# Certified Nursing Assistant Course No. 14997 Credit: 0.5

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| **Student name:** |  | **Graduation Date:** |  |

Pathways and CIP Codes:Health Science (51.3901)

Course Description: **Application Level:** A program that prepares students to perform routine nursing-related services to patients in hospitals or long-term care facilities, under the training and supervision of an approved teacher, registered nurse, or licensed practical nurse. This class results in the opportunity to test for KS certification in CNA.

Directions:The following competencies are required for full approval of this course. Check the appropriate number to indicate the level of competency reached for learner evaluation.

**RATING SCALE:**

4. Exemplary Achievement: Student possesses outstanding knowledge, skills or professional attitude.

3. Proficient Achievement:Student demonstrates good knowledge, skills or professional attitude. Requires limited supervision.

2. Limited Achievement:Student demonstrates fragmented knowledge, skills or professional attitude. Requires close supervision.

1. Inadequate Achievement:Student lacks knowledge, skills or professional attitude.

0. No Instruction/Training:Student has not received instruction or training in this area.

## Benchmark 1: Understand communicating information.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 1.1 | Observe and report resident data including significant changes in resident's condition (i.e. change in vital signs, changes in level of consciousness, changes to resident's baseline status). |  |
| 1.2 | Record observation (written) subjective and objective resident data using acceptable terminology and facility approved abbreviations. |  |
| 1.3 | Identify examples of how the C.N.A can use the senses to collect objective information about the resident/patient. |  |
| 1.4 | Demonstrate knowledge of the many appropriate reporting protocls. (i.e. privacy rights and laws, mandated reporting laws, etc. (ie how and where to report harm to a resident/patient, significant change in condition, complaints from resident, families, or visitors, etc). |  |
| 1.5 | Communicate with resident, staff and family following HIPPA guidelines. |  |
| 1.6 | Identify attitudes that promote communication such as empathy, courtesy and respect. |  |
| 1.7 | Observe, recognize and use actions and responses that promote effective communication between the C.N.A, family and residents including nonverbal communication. (Such as identifying self, providing opportunity for the resident to express themselves, focusing on the resident’s or family’s concerns, and explaining what you are going to do before you do it.) |  |
| 1.8 | Be aware of barriers to communication including different language, environmental, and cultural differences. |  |
| 1.9 | Understand the principles involved in communicating with persons experiencing varied disabilities such as blindness, hearing, dementia and unresponsiveness. |  |
| 1.10 | Promote resident/patient communication through the use of sensory assistive devices such as glasses and hearing aids. |  |
| 1.11 | Understanding the chain of communication or chain of command. |  |
| 1.12 | Be able to understand directions given the C.N.A involving assignments and their responsibility to ask for clarification if they have questions. |  |
| 1.13 | Describe steps for answering resident’s/patient’s call signal or pager. |  |
| 1.14 | Knowledge of what information the C.N.A can share with the resident and their family such as information related to activities of daily living, participation in activities, and participation in restorative programs. |  |
| 1.15 | Describe techniques for effective use of telephone, cell phones or intercom systems |  |
| 1.16 | Participate in end of shift report and rounds to communicate condition or changes in condition of residents/patients. |  |

## Benchmark 2: Understand Infection Control Measures

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 2.1 | Identify ways in which pathogens are spread. |  |
| 2.2 | Be able to discuss conditions that affect growth of microorganisms. |  |
| 2.3 | Identify the purpose for standard precautions and apply infection control measures whenever providing nursing care. |  |
| 2.4 | Identify potential sources of infection including blood and body fluids. |  |
| 2.5 | Demonstrate proper donning, doffing and use of personal protective equipment or PPEs. |  |
| 2.6 | Demonstrate proper handling of soiled equipment and linen. |  |
| 2.7 | Demonstrate effective hand hygiene with soap and water and waterless hand sanitizer. |  |
| 2.8 | Identify the 3 types of transmission-based precautions and their purpose. |  |
| 2.9 | Obtain and transport specimens appropriately, following standard precautions and facility policies and procedures. |  |
| 2.10 | Demonstrate understanding of the Blood-borne Pathogen Standards. |  |

## Benchmark 3: Understand Safety/Emegency Procedures

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 3.1 | Identify and give examples of resident/patient conditions that may influence resident/patient safety such as confusion, dizziness, tremors sensory impairments, and side effects from medications. |  |
| 3.2 | Identify and use safety precautions to prevent resident falls. |  |
| 3.3 | Identify and use safety precautions to prevent resident burns. |  |
| 3.4 | Identify and use safety precautions to prevent electrical injury. |  |
| 3.5 | Identify and use safety precautions in the use and storage of chemicals. |  |
| 3.6 | Identify and use safety precautions to prevent resident choking. |  |
| 3.7 | Be able to preform the abdominal thrust or Heimlich maneuver. |  |
| 3.8 | Identify and use safety precautions for oxygen use. |  |
| 3.9 | Understand the acronym RACE and apply it to fire safety. Be aware of the facility fire safety plan. |  |
| 3.10 | Ability to use a fire extinguisher using the acronym PASS. |  |
| 3.11 | Understand and be aware of emergency procedures for events such as tornado, active shooter threat, flooding, prolonged power outage, or chemical spill. |  |
| 3.12 | Understand the procedures to prevent a resident elopement or how to respond when an elopement has occurred. |  |
| 3.13 | Follow general guidelines in responding to an emergency requiring first aid. |  |
| 3.14 | Be able to administer basic first aid when a resident/patient has an abrasion, laceration or skin tear, nosebleed, or burn. |  |
| 3.15 | Identify first aid measures that the C.N.A should preform when a resident/patient faints, falls or has a seizure or other emergencies such as poisoning, heart attack, stroke or shock. |  |
| 3.16 | Ensure that resident’s/patient’s call light is within reach at all times for safety. |  |
| 3.17 | Describe and use safe practices with a transfer belt. |  |
| 3.18 | Describe and use safe practices using a wheelchair. |  |

## Benchmark 4: Perform Basic Nursing Skills

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 4.1 | Preform daily maintenance activities to the resident living space. |  |
| 4.2 | Identify and preform different types of bedmaking such as occupied and unoccupied and when the situation is appropriate for each. |  |
| 4.3 | Understand the importance of accurate measurement and recording of intake and output and how to perform the skill. |  |
| 4.4 | Demonstrate how to collect urine for measurement. |  |
| 4.5 | Describe and assist the resident who has been incontinent of urine or feces. |  |
| 4.6 | Be able to accurately take vital signs both manually and with machines. |  |
| 4.7 | Identify normal ranges for vital signs including pulse, respirations, B/P, temperature and pulse oximetry. |  |
| 4.8 | Ability to obtain an accurate height and weight. |  |
| 4.9 | Identify variations in vitals signs and reasons for variations and when to report. |  |
| 4.10 | Identify purpose for the resident’s/patient’s care plan and the C.N.A’s responsibility in the care planning process. |  |
| 4.11 | Understand the nursing process of assessment, planning, implementation and Evaluation and how it contributes to the care planning process. |  |
| 4.12 | Recognize and understand common diseases, conditions and care of resident/patients. |  |
| 4.13 | Describe the physical changes that accompany aging and how the changes affect the elders functioning and quality of life. |  |
| 4.14 | Demonstrate ability to provide appropriate care and dignity to the dying resident/patient. |  |
| 4.15 | Perform post mortem care. |  |
| 4.16 | Identify physical signs of approaching death. |  |
| 4.17 | Describe guidelines and the C.N.A’s responsibility in performing care for the resident receiving intravenous infusion and tube feedings including what observations need reported. |  |
| 4.18 | Identify names and placement sites for different feeding tubes. |  |
| 4.19 | Describe guidelines and performs care for residents/patients who have constipation or diarrhea. |  |
| 4.20 | Identify and perform different modalities of heat and cold application including precautions for each. |  |
| 4.21 | Identify oxygen delivery systems and provide appropriate care measures for the resident/patient receiving oxygen. |  |
| 4.22 | Describe use for anti-embolism or elastic stocking and how to appropriately apply and monitor them. |  |
| 4.23 | Describe the different types of restraints and know when a restraint may be appropriate and the appropriate care that is to be given. |  |
| 4.24 | Assist the resident/patient and their family with admissions, transfers, and discharges. |  |
| 4.25 | Identify signs of skin breakdown and describe care to prevent formation of pressure ulcers. |  |
| 4.26 | Assist with mechanical lifting devices. |  |

## Benchmark 5: Understand Personal Care Skills

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 5.1 | Describe and demonstrate techniques for brushing resident’s/patient’s teeth or assisting resident in self performance. |  |
| 5.2 | State and demonstrate proper techniques when providing care for the resident with dentures. |  |
| 5.3 | State and assist with safe and proper oral hygiene for the unconscious resident/patient. |  |
| 5.4 | State goals for skin care provided by bathing. |  |
| 5.5 | Assist resident/patient with bath of choice such as tub, shower, whirlpool, partial, sink or bed bath. Demonstrate appropriate technique in all types. |  |
| 5.6 | Provide resident with appropriate perineal care especially after episodes of incontinence. |  |
| 5.7 | Describe purpose for and provide a back rub. |  |
| 5.8 | Describe and assist the resident with dressing and undressing. |  |
| 5.9 | Describe and assist with personal grooming such as hair care, shaving, and application of cosmetics. |  |
| 5.10 | Describe and assist with safe care of resident’s fingernails and toenails. Be aware that the C.N.A cannot cut or clip nails of a diabetic or those with circulatory issues. |  |
| 5.11 | Describe and use guidelines that promote nutrition and safe eating and assist the resident at mealtimes. |  |
| 5.12 | Assist the resident who is unable to feed themselves. |  |
| 5.13 | Identify and use techniques that promote adequate fluid intake. |  |
| 5.14 | Describe the C.N.A’s responsibility for the resident with fluid restriction. |  |
| 5.16 | Describe how the resident’s food intake is reported and recorded. |  |
| 5.17 | Identify purposes for and characteristics for liberalized and therapeutic diets. |  |
| 5.18 | Assist the resident using proper techniques with toileting needs using the bathroom, bedside commode, bedpan or urinal. |  |
| 5.19 | Assist the resident/patient who has been incontinent or urine or feces. |  |
| 5.20 | Assist the resident and use appropriate techniques with urinary catheter care including routine catheter care and emptying drainage bag. |  |
| 5.21 | Assist with changing dependent urinary drainage bag to a leg drainage bag. |  |
| 5.22 | Identify different types of urinary catheters including, foley or indwelling, intermittent, suprapubic and Texas. |  |
| 5.23 | Identify purpose and safe practices for enemas and assist in administration of enema. |  |
| 5.24 | Assist with the prevention of constipation and impaction. |  |
| 5.25 | Identify the different types of ostomies and assist the resident with ostomy care. |  |
| 5.26 | Assist with hearing aide, dentures and glasses. |  |
| 5.27 | Assist residents/patients with repositioning and mobility. |  |

## Benchmark 6: Understand basic needs of care and wellness.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 6.1 | Identify and understand stereotypes about aging. |  |
| 6.2 | Apply an understanding of basic human needs as described in Maslow’s hierarchy of needs. |  |
| 6.3 | Identify ways and assist the resident to meet basic human needs. |  |
| 6.4 | Identify psychosocial losses that may accompany aging or disability, |  |
| 6.5 | Describe ways the C.N.A can help decrease psychosocial losses and assist the resident under their care. |  |
| 6.6 | Discuss responses the CNA may make to inappropriate remarks or actions from a resident. |  |
| 6.7 | Describe the resident’s/patient’s need for rest and sleep and how rest and sleep help promote good mental health. |  |
| 6.8 | Identify comfort as a quality of life issue and how the C.N.A can promote comfort and pain relief to the resident/patient and enhance their wellbeing. |  |
| 6.9 | Describe how the C.N.A can determine the effectiveness of pain relieving measures. |  |
| 6.10 | Identify the 5 stages of grief and describe how the C.N.A can assist the resident/patient and their family as they are grieving. |  |
| 6.11 | Describe common behaviors associated with depression and discuss approaches the C.N.A can use to support the resident. |  |
| 6.12 | Provide emotional and spiritual support/care for the residents and their families. |  |
| 6.13 | Assist resident in following recreation/activity plan. |  |

## Benchmark 7: Understand The Cognitvely Impaired

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 7.1 | Identify and define dementia. |  |
| 7.2 | Describe reversible and irreversible dementia and the names of diseases that may cause dementia. |  |
| 7.3 | Describe the general progression of Alzheimer’s disease and goals for care. |  |
| 7.4 | Describe common behaviors associated with dementia such as confusion, sensory-perceptual changes, repetitive activity, hoarding, wandering, aggressive or combative behavior, catastrophic reactions, sundowning, delusions and hallucinations. |  |
| 7.5 | Discuss approaches the C.N.A can use to support the resident who is having problem behaviors. |  |
| 7.6 | Understand the resident with dementia has an inability understand sensory or environmental stimuli or inability to understand verbal expression. |  |
| 7.7 | Provide communication and support techniques of reminiscing, validating, distraction activities, and reality orientation for dementia behaviors. Know when each technique is appropriate. |  |

## Benchmark 8: Understand Restorative Care

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 8.1 | Identify and use good body mechanics. |  |
| 8.2 | Describe general principles of lifting and moving a resident. |  |
| 8.3 | Identify devices to aid in ambulation and assist the resident with them, |  |
| 8.4 | Assist the resident in correct body alignment using devices that aide in correct body alignment and help prevent contractures. |  |
| 8.5 | Assisting with toileting assistance programs to help regain normal toileting abilities. |  |
| 8.6 | Identify reasons for restorative care. |  |
| 8.7 | Describe general CNA restorative care responsibilities. |  |
| 8.8 | Assist with brace splint care to prevent contractures and improve function. |  |
| 8.9 | Assist with prosthetic application and care. |  |
| 8.10 | Identify the different types of ROM and assist with the appropriate type to prevent contractures. |  |
| 8.11 | Assist with restorative programs involving eating and swallowing and understand the use of thickened liquids to prevent aspiration. |  |
| 8.12 | Assist with restorative communication programs to assist the resident with speech. |  |
| 8.13 | Assist with restorative ADL programs of dressing, grooming and bathing to improve resident independence. |  |

## Benchmark 9: Understand Providing Resident's Rights

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 9.1 | Explain and demonstrate how Resident Rights are supported by actions of the C.N.A. |  |
| 9.2 | Maintain resident’s right to privacy, confidentiality and care of resident’s belongings along with demonstrating professional ethics and behaviors. |  |
| 9.3 | Provide the resident with safe and appropriate care that prevent abuse, neglect or misappropriation of funds. |  |
| 9.4 | Provide the resident with quality of care and quality of life by promoting choice in activities, personal care, living space, medical care, and advanced directives. |  |
| 9.5 | Respect the resident’s rights in association with end of life care planning including DNR orders, and Hospice care. |  |
| 9.6 | Respect the individuals’ cultural diversity, religious beliefs and sexual preferences. |  |
| 9.7 | Understand the difference between task oriented care and person centered care recognizing each resident as an individual. |  |
| 9.8 | Describe how the Federal Nursing Home Reform Act or OBRA 87 was established to protect and improve the quality of life, quality of care and resident rights. |  |

## Benchmark 10: Understand Job Duties/Legal Responsibilities

### Competencies

| **#** | **Description** | **rating** |
| --- | --- | --- |
| 10.1 | Identify and perform only those activities or duties for which the C.N.A has been educated and competent. |  |
| 10.2 | Identify and perform only those activities that are within the CNA’s scope of practice. |  |
| 10.3 | Identify the C.N.As’ responsibility as a mandatory reporter in the case of suspected abuse, neglect or misappropriation. |  |
| 10.4 | Understand the C.N.As’ basic roles and responsibilities and how to decide on whether to accept or reject a delegated task. |  |

I certify that the student has received training in the areas indicated.

Instructor Signature:

For more information, contact:

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