment Required
Certified Nurse Aide Skill Not Eligible	Payment Required

Add Selected Items to Cart



You will get the message that the Skill and Knowledge have been added to your cart. Click on- Pay with Credit Card.

DESCRIPTION	ITEM TYPE	AMOUNT
Certified Nurse Aide for Sample Student	Knowledge	\$40.00
Certified Nurse Aide for Sample Student	Skill	\$100.00
Total:		\$140.00

Pay with Credit Card

Home > Prepay

Prepay to Schedule

What You're Paying For

DESCRIPTION	COST
Certified Nurse Aide for Sample Student	\$40.00
Certified Nurse Aide for Sample Student	\$100.00
Total:	\$140.00

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

You will receive a receipt of the transaction.

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

Tests
Trainings
Employment
Billing
Downloads
Profile

13
Jessica

✓ Logged in as Student Jessica

Welcome, Jessica!

Testing

Your Profile

Your Certifications

NAME	SOURCE	LICENSE	CERTIFIED	EXPIRES

Click on – Testing

-or-

Click on the Tests tab at the top of the page.

Home > Tests

Your Tests

Scheduling

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

Testing History

No test history on record.

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.

Schedule

Schedule

Home > Tests > Find Event

Find Event CERTIFIED NURSE AIDE

TEST DATE	TEST SITE	SCHEDULING FOR
07/15/2021 12:00 PM CDT	Practice Test Site (TS) Albuquerque, NM	K Certified Nurse Aide S Certified Nurse Aide
07/15/2021 12:00 PM CDT	Practice Test Site (TS) Albuquerque, NM	K Certified Nurse Aide S Certified Nurse Aide

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

Schedule

Schedule

nm.tmutest.com says

Schedule into this Event on 07/15/2021 for Certified Nurse Aide Knowledge, 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

-continued on the next page-

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	
07/15/2021 12:00 PM CDT	Certified Nurse Aide Knowledge	Practice Test Site (TS) Albuquerque, NM	Scheduled	Test Confirmation Page Get Map
07/15/2021 12:00 PM CDT	Certified Nurse Aide Skill	Practice Test Site (TS) Albuquerque, NM	Scheduled	Test Confirmation Page Get Map

This screen confirms you are scheduled for 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.

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 read the New Mexico candidate handbook, as it will give you 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.*

Scheduled Test Confirmation - New Mexico Certified Nurse Aide

[Get Map](#) [Print Page](#)

Test Date: 08/23/2024
Test Time: 8:00 AM MDT
Test Exam: Knowledge - Certified Nurse Aide
Test Site: San Juan College - Test Site
 Test Site Address
 Albuquerque, NM 87211

Best Student
Best Student Address
 Albuquerque, NM 87211

- TESTING BEGINS AT 8:00 AM MDT ON 08/23/2024: 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 New Mexico NA Candidate Handbook.
 - Please review the ID requirements found in the New Mexico NA Candidate Handbook.
 - If you are unable to access your account, go to <https://nm.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 (800)-393-8664.
 - Refer to the **Nurse Aide Competency Exam** section of the **New Mexico NA 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 before your testing date.

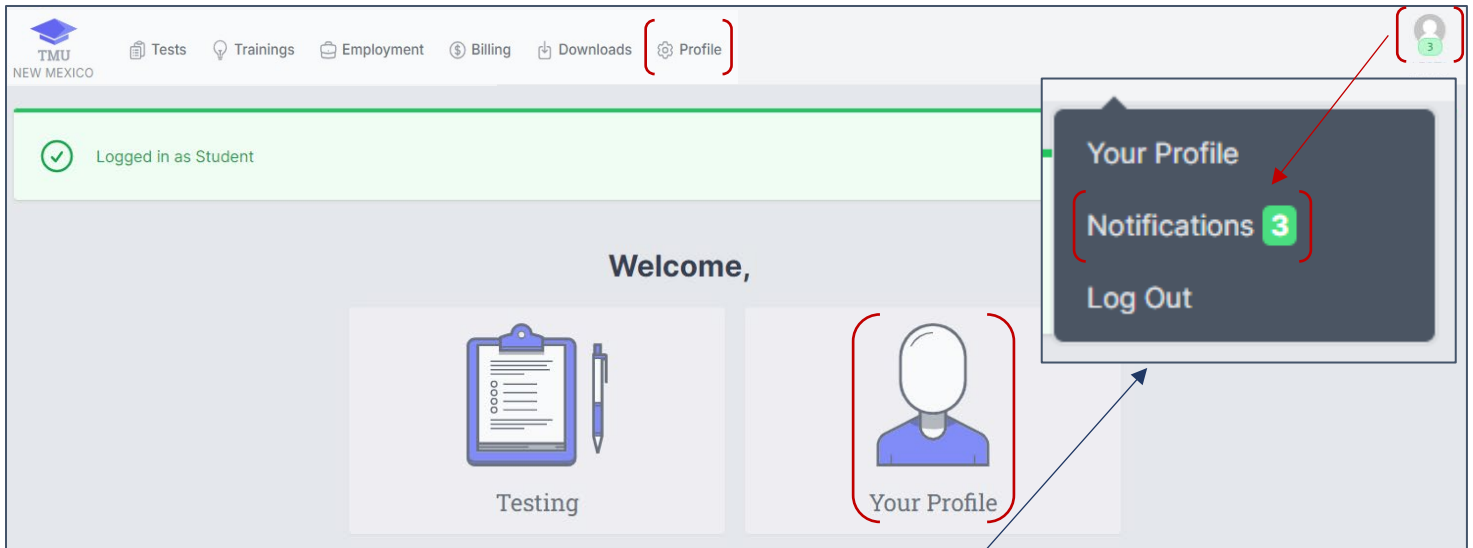
[Click to open the New Mexico Candidate Handbook](#)

Please see the **‘Remotely Proctored Knowledge Exam Option’** under the Knowledge/Audio Exam section if you want to take your knowledge exam with a remote proctor from your home, etc. If you have any questions regarding your test scheduling, call D&SDT-HEADMASTER at (888)401-0462, Monday through Friday, excluding holidays, 6:00AM to 6:00PM MT.

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 Notifications in TMU@

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:

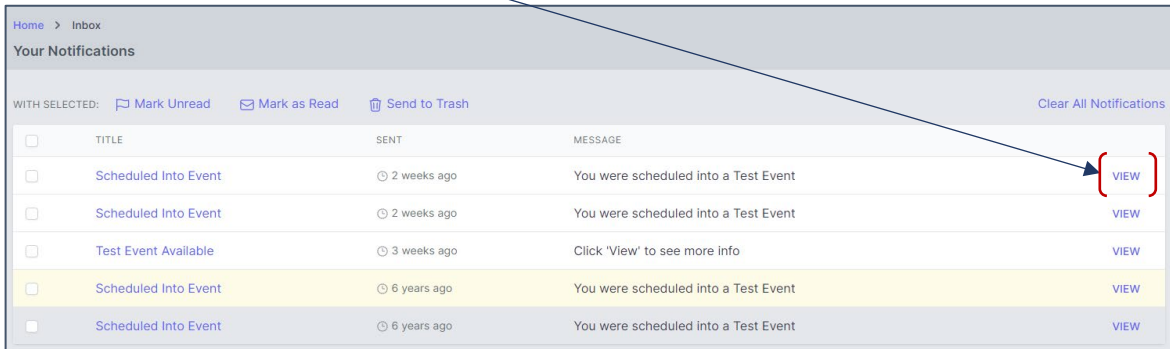


When you have ‘notifications’ they will show up when you click on your profile pic. The number represents the number of notifications you have to view.

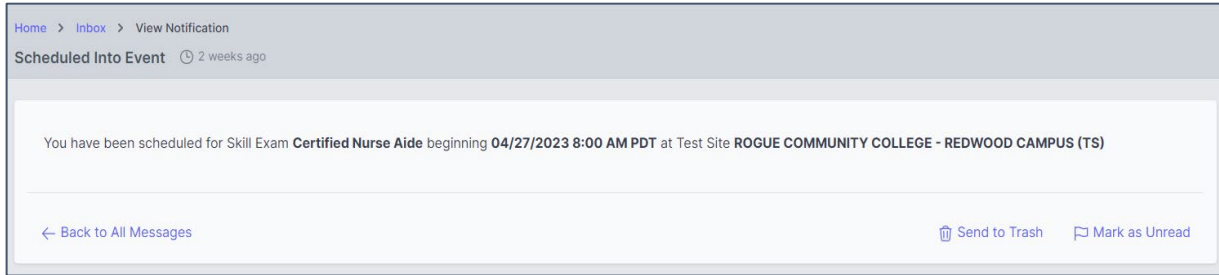
*Click on-
Your Profile Pic or Profile to open your profile and notifications.*

*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

You have **three (3) attempts** to pass the knowledge and skill test portions of the exam **within 24 months** from your date of nurse aide training program completion. If you do not complete testing within 24 months from completion of training, you must retrain to become eligible to further attempt New Mexico nurse aide examinations.

Exam Check-In

You must arrive at your confirmed test site 20 to 30 minutes before your exam is scheduled to start.

- Testing **begins** promptly at the start time noted.
- You need to ensure you are at the event ***at least 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 **no later than 7:40AM**.

Note: If you arrive late, you will not be allowed to test.

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

The following testing attire requirements will be followed at testing sites:

- You must be in full clinical attire (scrubs).
 - *Scrubs and shoes can be any color/design.*
- No open-toed shoes are allowed.



Other testing attire information:

- You may bring a standard watch with a second hand.
- No smartwatches or fitness monitors 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 a **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 non-expired, US government-issued, *signed, acceptable photo IDs are:

- State-issued Driver's License
 - *You may use the letter 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
- Signed U.S. Passport (Foreign Passports and Passport Cards *are not* acceptable)
 - * *Exception: A signed foreign passport with a US VISA within the passport is acceptable (the VISA does not have a signature)*
- Permanent Resident Card (Green Card or Alien Registration Card) / Employment-Work Authorization Card issued by the U.S. Citizenship and Immigration Services (USCIS)
 - * *Accepted without a signature or fingerprint IF ISSUED from January 30, 2023, to the present day. If issued before January 1, 2023, it may contain a fingerprint instead of a signature.*
- U.S. 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*
- Tribal Identification Card (*a signed photo ID with an expiration date (not expired) issued by a [federally recognized](#) Tribal Nation/Indian Tribe*)

The **FIRST** and **LAST** names **listed on your identification presented** to the RN Test Observer during check-in at your test event **MUST EXACTLY MATCH** the FIRST and LAST names entered in your TMU© account. You may call D&SDT-HEADMASTER at (888)401-0462 during regular business hours, 6:00AM to 6:00PM MT, Monday through Friday, excluding holidays, to confirm that your name of record matches your *signed, non-expired, photo-bearing form of identification, or sign in to your TMU© account to check or change your demographic information.

Note:

- **You will not be admitted for testing if you do not bring proper/valid identification.**
 - Be sure your identification is not expired.
 - Check to ensure that the FIRST and LAST printed names on your identification card match the current name on 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.
- A school ID **is not** an acceptable form of ID.
- In cases where names do not match, your ID is not proper/valid, or it has a hole punched in it, this is considered a NO-SHOW status, and you will have to reschedule and pay for another test and date.

DEMOGRAPHIC UPDATES / CHANGES / CORRECTIONS

Name changes (marriage/divorce, etc.), date of birth changes, social security number corrections, etc., must be verified with appropriate documentation. Please complete the **[DEMOGRAPHIC CHANGE/CORRECTION REQUEST FORM](#)** and upload your demographic change/correction documentation. The form is under 'Applications' on the New Mexico TMU© main web page (before you log in to your account), or click on this link:

<https://nm.tmutest.com/apply/6>.

If you are taking the knowledge and skills exams together, you will be required to show your ID again when you enter the knowledge test room and the skills lab for your skills exam. Please keep your ID with you during the entire exam event.

Instructions for the Knowledge, Remotely Proctored Knowledge and Skill Exams

Test instructions for the knowledge and skills exams will be provided 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** entering the knowledge exam room or skills lab. 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 available under the **'DOWNLOADS'** tab in your TMU© account. Refer to the **'Access the Candidate Handbook and Testing Instructions'** section of this handbook.

Testing Policies

The following policies are observed at each test site:

- Make sure you have signed in to your TMU© account at nm.tmutest.com before your test date to update your password and complete your demographic information. Refer to this handbook's **'Complete Your Account in TMU©'** 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.**
- Plan to be at the test site for up to five (5) hours if the knowledge and skills are taken together in the worst-case scenario.
- Testing begins promptly at the start time noted on your confirmation. If you arrive late for your confirmed exam (you need to be at the test site to **check in at least 20 to 30 minutes before your scheduled start time** – if your test start time is 8:00AM, you need to be at the test site **by 7:40AM at the latest**), you will not be admitted to the exam. 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.
- If you do not bring a valid and appropriate signed, non-expired photo-bearing form of identification, 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 New Mexico 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 scrubs with appropriate shoes and conform to all testing policies, you will not be admitted to the exam, and any exam fees paid *will NOT be refunded*.
- If you have a NO-SHOW status on your exam day, any test fees paid *will NOT be refunded*.
- **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 for 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 the New Mexico Health Care Authority (NMHCA). You may, however, use personal devices during your free time in the waiting area.
- You are encouraged to bring a jacket, snack, drink, or study material while waiting to test.
- Translators, foreign language translation dictionaries, language translators that are not pre-approved, and electronic dictionaries **are not allowed**.
- You may not remove any notes or other materials from the testing room.
- You are not permitted to eat, drink, or smoke (e-cigarettes or vape) during the exam.
- 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.
- If you are discovered causing a disturbance of any kind, engaging in any misconduct, 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 the New Mexico Health Care Authority (NMHCA).
- Test sites, RN Test Observers, Knowledge Test Proctors, and Actors are not responsible for the candidate's personal belongings at the test site.
- No visitors, guests, pets (including companion animals), or children are allowed.
 - Service animals with an approved ADA accommodation in place are allowed.
- 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&S-HEADMASTER immediately during regular business hours, 6:00AM to 6:00PM MT, Monday through Friday, excluding holidays, if you are on doctor's orders. You must fax (406)442-3357 or email newmexico@hdmaster.com a signed doctor's order **within three (3) business days** of your scheduled exam to qualify for a free reschedule.
- **Please review this New Mexico NA Candidate Handbook before your test day for any testing and policy updates.**
- The Candidate Handbook and testing instructions can also be accessed within your TMU© account under your 'Downloads' tab.

The next page provides instructions on accessing the Candidate Handbook and Testing Instructions in your TMU© account.

ACCESS THE CANDIDATE HANDBOOK AND TESTING INSTRUCTIONS

The screenshot shows a web portal interface. At the top, there is a navigation bar with links for Tests, Trainings, Employment, Billing, Downloads, and Profile. A dark blue callout box with white text says "Click on-Downloads". Below the navigation bar, a green status bar indicates "Logged in as Student Jessica". The main content area has a "Welcome, Jessica!" message and a "Testing" section with a clipboard icon. A second dark blue callout box with white text says "Click on-Download to open the New Mexico Nurse Aide Candidate Handbook. The Skill Test, Knowledge Exam, and Remotely Proctored Knowledge Exam instructions can be found here as well." Below this, the "Downloads" page is shown, listing several documents with "DOWNLOAD" buttons. A red bracket groups the "Remotely Proctored Knowledge Exam Instructions", "Knowledge Exam Instructions", and "Skill Test Instructions" items. An arrow points from the second callout box to the "DOWNLOAD" button for the "New Mexico NURSE AIDE HANDBOOK".

TMU NEW MEXICO Tests Trainings Employment Billing Downloads Profile

Click on-Downloads

Logged in as Student Jessica

Welcome, Jessica!

Testing

Click on-Download to open the New Mexico Nurse Aide Candidate Handbook. The Skill Test, Knowledge Exam, and Remotely Proctored Knowledge Exam instructions can be found here as well.

Home > Downloads

Downloads

New Mexico NURSE AIDE HANDBOOK [DOWNLOAD]

Remotely Proctored Knowledge Exam Instructions [DOWNLOAD]
Remotely Proctored Knowledge Exam Instructions for candidates taking the NA Knowledge Exam with a remote proctor. Please read before taking your remotely proctored exam.

Knowledge Exam Instructions [DOWNLOAD]
Please read these instructions before taking your on-site Nurse Aide knowledge exam.

Skill Test Instructions [DOWNLOAD]
Please read these instructions before taking your skill test.

Security

If you refuse to follow directions, use abusive language, disrupt the examination environment, or are visibly impaired, 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 New Mexico Health Care Authority (NMHCA). 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 NMHCA 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 permission from NMHCA 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 your 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 NMHCA, and you may need permission from NMHCA to be eligible to test again.

Reschedule a Test Event

All candidates may reschedule for free online at nm.tmutest.com any time up until one (1) business day before a 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 online by signing in to your TMU© account at nm.tmutest.com. (See instructions under ‘**Schedule / Reschedule a Test Event**’).

- ❖ **Example:** If you are scheduled to take your exam on a Saturday, Sunday, or Monday, you would need to reschedule by close of business the Thursday before your exam. D&SDT-HEADMASTER is open 6:00AM to 6:00PM MT, Monday through Friday, excluding holidays.

The scheduled test date is on a:	Reschedule before 6:00PM MT 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 you are not interested in taking the New Mexico nurse aide certification exam.

SCHEDULED IN A TEST EVENT

- 1) If you are scheduled for a test event, you can request a refund of the testing fees paid by filling out and submitting the [Refund of Testing Fees Paid Request Form](#) on [D&SDT-HEADMASTER's New Mexico 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 exam. D&SDT-HEADMASTER is open until 6:00PM MT, Monday through Friday, excluding holidays.
- 2) Refund requests made in the required time frame qualify for a full refund of any testing fees paid minus a \$35 refund processing fee.

- 3) Refund requests must be made within thirty (30) days of payment of original testing fees with D&SDT-HEADMASTER. Any requests for refunds made beyond 30 days of the original payment of testing fees with D&SDT-HEADMASTER *will not be issued*.

NOT SCHEDULED IN A TEST EVENT

- 1) Refund requests must be made within thirty (30) days of original payment of testing fees with D&SDT-HEADMASTER. Any requests for refunds made beyond 30 days of the original payment of testing fees with D&SDT-HEADMASTER *will not be issued*.
- 2) To request a refund for testing fees paid, you must fill out and submit the [Refund of Testing Fees Paid Request Form](#) on [D&SDT-HEADMASTER's New Mexico webpage](#) at www.hdmaster.com. No phone calls will be accepted.
- 3) 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 weather or other unforeseen circumstances, D&SDT-HEADMASTER staff will make every effort to contact you using the contact information (phone number/email) 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 up to date in case we need to contact you (**see examples below for reasons we may not be able to contact you that you are responsible for.*)

If D&SDT-HEADMASTER is unable to reach you via phone call or email with the information in your TMU© account (**see examples below*) due to 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 on time to the test site 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 repay or submit a new testing fee to schedule yourself for a new test event.

These fees partially offset D&SDT-HEADMASTER's costs incurred for services requested and resulting work 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 Reschedule a Test Event and Refund of Testing Fees Paid), a NO-SHOW status will exist. You will forfeit your testing fees and must repay the full 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 the 3-business day time frame, 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 the 3-business day time frame, 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 the 3-business-day time frame, 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 or a letter on your behalf from the funeral home showing your name and the provider of service name for immediate family only must be submitted within **seven (7) business days** from a missed exam date. If we do not receive proof within the 7-business day time frame, 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 the 3-business-day time frame, 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 can 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

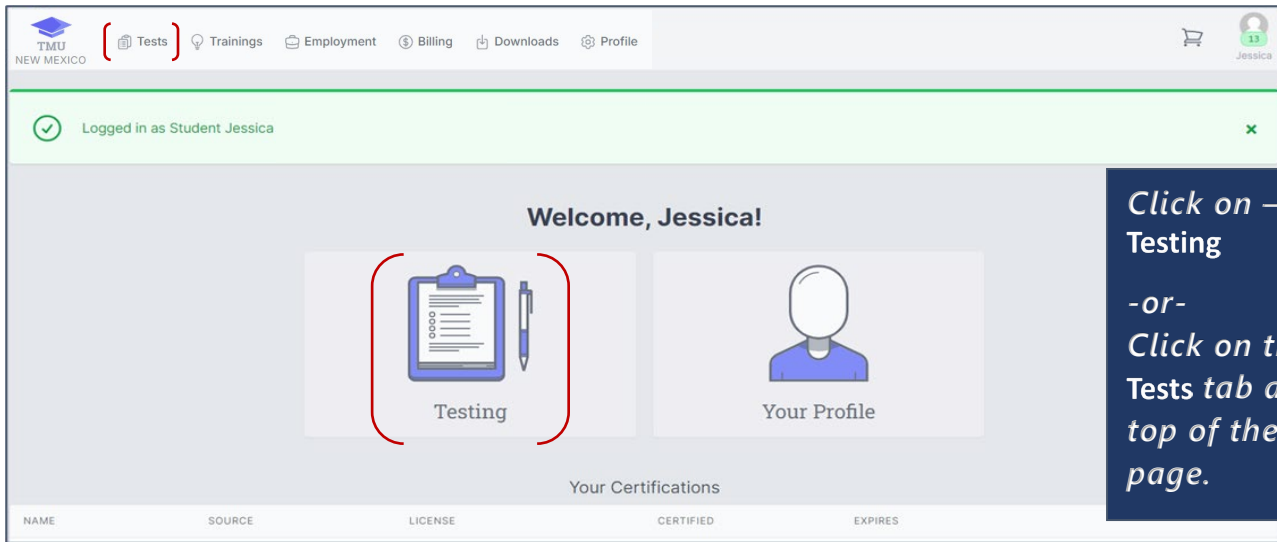
After you have completed both the Knowledge Exam and Skill Test components of the competency exam, your test results will be officially scored and double-checked by D&SDT-HEADMASTER scoring teams. Official test results will be available by signing in to your TMU© account after 6:00PM (MT) the business day after your test event. D&SDT-HEADMASTER cannot release test results over the phone.

When you pass the knowledge and skill test components of the New Mexico nurse aide examination, you may be certified and listed on the New Mexico Nurse Aide Registry (NMNAR).

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

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

ACCESS YOUR TEST RESULTS IN YOUR TMU© ACCOUNT



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

Testing History Please take our satisfaction survey

TEST DATE	EXAM	TEST SITE	STATUS	
05/03/2023 9:30 AM CDT	Certified Nurse Aide Skill	Practice Test Site (TS) Albuquerque, NM	Scheduled	Test Confirmation Page Get Map
04/23/2023 9:00 AM CDT	Certified Nurse Aide Skill	Practice Test Site (TS) Albuquerque, NM	Failed	Details Print Test Results
04/18/2023 1:00 PM CDT	Certified Nurse Aide Knowledge	Practice Test Site (TS) Albuquerque, NM	Passed	Details Print Test Results

*Click on – Details to view your results.
 Click on Print Test Results to print your results.
 Click on Please take our satisfaction survey to complete the exit survey.*

Knowledge Exam 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

New Mexico Certified Nurse Aide Exam Results Report

IMPORTANT TEST RESULTS
TEST DATE: Tuesday, April 18, 2023
Dear Andre,
You have **passed** the knowledge portion of the Certified Nurse Aide exam.
Your overall knowledge test score is 81.33%.
Any weaknesses indicated in your test results are listed below:

Knowledge Exam Results By Subject Area

Safety	75%
Communication	100%
Infection Control	89%
Client Rights	83%
Data Collection	100%
Basic Nursing Skills	82%
Role / Responsibility	71%
Disease Process	60%
Mental Health	75%
Personal Care	88%
Care Impaired	100%
Aging Process and Restorative Care	60%

Vocabulary words to study: edema, diabetes, toenails, social needs, emotional needs, basic needs, frayed cord, mechanical lift, side rails, hormones, elderly, hand washing, disoriented, oxygen, medications, cardiac arrest

Skill Exam 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

New Mexico Certified Nurse Aide Exam Results

IMPORTANT TEST RESULTS
TEST DATE: Sunday, April 23, 2023
Dear Andre,
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

Bedpan and Output w/Hand Washing
Returns equipment to storage.
Washes hands: Turns off faucet with a cl...
Washes hands: Does not recontaminate ha...

Foot Care One Foot
Immerses foot in warm water for 5 to 20...
Rinses basin.

Manual Skill Task(s) Failed: Bedpan and Output w/Hand Washing

Test Attempts

You have **three (3) attempts within 24 months of completion of training** to pass the knowledge and skill test portions of the exam. If you fail three attempts on either the knowledge or skills test component, you must complete a New Mexico Health Care Authority (NMHCA) approved training program to become eligible to attempt New Mexico NA examinations further.

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 do not pass the state competency exam's knowledge and skills portions within 120 days, the facility can no longer employ you to perform nurse aide duties.

Retake 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 nm.tmutest.com. (See instructions with screenshots under 'Schedule / Reschedule a Test Event'.)

You must pay with a Visa or Master 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, 6:00AM to 6:00PM MT, Monday through Friday, excluding holidays. We can help you schedule a test or re-test date as long as your fees have been paid.

Test Review Requests

You may request a review of your test results or dispute any other testing condition.

***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, 6:00AM to 6:00PM MT, 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 New Mexico TMU© main page (before you log in to your account) at nm.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 New Mexico 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. The purpose of this review process is to ensure fairness and accuracy in the evaluation of your test. If, after investigation, the review finding is in your favor, you will be refunded the \$25 test review deposit, and D&SDT-HEADMASTER may pay your re-test fee. 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 New Mexico Health Care Authority (NMHCA).

The Knowledge/Audio Exam

Knowledge Exam Content

The Knowledge Test consists of 60 multiple-choice questions. Questions are selected from subject areas based on the New Mexico Health Care Authority (NMHCA) approved New Mexico test plan and include questions from all the required categories as defined in the federal regulations. The subject areas are as follows:

SUBJECT AREAS

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

The Knowledge Exam

If taking both the knowledge and skill tests on the same day, you will be required to re-present your ID when you enter the knowledge test room and when you enter the skills lab for your skills test. Please keep your ID with you during the entire exam day.

The Knowledge Test Proctor will hand out materials and give instructions for taking the Knowledge Exam. You will have **60 minutes** to complete the **60-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 74% or better to pass the knowledge portion of the exam.

All test sites in New Mexico utilize electronic TMU© testing using Internet-connected computers. The knowledge exam 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.

Translators, foreign language translation dictionaries, language translators that are not pre-approved, and electronic dictionaries **are not allowed**.

Calculators of any type **are not allowed** during testing. If needed, you may do math calculations on the scratch paper provided by the KTP.

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

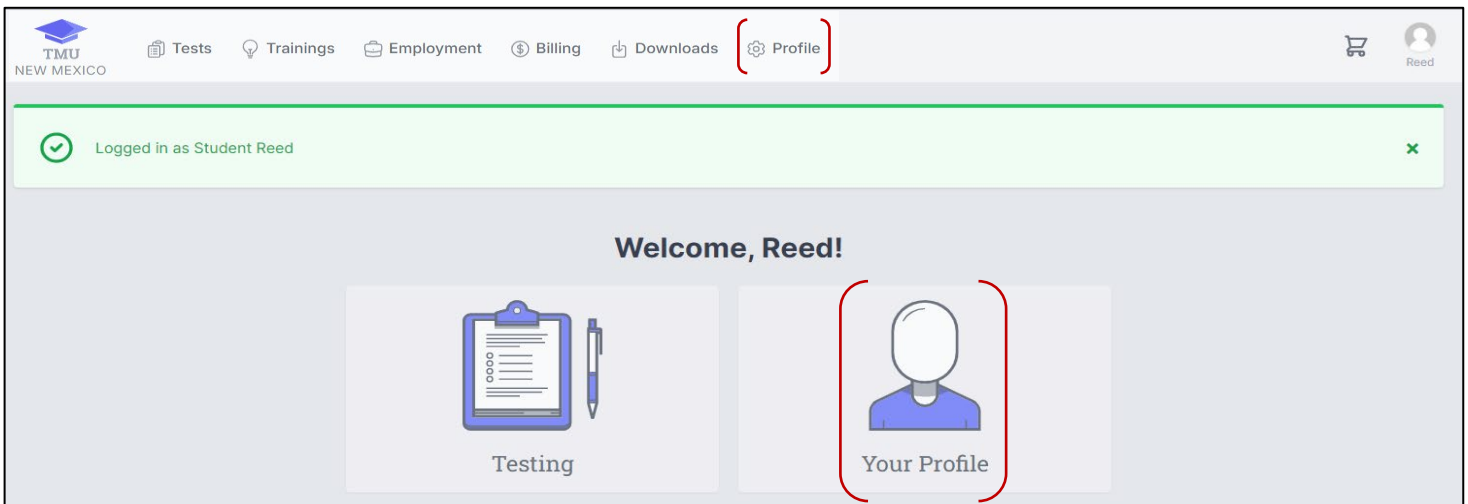
When you leave the testing room, you must leave all test materials in it. Anyone who takes or tries to take materials, notes, or information from the room is subject to prosecution and will be reported to the New Mexico Health Care Authority (NMHCA).

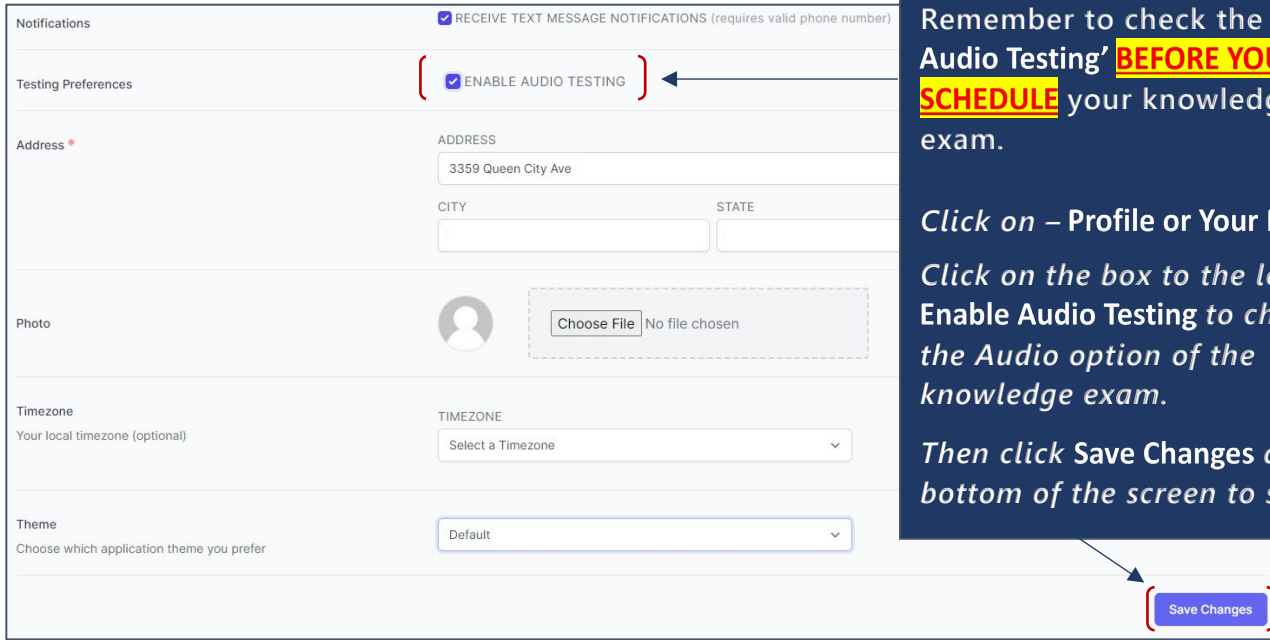
An audio (oral) version of the knowledge exam is available. However, you must request an Audio version before you submit your testing fee payment. To select the Audio version of the knowledge exam, follow the instructions below.

Select an Audio Version of the Knowledge Exam

To select the Audio version of the knowledge exam, follow the instructions with screenshots that follow:

Under your *PROFILE*, check the **‘Enable Audio Testing’** to receive an Audio version of the Knowledge Exam:





Remember to check the 'Enable Audio Testing' **BEFORE YOU SCHEDULE** your knowledge exam.

Click on – Profile or Your Profile

Click on the box to the left of Enable Audio Testing to choose the Audio option of the knowledge exam.

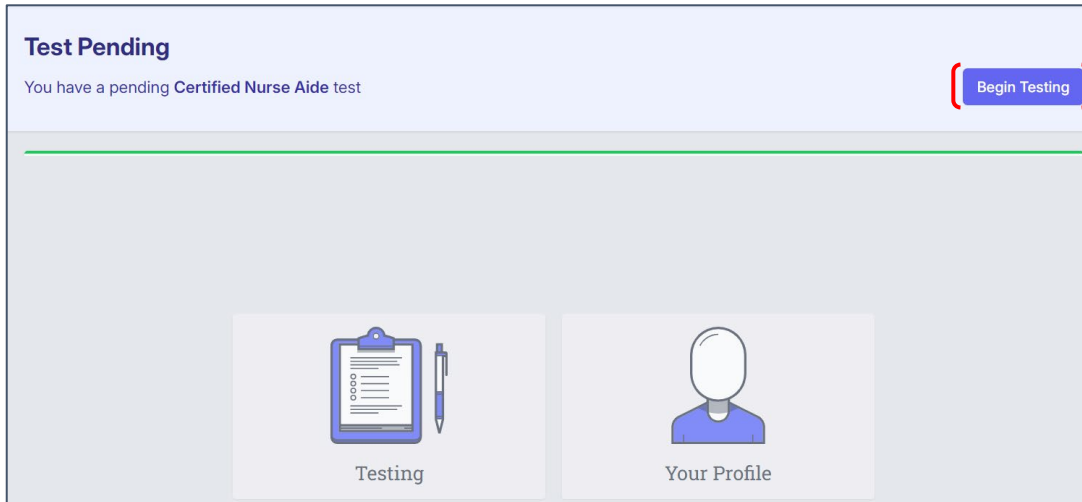
Then click Save Changes at the bottom of the screen to save.

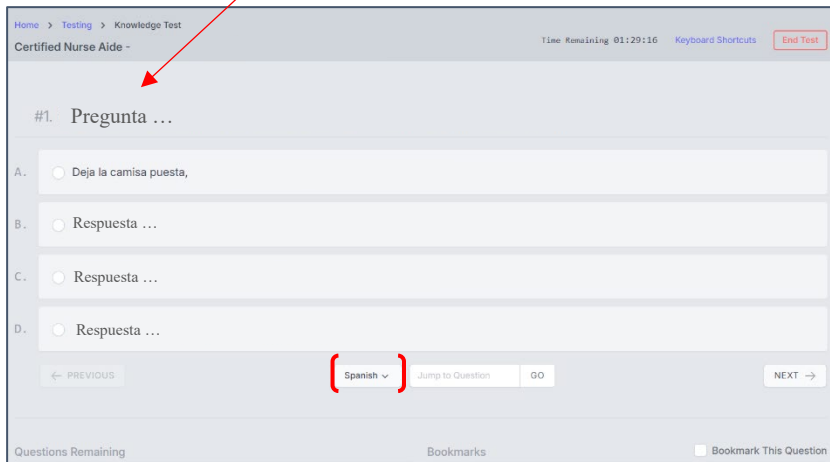
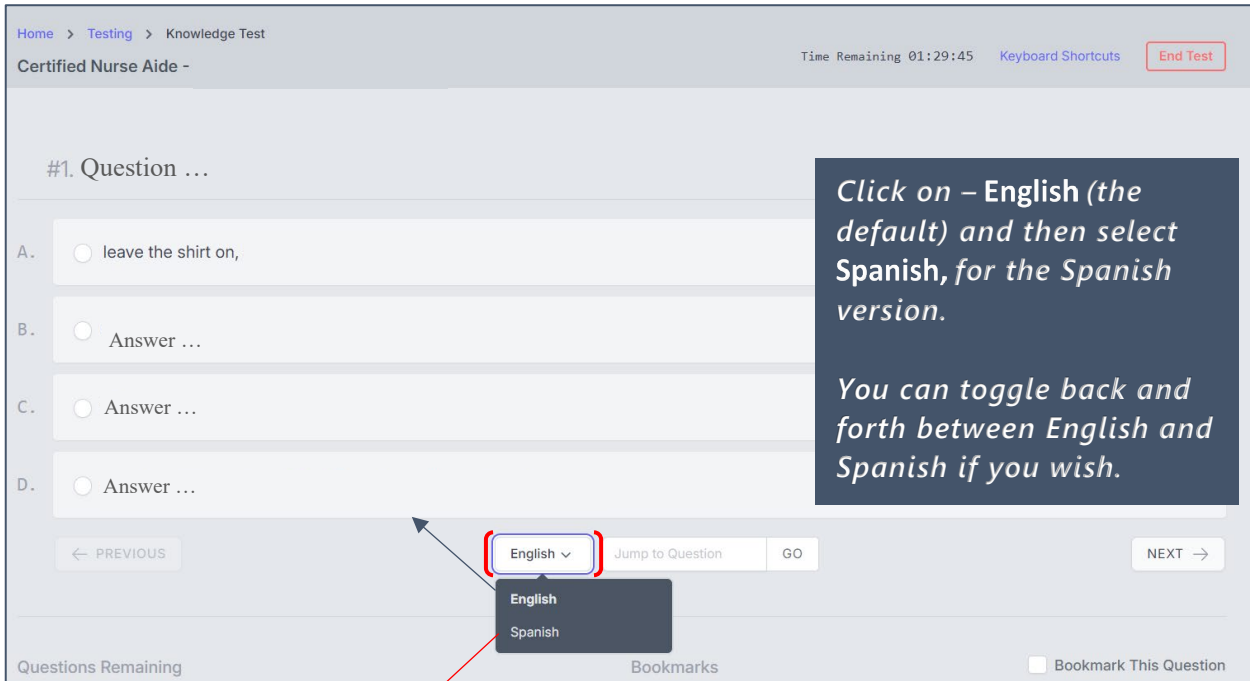
The questions are read to you neutrally and can be heard through wired headphones or earbuds plugged into the computer. Bluetooth-connected devices are not allowed. When taking an electronic Audio exam, the audio control buttons will be displayed on the computer screen, enabling you to play, rewind, or pause questions as needed.

Knowledge Exam Spanish Version

The Knowledge/Audio Exam is available in Spanish. You can toggle your exam from English to Spanish when you are signed in to your Knowledge Exam at a test event or your remotely proctored Knowledge Exam.

Please see the instructions for toggling between English and Spanish.





Remotely Proctored Knowledge Exam Option

You can take the knowledge exam with a remote proctor from your home, etc.

REMOTELY PROCTORED KNOWLEDGE EXAM CANDIDATE REQUIREMENTS

- 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.**
- A smartphone to access the 'video conferencing app' (e.g., Zoom) that you must download.
 - You will receive email information about the 'video conferencing app' (for example, Zoom, etc.) you will need before test day.
 - The night before your scheduled remotely proctored knowledge exam, you will receive an email reminder with the password-protected link to join the test event.

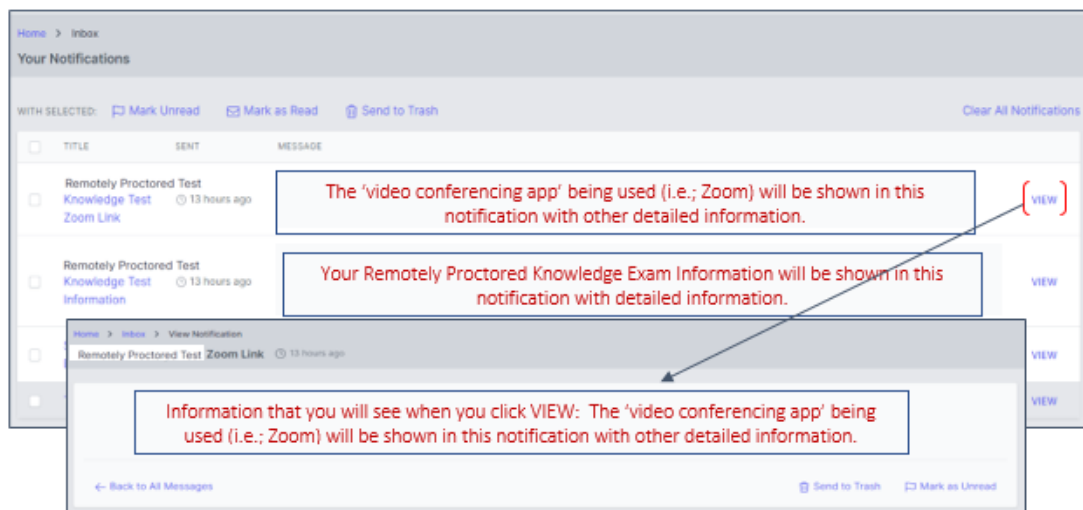
- A distraction and interruption-free area of your home, etc., where you will be testing.
- If you have selected the Audio version of the knowledge exam, you will provide your own wired earbuds or headphones, which you must show to the remote proctor at check-in. Earbuds or headphones cannot be Bluetooth-connected devices.
 - 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.

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 for 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 text. A notification will be generated in your TMU© account to view (see the ‘Schedule / Reschedule a Test Event,’ ‘Test Confirmation Letter,’ and the ‘Check/View your TMU© Notifications’ section for information to access your test confirmation.)
- 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.
 - For this information, check your ‘NOTIFICATIONS’ under your profile pic in your TMU© account. Please refer to the ‘**Check/View your TMU© Notifications**’ section.

See screenshots showing an example of what a notification regarding your remotely proctored knowledge exam will entail:



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 **prior (10-20 minutes)** to the start time listed on your test confirmation. If you are not signed into the remotely proctored exam waiting room prior (**at least 10 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 form 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 show your surroundings to the remote Proctor during check-in before starting your remotely proctored knowledge exam.

REMOTELY PROCTORED KNOWLEDGE EXAM POLICIES

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

- The 'video conferencing app' link (for example, Zoom, etc.) 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 be subject to being exited from the test 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 a distraction and interruption-free area 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 knowledge testing issues under the 'No-Show Exceptions' section.
- If needed, you may do math calculations on scratch paper (**calculators are not allowed**). Before starting your exam, you will be asked to show the remote Proctor both sides of the scratch paper.
 - At the end of your test, you will be asked to show both sides of the scratch paper to the remote Proctor **again**. Once checked, you will be directed to tear up the scratch paper in view of the remote Proctor. You will be informed to mute yourself while tearing up the scratch paper.
- Translators, foreign language translation dictionaries, language translators that are not pre-approved, and electronic dictionaries **are not allowed**.

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.

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 Test

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 also 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: Make sure you select **NEW MEXICO** from the drop-down list.

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.

Complete a practice exam from an individual membership.

Begin or complete a practice exam from a group account.

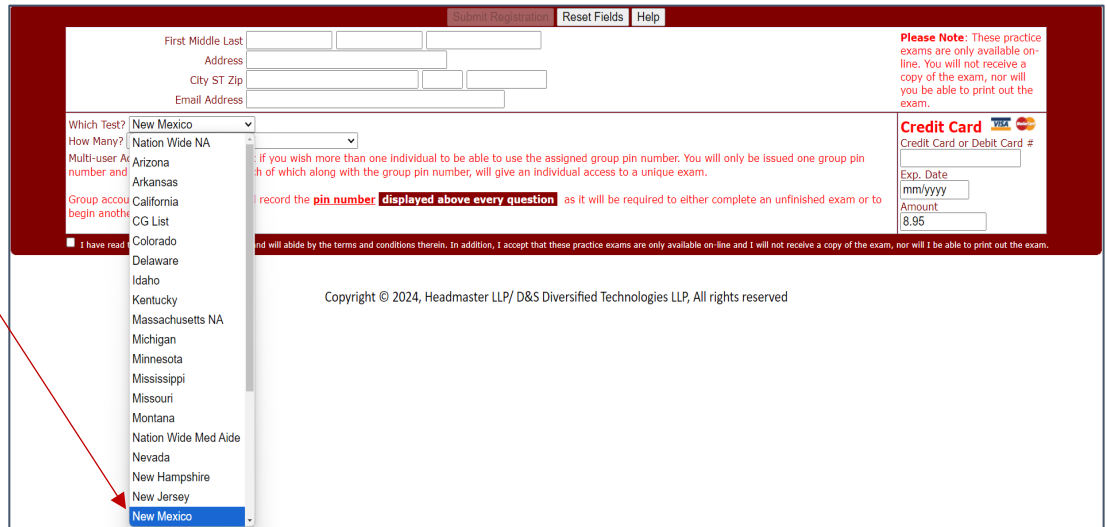
Try your luck with today's free question of the day.

Try our free ten item sample test.

Find out more about practice test content, pricing, ordering and use.

See what customers have said about the practice exam!

Forgot your pin? [Click here!](#)



The screenshot shows a registration form with the following fields and options:

- Buttons: [Submit Registration](#), [Reset Fields](#), [Help](#)
- Form Fields: First Middle Last, Address, City ST Zip, Email Address
- Dropdowns:
 - Which Test? (Selected: New Mexico)
 - How Many? (Selected: Nation Wide NA)
- Text: "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 number of which along with the group pin number, will give an individual access to a unique exam." and "record the pin number displayed above every question as it will be required to either complete an unfinished exam or to..."
- Text: "I have read and 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."
- Copyright: © 2024, Headmaster LLP/ D&S Diversified Technologies LLP, All rights reserved
- Credit Card section:
 - Exp. Date: mm/yyyy
 - Amount: 8.95

The following is a sample 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's 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 NMHCA-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 **thirty (30) minutes** to complete your three or four tasks. After fifteen (15) minutes have elapsed, you will be alerted when 15 minutes remain.
- 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 correct it. 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 30 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 be demonstrated. Steps that are only verbalized or simulated 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. You are required to sign the recording form during the demonstration of the equipment/supplies.

RECORDING FORM →

Candidate's Name: _____	
PLEASE PRINT	
PULSE: _____ beats	RESPIRATIONS: _____ breaths
URINE OUTPUT: _____ ml	
GLASS 1: _____	
GLASS 2: _____	
TOTAL FLUID INTAKE: _____ ml	FOOD INTAKE: _____ %
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 MANIKIN]
- Donn [PUT ON] PPE (Gown and Gloves), Empty a Urinary Drainage Bag, Measure and Record Urine Output and Doff [REMOVE] PPE with Hand Washing
- Perineal Care for a Female Resident with Hand Washing [DEMONSTRATED ON 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 perform every step and demonstrate it 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 and the perineal care for a female resident will be done on a manikin.* **You will be scored only on the steps listed.**

You must score 80% 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. The other tasks included in your Skill Test are randomly chosen so that every Skill Test is comparable in difficulty and has an average 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 New Mexico 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 A KNEE-HIGH ANTI-EMBOLIC (ELASTIC) STOCKING TO A RESIDENT'S LEG

1. Perform hand hygiene.
 - a. Cover all surfaces of 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. Expose 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 resident's leg.
9. Check toes for possible pressure from the stocking.
10. Adjust the stocking as needed.
- 11. Leave the resident with a stocking that is smooth/wrinkle-free.**
12. Lower bed.
13. Place the call light or signal calling 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 hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

ASSIST A RESIDENT TO AMBULATE USING A GAIT BELT

1. Perform hand hygiene.
 - a. Cover all surfaces of 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 the resident is 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 the 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. Ask the resident if they are dizzy or light-headed.
17. While holding the gait belt, position yourself behind and slightly to the resident's side.
18. Ambulate the resident at least ten (10) steps to the wheelchair.
19. Assist the resident in pivoting/turning and sitting in the wheelchair in a controlled manner that ensures safety.
20. Use proper body mechanics at all times.
21. Remove the gait belt.
22. Place the call light or signaling device within easy reach of the resident.
23. Maintain respectful, courteous interpersonal interactions at all times.
24. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

ASSIST A RESIDENT WITH THE USE OF A BEDPAN, MEASURE AND RECORD THE 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 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 resident on bedpan safely and correctly. *(Pan is not upside down, it 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 easy 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.
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 level, flat surface.
15. Pour the bedpan contents into the graduate.
16. With the graduate at eye level, measure the 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 a designated laundry hamper.
22. Remove gloves, turn them inside out as they are removed, and dispose of them in a trash container.
23. Record output in mls on the previously signed recording form.
- 24. The candidate's recorded measurement is within 25ml 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 the 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 towels in a trash container as used.
39. Turn off the faucet with a clean, dry paper towel, and discard the paper towel in a trash container as used.
- 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 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 resident between the hip and knee.
- 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 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 a designated laundry hamper.

18. Empty equipment.
19. Rinse equipment.
20. Dry equipment.
21. Return equipment to storage.
22. Remove gloves, turn them inside out as they are removed, and dispose of them in a trash container.
23. Place the call light or signaling device within easy reach of the resident.
24. Maintain respectful, courteous interpersonal interactions at all times.
25. Turn on the water.
26. Wet hands and wrists thoroughly.
27. Apply soap to hands.
28. Rub hands together using friction with soap.
- 29. Scrub/wash hands together with soap for at least twenty (20) seconds.**
30. Scrub/wash with interlaced fingers pointing downward with soap.
31. Wash all surfaces of your hands with soap.
32. Wash wrists with soap.
33. Clean fingernails by rubbing fingertips against the palm of the opposite hand.
34. Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.
35. Starting at the fingertips, dry fingers, hands, and wrists with a clean paper towel(s).
36. Discard paper towels in a trash container as used.
37. Turn off the faucet with a clean, dry paper towel, and discard the paper towel in a trash container as used.
- 38. 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 AN UPPER OR LOWER DENTURE

(only one plate is used for testing)

1. Perform hand hygiene.
 - a. Cover all surfaces of 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.** *(Use a towel, washcloth, or paper towels.)*
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 water.**
9. Thoroughly brush the inner surfaces of the denture.
10. Thoroughly brush the outer surfaces of the denture.
11. Thoroughly brush the chewing surfaces of the 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 sink protective lining in an appropriate container if used.
19. Remove gloves, turn them inside out as they are removed, and dispose of them in a trash container.
20. Perform hand hygiene.
 - a. Cover all surfaces of 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] PPE (GOWN AND GLOVES), EMPTY A URINARY DRAINAGE BAG, MEASURE AND RECORD URINE OUTPUT, AND DOFF [REMOVE] PPE WITH HAND WASHING

(One of the possible first mandatory tasks.)

~~EMBEDDED HAND WASHING ADDED-~~

1. Perform hand hygiene.
 - a. Cover all surfaces of 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. 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 in ml on the previously signed recording form.
- 23. The candidate's recorded measurement is within 25mls of the RN Test Observer's pre-measured amount.**
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.**
27. Remove gloves with one gloved hand, grasping the other glove at the palm to remove them.
28. Slip fingers from the ungloved hand underneath the cuff of the remaining glove at the wrist and remove the glove, turning it inside out as removed.
29. Dispose of gloves in the trash container without contaminating yourself.

30. Unfasten the gown at the waist.
31. Unfasten the gown at the neck.
32. Remove the gown without touching the outside of the gown.
33. While removing the gown, hold the gown away from the body without touching the floor.
34. Turn the gown inward and keep it inside out while removing it.
35. Dispose of the gown in a designated container without contaminating yourself.
36. Turn on the water.
37. Wet hands and wrists thoroughly.
38. Apply soap to hands.
39. Rub hands together using friction with soap.
40. **Scrub/wash hands together with soap for at least twenty (20) seconds.**
41. Scrub/wash with interlaced fingers pointing downward with soap.
42. Wash all surfaces of your hands with soap.
43. Wash wrists with soap.
44. Clean fingernails by rubbing fingertips against the palm of the opposite hand.
45. Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.
46. Starting at the fingertips, dry fingers, hands, and wrists with a clean paper towel(s).
47. Discard paper towels in a trash container as used.
48. Turn off the faucet with a clean, dry paper towel, and discard the paper towel in a trash container as used.
49. **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 IN BED

1. Perform hand hygiene.
 - a. Cover all surfaces of 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 a 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. **When dressing the resident in pants, always dress the affected (weak) side leg first.**
12. Put on the resident's socks. Draw the socks up the resident's foot until they are smooth.
13. Leave the resident comfortably and properly dressed *(pants pulled up to the waist, front and back, and shirt completely buttoned)*.
14. Lower bed.

15. Place the call light or signaling device within easy reach of the resident.
16. Maintain respectful, courteous interpersonal interactions at all times.
17. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

FEED A DEPENDENT RESIDENT A MEAL IN BED

1. Perform hand hygiene.
 - a. Cover all surfaces of 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. If using a disposable wipe or hand sanitizer, ensure the resident’s hands are dry.)*
8. If used, place soiled linen in the designated laundry hamper, or if a disposable wipe was used, dispose of it in an appropriate container.
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 the feeding demonstration.
15. Remove the clothing protector and place it in a 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 75-90 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 Observers.**
19. Record estimated intake as the sum of total fluid consumed in ml on the previously signed recording form.
20. **The candidate's calculation must be within 30mls 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 hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

FOOT CARE FOR A RESIDENT'S FOOT

1. Perform hand hygiene.
 - a. Cover all surfaces of 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 (left/right) foot. *(The scenario read to you will specify left or right.)*
5. Immerse the resident's foot in warm water.
 - a. *You may verbalize the 5 to 20 minutes of soaking time after you begin soaking the foot. The RN Test Observer will acknowledge and say, 'You may continue your demonstration.'*
6. Use water and a soapy washcloth.
7. Wash entire foot.
8. Wash between toes.
9. Rinse the entire foot.
10. Rinse between toes.
11. Dry foot thoroughly.
- 12. Dry thoroughly between the 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 resident's foot, wipe it with a towel or washcloth.
16. Replace the sock on the resident's foot.
17. Empty equipment.
18. Rinse equipment.
19. Dry equipment.
20. Return equipment to storage.
21. Place soiled linens in a designated laundry hamper.
22. Place the call light or signaling device within easy reach of the resident.
23. Maintain respectful, courteous interpersonal interactions at all times.
24. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

MAKE AN OCCUPIED BED

1. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.
2. Explain the procedure to the resident.
3. Gather clean linen.
4. Transport clean linen away from your body.
5. Place clean linen on a clean surface. *(Beside stand, chair, or overbed table.)*
6. Provide for resident's privacy.
7. Raise bed height.
8. The resident is to remain covered at all times.
9. Assist the resident to roll onto their side.
10. Roll or fan-fold the soiled linen, soiled side inside, to the center of the bed.

11. Place a clean bottom sheet on the mattress.
12. Secure two fitted corners.
13. Roll or fan-fold clean linen against the resident's back.
14. Assist the resident in rolling over the bottom linen, preventing trauma and avoidable pain to the resident.
15. Remove the soiled linen without shaking.
16. Avoid touching the linen to your uniform.
17. Place removed linen in a designated laundry hamper.
18. Secure the other two fitted corners.
19. Place clean top linen over the covered resident.
- 20. Ensure the bottom linen is smooth and/or tight and wrinkle-free.**
21. Place a clean blanket or bedspread over the covered resident.
22. Remove the soiled top linen while keeping the resident unexposed.
23. Tuck in the clean top linen at the foot of the bed while providing room for the resident's feet to move.
24. Tuck in the clean blanket or bedspread at the foot of the bed while providing room for the resident's feet to move.
25. Apply a clean pillowcase.
26. Gently lift the resident's head while replacing the pillow.
27. Lower the bed.
28. Place the call light or signaling device within easy reach of the resident.
29. Maintain respectful, courteous interpersonal interactions at all times.
30. Perform hand hygiene.
 - a. Cover all surfaces of 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 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 a designated laundry hamper.
8. Fill a basin with comfortably warm water.
9. Beginning with eyes, wash eyes WITHOUT SOAP.
- 10. Use a clean portion of the washcloth for each stroke, and wash the inner aspect of the eye to the outer aspect.**
11. Wash face WITHOUT SOAP.
12. Pat dry face.
13. Place a towel under the resident's arm, exposing one arm.
14. Wash the resident's arm with soap.
15. Wash the resident's hand with soap.
16. Wash the resident's underarm with soap.
17. Rinse the resident's arm.

18. Rinse the resident's hand.
19. Rinse the resident's underarm.
20. Pat dries the resident's arm.
21. Pat dries the resident's hand.
22. Pat dries the resident's underarm.
23. Assist the resident in putting on a clean gown.
24. Empty equipment.
25. Rinse equipment.
26. Dry equipment.
27. Return equipment to storage.
28. Place soiled linen in a designated laundry hamper.
29. Lower bed.
30. Place the call light or signaling device within easy reach of the resident.
31. Maintain respectful, courteous interpersonal interactions at all times.
32. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

MOUTH CARE – BRUSH A RESIDENT'S TEETH

1. Perform hand hygiene.
 - c. Cover all surfaces of hands with hand sanitizer.
 - d. 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 their 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, turn them inside out as they are removed, and dispose in a trash container.
21. Perform hand hygiene.
 - a. Cover all surfaces of 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 FOR A RESIDENT'S HAND

1. Perform hand hygiene.
 - a. Cover all surfaces of 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. Immerse the resident's (left/right) hand in warm water. (*The scenario read to you will specify whether it is left or right.*)
5. Soak the resident's nails for at least five (5) minutes.
 - a. *You may verbalize at least 5 minutes of soaking time after you begin soaking the nails. The RN Test Observer will acknowledge and say, 'You may continue your demonstration.'*
6. Dry the resident's hand thoroughly.
7. Specifically dry between the resident's fingers.
8. Gently clean under the resident's nails with an orange stick.
9. File each fingernail.
10. Apply lotion to the resident's hand.
11. Empty equipment.
12. Rinse equipment.
13. Dry equipment.
14. Return equipment to storage.
15. Place soiled linens in a designated laundry hamper.
16. Place the call light or signaling device within easy reach of the resident.
17. Maintain respectful, courteous interpersonal interactions at all times.
18. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

PASSIVE RANGE OF MOTION FOR A RESIDENT'S HIP AND KNEE

1. Perform hand hygiene.
 - a. Cover all surfaces of 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 hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

PASSIVE RANGE OF MOTION FOR A RESIDENT'S SHOULDER

1. Perform hand hygiene.
 - a. Cover all surfaces of 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 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 joints at all times by placing one hand under the resident's elbow 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 ROM 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 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 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 soap are not allowed*).
11. Clean one side of the labia from front to back.
12. Use a clean portion of the washcloth to clean the other side of the labia from front to back.
- 13. Use a clean portion of the washcloth, 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, rinse the vaginal area from front to back.
17. Pat dry.
18. Assist the resident (manikin) in turning to the side, 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 soap 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 (manikin) on their back.
27. Place soiled linen in a designated laundry hamper.
28. Empty equipment.
29. Rinse equipment.
30. Dry equipment.
31. Return equipment to storage.
32. Remove gloves, turn them inside out as they are removed, and dispose in a trash container.
33. Lower bed.
34. Place the call light or signaling device within easy reach of the resident.
35. Maintain respectful, courteous interpersonal interactions at all times.
36. Turn on the water.
37. Wet hands and wrists thoroughly.
38. Apply soap to hands.
39. Rub hands together using friction with soap.

40. **Scrub/wash hands together with soap for at least twenty (20) seconds.**
41. Scrub/wash with interlaced fingers pointing downward with soap.
42. Wash all surfaces of your hands with soap.
43. Wash wrists with soap.
44. Clean fingernails by rubbing fingertips against the palm of the opposite hand.
45. Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.
46. Starting at the fingertips, dry fingers, hands, and wrists with a clean paper towel(s).
47. Discard paper towels in a trash container as used.
48. Turn off the faucet with a clean, dry paper towel, and discard the paper towel in a trash container as used.
49. **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 RESIDENT IN BED ON THEIR SIDE

1. Perform hand hygiene.
 - a. Cover all surfaces of 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. Ensure the resident's face is never obstructed by the pillow.
7. Direct the RN Test Observer to stand on the opposite side of the bed for safety or always turn the resident toward yourself.
8. To center the resident in the bed before turning from the working side of the bed – gently move the resident's upper body toward self.
9. To center the resident in the bed before turning from the working side of the bed – gently move the resident's hips toward self.
10. To center the resident in the bed before turning from the working side of the bed – gently move the resident's legs toward self.
11. The candidate may remain on the working side of the bed and turn the resident toward the previously positioned RN Test Observer. If the RN Test Observer was not directed to the side opposite the working side of the bed, the candidate moves to the opposite side of the bed and turns the resident toward yourself.
12. The resident is placed on the correct side as ready by the RN Test Observer in the scenario.
13. **Ensure the resident is centered in the bed.**
14. Place or adjust the pillow under the resident's head for support.
15. Reposition the resident's arm and shoulder so that the resident is not lying on the arm.
16. Place a support device under the resident's upside arm.
17. Place a support device behind the resident's back.
18. Place a support device between the resident's knees.
19. Lower bed.
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 hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

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

1. Perform hand hygiene.
 - a. Cover all surfaces of 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 the gait belt.
12. Check the gait belt for tightness by slipping fingers between the gait belt and the resident.
13. Face the resident.
14. Grasp the gait belt on both sides with an upward grasp.
15. Bring the resident to a standing position.
16. Assist the resident in pivoting in a controlled manner that ensures safety.
17. Lower the resident into the wheelchair in a controlled manner that ensures safety.
18. Remove the gait belt.
19. Place the call light or signaling device within easy reach of the resident.
20. Maintain respectful, courteous interpersonal interactions at all times.
21. Perform hand hygiene.
 - a. Cover all surfaces of hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

VITAL SIGNS: COUNT AND RECORD A RESIDENT'S RADIAL PULSE AND RESPIRATIONS

1. Perform hand hygiene.
 - a. Cover all surfaces of 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 your radial pulse rate reading on the previously signed recording form.
6. **The candidate's recorded radial pulse rate is within four (4) beats of the RN Test Observer's recorded rate.**
7. Count the resident's respirations for one full minute.
 - a. *Tell the RN Test Observer when you start counting and tell them when you stop counting.*
8. Record your respiration reading on the previously signed recording form.
9. **The candidate's recorded respiratory rate is within two (2) 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 hands with hand sanitizer.
 - b. Rub your hands together until they are completely dry.

Knowledge Exam Vocabulary List

abandonment
abdominal thrust
abduction
abduction pillow
abductor wedge
abnormal vital signs
absorption
abuse
acceptance
accidents
accountable
activities
acute
adaptive devices
addiction
adduction
ADL
admitting resident
advance directives
afebrile
affected side
aging process
agitation
AIDS
alternative therapy
Alzheimer's
ambulation
amputees
anatomy
anemia
anger
angina
anterior
anti-embolism/elastic stocking/TED hose

antibacterial
antibiotics
antisepsis
anxiety
aphasia
apical
apnea
appropriate response
arteries
arteriosclerosis
arthritis
artificial eye
aspiration
assault
assistive device
atherosclerosis
atrophy
attitudes
autoclave
axillary temperature
back strain
bacteria
bargaining
basic needs
basic positions
basic skincare
bath water temperature
bathing
battery
bed cradle
bed height
bed making
bed position
bedpan
bedrest

behavior
behavioral care plan
beliefs
biohazard
bipolar disorder
bladder training
bleeding
blindness
blood pressure
blood pressure reading
blood supply
body alignment
body fluid
body language
body mechanics
body system
body temperature
bone loss
bowel program
BP
brain stem
break time
breathing
brittle bones
broken equipment
bronchitis
burnout
burns
call light
cancer
cane
cardiac arrest
cardiopulmonary resuscitation
cardiovascular system
care impaired

care plan
cast
cataract
catastrophic reactions
catheter care
ccs in an ounce
central nervous system
Cerebral Palsy
chain of command
charge nurse
chemical restraint
chemical safety
chemotherapy
chest pain
CHF
choking
chronic
circulatory system
cleaning
clear liquid diet
clergy
cognitively impaired
cold application
cold compress
colostomy
colostomy care
coma
combative resident
comfort care
communicable
communication
competency evaluation
competency evaluation program
compression
conduct
confidentiality
conflict resolution
confused resident
congestive heart failure
constipation
constrict
contact isolation
contaminated equipment

contamination
contracture
contractures
converting measures
COPD
coping mechanisms
Coronary Artery Disease
coughing excessively
CPR
cross-contamination
cueing
cultural
culture
CVA
cyanotic
cystitis
dangling
de-escalation
death and dying
decubitus ulcer
deeper tissue
defense mechanism
dehydration
delegation
delusions
demanding resident
dementia
denial
dentures
dependability
depression
dermatitis
development
developmental disability
diabetes
diabetic
dialysis
diaphragm
diastolic
diet
dietitian
difficulty talking
digestion
dilate

dirty linen
disability
discharging resident
disease process
disinfection
disoriented
disoriented resident
disposing of contaminated materials
disrespect
disrespectful treatment
dizziness
DNR
documentation
domestic abuse
draw sheet
draw/lift
dressing
droplets
drug tolerance
dry skin
dying
dysphagia
dyspnea
dysuria
edema
elastic stockings
elderly
electrical equipment
elevate head
elimination
emergency procedures
emesis
emesis basin
emotional abuse
emotional lability
emotional needs
emotional stress
emotional support
empathy
emphysema
enema
epilepsy
epithelial tissue

essential behaviors
ethics
etiquette
evacuation
exercise
extension
extremity
eyeglasses
facility policy
falls
false imprisonment
fasting
fatigue
faulty equipment
fecal impaction
feces
feeding
financial abuse
fingernail care
fire safety
flatus
flexed
flexion
Foley catheter
foot board
foot care
foot drop
Fowler's
fracture pan
fractures
fraud
frayed cord
free from disease
frequent urination
gait belt
gangrene
gastric feedings
gastrostomy tube
genetic disease
geriatrics
germ transmission
gerontology
gestures
glass thermometer

gloves
glucometer
grand mal seizure
grieving process
group settings
guardian
hair care
hand tremors
hand washing
hazardous substance
health-care team
hearing
hearing aid
hearing impaired
heart
heart attack
heart muscle
heat application
height
Heimlich maneuver
helping residents
hemiplegia
hepatitis A
hepatitis B
HIPAA
HIV
holistic care
hormones
hospice
Huntington's
hydration
hyperglycemia
hypertension
hyperventilation
hypoglycemia
I&O
ice bag
ileostomy
immobility
immune
immune system
impaction
impaired
impairment

in-house transfer
in-service programs
incontinence
indwelling catheter
infection control
infectious disease
initial observations
input and output
insomnia
insulin
intake
intake and output
integumentary system
interpersonal skills
intravenous therapy
ischemia
isolation
IV care
jaundice
job application
job description
job interview
job responsibility
laxatives
life support
lift/draw sheet
linen
listening
living will
log roll
log rolling
loose teeth
low sodium diet
macular degeneration
making occupied bed
male perineal care
mask
Maslow
masturbation
material safety data sheets
mealtime
measuring height
measuring temperature
mechanical lift

mechanical soft diet
medical asepsis
medical record
medications
memory loss
mental health
mentally impaired
metastasis
microbes
microorganism
military time
minerals
misappropriation
mistakes
mistreatment
mobility
money
mouth care
moving
MSDS
mucous membrane
Multiple Sclerosis
muscle spasms
musculoskeletal
musculoskeletal system
NA role
nail care
nares
nasal cannula
needles
neglect
negligence
new resident
non-contagious disease
non-verbal communication
nosocomial
NPO
nurse's station
nursing assistant's role
nutrition
objective data
OBRA
observation
obsessive-compulsive

occupied bed
official records
ombudsman
open bed
open-ended questions
oral hygiene
oral temperature
orientation
oriented
orthopneic
orthosis
orthotic device
osteoarthritis
osteoporosis
output
overbed table
oxygen
pain
palliative care
paralysis
paranoia
Parkinson's
partial assistance
passive
pathogen
patience
perineal care
peripheral vascular disease
peristalsis
personal belongings
personal care
personal choice
personal hygiene
personal items
personal protective equipment
personal values
pet therapy
petit mal seizure
phantom pain
phone etiquette
physical needs
physician's authority
plaque
pleura

policy book
polydipsia
positioning
positioning devices
positive attitude
postmortem care
postural supports
PPE
precautions
prefix
pressure ulcer
preventing falls
preventing injury
privacy
professional boundaries
progressive
projection
pronation
prone
prostate gland
prosthesis
protective equipment
providing privacy
psychological needs
PTSD
pulse
pureed diet
quadrant
quadriplegia
quality of life
RACE (acronym)
radial
ramps
range of motion
rationalization
reality orientation
rectal
reddened/discolored area
refusal
regulation
rehabilitation
rejection
reminiscence therapy
reminiscing

renewal
reporting
reporting abuse
reposition
resident abuse
resident belongings
resident-centered care
resident identification
resident independence
resident information
resident pain
resident pictures
resident preferences
resident rights
resident trust
resident unit
Resident's Bill of Rights
resident's chart
resident's environment
resident's families
residents
respectful treatment
respiration
respiratory
responding to resident's behavior
responsibility
restorative care
restraint
resume
resuscitation
right to equal care
rigor mortis
risk factor
role
rotation
safety
safety data sheets
sanitizer
scabies
scale
scope of practice
seclusion
secretions

security
seizure
self-actualization
self-esteem
semi fowlers
sensory system
sexual abuse
sexual expression
sexual harassment
sexual needs
shampoo tray
sharing information
Sharps container
shaving
shock
side rails
Sim's position
Sitz bath
skin
skin integrity
slander
smoking
social needs
social worker
soiled linen
solid waste
specimen
spilled food
spiritual needs
sputum
stages of grief
stages of pressure ulcer
standard precautions
STAT
state survey
state tested
stealing
stereotypes
sterilization
stethoscope
stomach
stool specimen
stress
stroke

strong side
subacute care
subjective data
substance abuse
suicide
sundowning
supine
supplemental feedings
suprapubic
survey
suspected abuse
swelling
systolic
tachycardia
telephone etiquette
temperature
tendons
terminal illness
terminology
thick fluid
thickened liquids
threatening resident
thrombus
TIA
tips
toenails
trachea
transfer belt
transfers
transporting
transporting food
transporting linens
treating residents with respect
trochanter roll
tub bath
tube feeding
tubing
twice daily
tympenic temperature
unaffected
unconscious
unethical behavior
uniform
unopened mail

