

**NRA 150A Course Outline as of Fall 2014****CATALOG INFORMATION**

Dept and Nbr: NRA 150A Title: CERTIFIED NURSE ASSISTAN

Full Title: Certified Nurse Assistant

Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	9.00	Lecture Scheduled	6.00	17.5	Lecture Scheduled	105.00
Minimum	9.00	Lab Scheduled	3.00	10	Lab Scheduled	52.50
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	15.00		Contact Total	262.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 210.00

Total Student Learning Hours: 472.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This course is designed to teach the Certified Nurse Assistant (CNA) students basic patient care skills, psychosocial/cultural understanding, and communication techniques necessary to help meet the needs of the patient. All aspects of care are designed to allow the student to utilize these skills in a health care facility. Students learn theory and basic patient care skills necessary for certification as a CNA. Due to the intense time commitment of this course students are strongly advised against concurrent employment.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

Students must show proof of immunization clearance, pass a physical exam, possess a current CPR for the Health Care Provider and have a Live Scan fingerprint and criminal background screening

**Schedule of Classes Information:**

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Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>IGETC:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU Transfer:</b>		<b>Effective:</b>	<b>Inactive:</b>
<b>UC Transfer:</b>		<b>Effective:</b>	<b>Inactive:</b>

**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course, students will be able to:

1. Discuss legal implications of Title 22, Division 5, California Code of Regulations and Omnibus Budget Reconciliation Act (OBRA).
2. Describe roles and responsibilities of the CNA.
3. Define the qualities of a qualified CNA, including professional and ethical behavior.
4. Recognize, identify, and support patients' rights and confidentiality as mandated by federal and state regulations
5. Demonstrate the key components in effective communications with the resident, the family, and the members of the health care team.
6. Demonstrate the ability to provide care while being sensitive to cultural diversity.
7. Identify and demonstrate correct principles of body mechanics and positioning, transfer and ambulation techniques in providing resident care.
8. Demonstrate how to assist the resident to achieve optimal levels of functioning through the use of rehabilitative procedures or restorative aids.
9. Identify the role of the CNA in preventing and responding to emergency situations such as fire, disaster, choking, and cardiac arrest.
10. List safety rules for providing a safe environment, including safe use of oxygen.
11. Identify personal hygiene care and assist or perform necessary patient care skills as identified by the resident's daily needs.

12. Identify basic food groups, nutrients, and common therapeutic diets, and assist the resident to meet nutrition and hydration needs.
13. Define objective and subjective observation skills.
14. Demonstrate reporting and recording skills on appropriate documents using correct medical terms, abbreviations and measures.
15. Describe basic structure of the body and review effects of aging on body structure and function.
16. List available community resources that assist with the psychosocial, spiritual, cultural, and grief and bereavement needs of the dying resident, and support for family members.
17. Identify and utilize principles of infection control.

### **Topics and Scope:**

1. Orientation and introduction: The purpose of the long-term residential care facility.
2. Legal Regulations in Residential Care:
  - a. Title 22, Division 5
  - b. Omnibus Budget Reconciliation Act (OBRA)
  - c. Ethics and professionalism
  - d. Maintaining confidentiality behaviors
3. Roles and Responsibilities of the CNA.
4. Patients' Rights:
  - a. Federal and state laws
  - b. Resident's rights
  - c. Reporting abuse
  - d. Role of ombudsman
  - e. CNA's role in maintaining
5. Interpersonal Communication Skills and Methodologies Related to:
  - a. Resident
  - b. Family and guests
  - c. Influence of cultural factors
  - d. Observation of interactive patterns
  - e. The health care team
6. Body Mechanics:
  - a. Purpose of/rules for CNA/HHA
  - b. Comfort, safety measures for resident/client
  - c. Transfers of dependent patients:
    - i. Proper techniques
    - ii. Positioning in bed
    - iii. Transfer belts
    - iv. Mechanical lifts, lift sheets
    - v. Wheel chairs
  - d. Ambulatory residents:
    - i. Gait belts
    - ii. Walkers and canes
7. Rehabilitative Nursing:
  - a. CNA role in assisting resident with:
    - i. Gaining and maintaining independence
    - ii. Facilitate range of motion exercises
  - b. Rehabilitation team
  - c. Comfort and adaptive devices
  - d. Visually impaired
8. Resident Distress Emergencies:

- a. Recognizing common signs, symptoms
  - b. Common conditions associated with distress
  - c. Cardiac arrest
  - d. Immediate interventions
    - i. Use of the abdominal thrust
    - ii. Emergency codes in long-term facilities
    - iii. General rules of emergency care
9. Natural Disasters/Emergencies/Unusual Occurrences:
- a. CNA role
  - b. Prevention and management
  - c. Providing safe environment
  - d. Oxygen use/safety
  - e. Resident postural support and implications for use
10. Basic Personal Care of Client:
- a. Bathing
  - b. Dressing
  - c. Grooming
  - d. Oral care
  - e. Toileting
11. Patient Care Procedures:
- a. Nutrition
    - i. Basic food groups
    - ii. Common therapeutic diets
    - iii. Importance of hydration and nutrients
  - b. Observation and charting:
    - i. Objective and subjective charting
    - ii. Vital signs reporting
    - iii. Report/record in appropriate documents
    - iv. Medical terminology and abbreviations in charting
  - c. Personal hygiene for the dependent client:
    - i. Specimen collection: stool, urine, sputum
    - ii. Bowel care: enemas, rectal tubes, suppositories
    - iii. Tubes: gastrointestinal (GI), Nasogastric (NG)
    - iv. Intravenous (IV) monitoring
    - v. Application of: ointments, powders, dressings, bandages and lotions
  - d. Admissions, transfers and discharges from a facility
12. Weights and Measures:
- a. Metric and household measures
  - b. Weight, length and liquid
  - c. Measuring equipment
  - d. Conversion metric vs. household systems
  - e. Greenwich time to military time
13. The Long-Term Care Patient:
- a. Effects of aging on body structure, function
  - b. Common physical, psychological conditions
  - c. Community resources
  - d. Recreational and social needs
14. Death and Dying:
- a. Recognizing early signs
    - i. Physical
    - ii. Psychosocial/cultural
    - iii. Spiritual

- b. Later stages:
  - i. Signs of approaching death
  - ii. Understanding family coping mechanisms
  - iii. Providing support to resident and family
  - iv. Post-mortem care
- 15. Medical and Surgical Asepsis:
  - a. Chain of infection
    - i. Disease transmission
    - ii. Signs and symptoms
    - iii. Lines of defense in the body
  - b. Infectious agents
  - c. Associated infectious diseases
  - d. Standard precautions
  - e. Isolation

During Contact DHR hours students will perform a minimum of 105 hours of externship in health care facility settings as stated in the course description. While working in an actual clinical setting students will apply and demonstrate their knowledge and skill level related to Topics and Scope Items 5 - 15; and Assignments 3 and 4.

### **Assignment:**

1. Reading assignments in textbook and selected handouts - approximately 20-40 pages per week
2. Completion of assignments in student workbook
3. Under supervision, demonstrate competency in all skills on skills lab checklist
4. Competent performance of patient care skills in a long-term care facility that focuses on:
  - a. Physical needs
  - b. Psychosocial/cultural needs
  - c. Skills identified in the Department of Health Services Scope of Practice for Certified Nurse Assistants
  - d. Selected written assignments and research as needed for the delivery of nursing care in a long-term care setting
5. Quizzes (16) and final exam

### **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written assignments if selected
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Writing 0 - 5%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Student Workbook Assignments
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Problem solving 5 - 10%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

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Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes and final exam: Multiple choice, true/false, matching items.

Exams  
30 - 50%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation. Minimum 100 clinical hrs. per California Department of Health Services regulations.

Other Category  
10 - 20%

**Representative Textbooks and Materials:**

Nurse Assistant Training and Assessment Program, Model Curriculum for Nurse Assistant, Chancellor's Office California Community Colleges, current version  
Instructor prepared materials.