



Course Healthcare
Section: Therapeutic Services



James Rumsey
Technical Institute

CNA Care Skills Challenge

What You Will Do

Learn the skills phlebotomists use such as patient identification, preparation, labeling, steady hand control, sanitation, and safe specimen handling without using needles.

This is a simulation only. No needles, blood draws, or skin punctures should be used.

Materials You Will Need

- Pillow
- Blanket or sheet
- Chair
- Notebook
- Timer or clock
- Stuffed animal or doll (optional)
- Paper and pencil

What Does a CNA Do?

Certified Nursing Assistants (CNA) help patients with daily needs and comfort. They often assist with:

- Taking vital signs
- Helping patients move safely
- Making beds
- Reporting changes to nurses
- Personal care assistance
- Communication and support

Part 1: Bed Making Challenge

CNAs keep patient spaces clean, comfortable, and safe.

- Use a bed, couch, or blanket on floor.
- Make the bed neatly and safely.
- Smooth wrinkles and organize pillows.

Part 2: Safe Mobility Simulation

CNAs help patients move safely to prevent falls.

Use a chair as a “wheelchair” or bedside chair.

Practice giving clear instructions to a stuffed animal, doll, or imaginary patient:

- “Scoot forward.”
- “Place feet on floor.”
- “Stand slowly.”
- “Turn carefully.”
- “Sit back gently.”

Part 3: Observation Skills Check

CNAs notice changes and hazards quickly.

Look around a room for 30 seconds.

Write down:

- Hazards (cords, clutter, spills)
- Comfort needs (blanket, pillow placement)
- Safety issues

Part 4: Compassion Communication Practice

Kind communication builds trust.

Write or say responses to these situations:

Situation A:

Patient feels nervous.

Response: _____

Situation B:

Patient is cold.

Response: _____

Situation C:

Patient needs help getting comfortable.

Response: _____

Part 5: Intake & Output Organizer

CNAs may record patient intake/output.

Use pretend data:

- Water drank: 8 oz
- Juice: 6 oz
- Soup: 10 oz

Total intake = _____ oz

Reflection Questions

- Why is patience important for CNAs?
- Why must rooms stay free of hazards?
- Why should changes be reported to nurses?
- Why is kindness part of healthcare?