



# Certified Nurse Assistant (CNA)

## curriculum

Certified Nurse Assistant (CNA) provides direct care to patients in a nursing home and clinics or extended care facility. CNA's responsibilities include feeding and bathing patients, and specimen collection. The CNA also participates in rehabilitation and therapy programs under the supervision of registered Nurse.

Units	Modules	Clinical Lab Skills	Takeaways
<p><b>UNIT 1</b></p> <p><b>BASICS OF BEING A RCHF NURSE ASSISTANT</b></p>	<ul style="list-style-type: none"> <li>• Theories of basic human needs Diversity</li> <li>• The resident, resident's family, visitors(others)*</li> <li>• The health care team</li> <li>• Micro organisms</li> <li>• The process of infection</li> <li>• Medical asepsis</li> <li>• Universal Precautions</li> <li>• Exposure control</li> <li>• OSHA</li> <li>• Environmental</li> <li>• Resident risk factors</li> <li>• Accidents and incidents</li> <li>• Disaster plan</li> <li>• Responding to emergency codes</li> <li>• Fire safety</li> <li>• Choking and Heimlich maneuver</li> <li>• Physical effects of aging process</li> <li>• Abuse.</li> <li>• Respect of all personal belongings</li> <li>• Restraint safety</li> </ul>	<ul style="list-style-type: none"> <li>• Hand washing</li> <li>• Using an ABC fireextinguisher</li> <li>• Heimlich Maneuver</li> <li>• Applies waist restraint</li> </ul>	<ul style="list-style-type: none"> <li>• Communication and Interpersonal Skills (Core Values)</li> <li>• Infection Control</li> <li>• Safety and Emergency Procedures, incl.</li> <li>• Heimlich maneuver</li> <li>• Promoting Residents' Independence</li> <li>• Respecting Residents' Rights</li> <li>• Maintaining care &amp; security of resident's personal possessions</li> <li>• Avoiding the need for restraints</li> </ul>
<p><b>UNIT 2</b></p> <p><b>BASIC NURSING SKILLS</b></p>	<ul style="list-style-type: none"> <li>• The Respiratory and Circulatory Systems</li> <li>• Taking and recording respirations</li> <li>• Taking and recording temperatures</li> <li>• Taking and recording radial pulse</li> <li>• Measuring/recording height</li> </ul>	<ul style="list-style-type: none"> <li>• Measure and record respiration</li> <li>• Measure and record oral temperature using a non-digital thermometer</li> <li>• Measure and record rectal temperature using a non- digital thermometer;</li> </ul>	<ul style="list-style-type: none"> <li>• Taking and recording vital sign</li> <li>• Measuring and recording height and weight</li> <li>• Caring for the resident's environment</li> <li>• Recognizing abnormal changes in body functioning and the importance of reporting</li> </ul>

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	<ul style="list-style-type: none"> <li>• Components and care of the resident's environment Include during admission, discharge, transfer</li> <li>• Isolation Precautions</li> <li>• Types of Patient/Resident Isolation</li> <li>• Bedmaking</li> </ul>	<ul style="list-style-type: none"> <li>• Measure and record radial pulse</li> <li>• Measure and record height;</li> <li>• Measure and record weight using balance scale</li> <li>• and chair scale</li> <li>• Makes an unoccupied bed</li> <li>• Make an occupied bed;</li> <li>• Use of personal protective equipment (PPE) - disposable gloves, gown, goggles and mask;</li> <li>• Follows isolation procedures in disposal of soiled linen</li> <li>• Provides post mortem care</li> </ul>	<p>such changes to a supervisor, including, but not limited to,</p> <ul style="list-style-type: none"> <li>➤ Shortness of breath</li> <li>➤ Rapid respirations</li> <li>➤ Coughs</li> <li>➤ Chills</li> <li>➤ Difficult or painful urination</li> <li>➤ Pain in chest or abdomen</li> </ul> <ul style="list-style-type: none"> <li>• Freedom from pain <ul style="list-style-type: none"> <li>➤ Pain management</li> <li>➤ Recognizing and reporting pain</li> </ul> </li> <li>• Care of the Dying Patient/Resident <ul style="list-style-type: none"> <li>➤ Care of dying patient/resident &amp; significant others</li> <li>➤ Care of the body and personal effects after death</li> </ul> </li> </ul>
<p style="text-align: center;"><b>UNIT 4</b></p> <p><b>MENTAL HEALTH AND SOCIAL SERVICE NEED</b></p>	<ul style="list-style-type: none"> <li>• Measure and record respiration</li> <li>• Measure and record oral temperature using a non-digital thermometer</li> <li>• Measure and record rectal temperature using a non-digital thermometer;</li> <li>• Measure and record radial pulse</li> <li>• Measure and record height;</li> <li>• Measure and record weight using balance scale</li> <li>• and chair scale</li> <li>• Makes an unoccupied bed</li> <li>• Make an occupied bed;</li> <li>• Use of personal protective equipment (PPE) - disposable gloves, gown, goggles and mask;</li> <li>• Follows isolation procedures in disposal of soiled linen</li> <li>• Provides post mortem care</li> </ul>		<ul style="list-style-type: none"> <li>• Changes in behavior and body, concept of loss</li> <li>• Human behavior <ul style="list-style-type: none"> <li>➤ (Negative behavior</li> <li>➤ Appropriate interventions</li> </ul> </li> <li>• Therapeutic intervention <ul style="list-style-type: none"> <li>➤ Verbally and/or physically aggressive behavior</li> <li>➤ Inappropriate or self-destructive behavior</li> </ul> </li> <li>• Personal choice and a sense of control <ul style="list-style-type: none"> <li>➤ Cultural diversity</li> <li>➤ Resident dignity</li> <li>➤ Resident confidentiality</li> </ul> </li> <li>• Who is family <ul style="list-style-type: none"> <li>➤ Family reaction to placement</li> <li>➤ Family adjustment to placement</li> <li>➤ Family dynamics</li> </ul> </li> </ul>

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<p align="center"><b>UNIT 5</b></p> <p><b>CARE OF RESIDENTS WITH SPECIAL NEEDS</b></p>	<ul style="list-style-type: none"> <li>• Dealing with the Cognitively</li> <li>• Impaired Resident Resident Resident</li> <li>• Urinalysis</li> <li>• Blood Collection</li> <li>• Analysis of Blood</li> <li>• Microbiology and Immunology</li> <li>• Surgical Supplies and Instruments</li> <li>• Assisting with Surgical procedure</li> <li>• Principle of Electrocardiography</li> </ul>	<ul style="list-style-type: none"> <li>• Techniques for addressing the needs and behaviors of people with Alzheimer's disease <ul style="list-style-type: none"> <li>➢ Safety</li> <li>➢ Wandering</li> </ul> </li> <li>• Understanding behaviors of cognitively impaired residents</li> <li>• Methods of reducing the effects of cognitive impairments</li> </ul>	<ul style="list-style-type: none"> <li>• Techniques for addressing the unique needs and behaviors of individuals with dementia: <ul style="list-style-type: none"> <li>➢ Alzheimer's Stage I</li> <li>➢ Alzheimer's Stage II</li> <li>➢ Alzheimer's Stage II</li> </ul> </li> <li>• Care of Patients/ Residents with Special Needs Due to Medical Conditions such as but not limited to: <ol style="list-style-type: none"> <li>1. Stroke</li> <li>2. Respiratory problems</li> <li>3. Seizure disorders</li> <li>4. Cardiovascular disorders</li> <li>5. Sensory loss and deficits</li> </ol> </li> </ul>
<p align="center"><b>UNIT 6</b></p> <p><b>BASIC RESTORATIVE SERVICES</b></p>	<ul style="list-style-type: none"> <li>• Training the resident in self care according to the resident's abilities</li> <li>• Use of assistive devices in transferring, ambulating, eating and dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to restorative nursing care</li> <li>• Understanding the role of PT, OT and the use of assistive devices in restorative nursing care</li> <li>• Use of assistive devices in eating</li> <li>• Use of assistive devices in dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Maintenance of range of motion</li> <li>• Proper turning and positioning in bed and chairs</li> <li>• Care and use of prosthetic and orthodontic devices</li> <li>• Care and use of prosthetic and orthodontic devices used in a restorative nursing environment</li> </ul>
<p align="center"><b>Internship Clinical Rotation</b></p>	<p align="center"><b>SUPERVISED CLINICAL EXPERIENCE IN RHCF</b></p> <p align="center">Practice skills learned in classroom/lab in a clinical setting under the supervision of a registered nurse instructor.</p>		