

**NRA 150A Course Outline as of Fall 2023****CATALOG INFORMATION**

Dept and Nbr: NRA 150A Title: CERT. NURSE ASSISTANT

Full Title: Certified Nurse Assistant

Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	6.00	Lecture Scheduled	3.25	17.5	Lecture Scheduled	56.88
Minimum	6.00	Lab Scheduled	3.50	10	Lab Scheduled	61.25
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	12.75		Contact Total	223.13
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 113.75

Total Student Learning Hours: 336.88

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:**

In this course the student will learn the requirements for becoming a Certified Nurse Assistant (CNA), including 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. This course meets all of the CA Department of Public Health requirements for a Nursing Assistant Training and Assessment Program (NATAP).

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

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

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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. This course meets all of the CA Department of Public Health requirements for a Nursing Assistant Training and Assessment Program (NATAP). (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

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:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Meet State of California criteria for eligibility to take CNA Certification Examinations.
2. Demonstrate knowledge, skills and abilities required for an entry-level CNA.

### **Objectives:**

At the conclusion of this course, the student should 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. Identify 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 dietary substrates, 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 and EMR 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:**

### **I. Orientation and Introduction: The Purpose of the Long-Term Residential Care Facility**

### **II. Legal Regulations in Residential Care**

- A. Title 22, Division 5
- B. Omnibus Budget Reconciliation Act (OBRA)
- C. Ethics and professionalism
- D. Maintaining confidentiality behaviors

### **III. Roles and Responsibilities of the CNA**

### **IV. Patients' Rights**

- A. Federal and state laws
- B. Resident's rights
- C. Recognizing, reporting, and preventing abuse
- D. Role of ombudsman
- E. CNA's role in maintaining

### **V. Interpersonal Communication Skills and Methodologies**

- A. Resident
- B. Family and guests
- C. Influence of cultural factors
- D. Observation of interactive patterns
- E. The health care team

### **VI. Body Mechanics**

- A. Purpose of/rules for CNA/HHA
- B. Comfort, safety measures for resident/client
- C. Transfers of dependent patients:
  1. Proper techniques
  2. Positioning in bed
  3. Transfer belts
  4. Mechanical lifts, lift sheets
  5. Wheelchairs
- D. Ambulatory residents:
  1. Gait belts
  2. Walkers and canes

### **VII. Rehabilitative Nursing**

- A. CNA role in assisting resident
  1. Gaining and maintaining independence
  2. Facilitate range of motion exercises
- B. Rehabilitation team
- C. Comfort and adaptive devices

- D. Visually impaired
- E. Hearing impaired
- VIII. Resident Distress Emergencies
  - A. Recognizing common signs, symptoms
  - B. Common conditions associated with distress
  - C. Cardiac arrest
  - D. Immediate interventions
    - 1. Use of the abdominal thrust
    - 2. Emergency codes in long-term facilities
    - 3. General rules of emergency care
- IX. 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
- X. Basic Personal Care of Client
  - A. Bathing
  - B. Dressing
  - C. Grooming
  - D. Oral care
  - E. Toileting
- XI. Patient Care Procedures
  - A. Nutrition
    - 1. Basic food groups
    - 2. Common therapeutic diets
    - 3. Importance of hydration and nutrients
  - B. Observation and charting
    - 1. Objective and subjective charting
    - 2. Vital signs reporting
    - 3. Report/record in appropriate documents
    - 4. Medical terminology and abbreviations in charting
  - C. Personal hygiene for the dependent client
    - 1. Specimen collection: stool, urine, sputum
    - 2. Bowel care: enemas, rectal tubes, suppositories
    - 3. Tubes: gastrointestinal (GI), Nasogastric (NG)
    - 4. Intravenous (IV) monitoring
    - 5. Application of: ointments, powders, dressings, bandages, and lotions
  - D. Admissions, transfers, and discharges from a facility
- XII. Weights and Measures
  - A. Metric and household measures
  - B. Weight, length and liquid
  - C. Measuring equipment
  - D. Conversion between metric and household systems
  - E. Conversion between Greenwich time to military time
- XIII. 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
- XIV. Death and Dying
  - A. Recognizing early signs

1. Physical
  2. Psychosocial/cultural
  3. Spiritual
  - B. Later stages
    1. Signs of approaching death
    2. Understanding family coping mechanisms
    3. Providing support to resident and family
    4. Post-mortem care
- XV. Medical and Surgical Asepsis
- A. Chain of infection
    1. Disease transmission
    2. Signs and symptoms
    3. Lines of defense in the body
  - B. Infectious agents
  - C. Associated infectious diseases
  - D. Standard precautions
  - E. Isolation

Topics and Scope are introduced in lecture and then demonstrated in the lab the same day. Students will perform a minimum of 105 hours of externship in health care facility settings as stated in the course description.

### **Assignment:**

#### **Lecture-Related Assignments:**

1. Reading assignments in textbook and selected handouts (approximately 20-40 pages per week)
2. Completion of assignments in student workbook
3. Creation of skills flashcards
4. Group projects
5. Quizzes (10-16) and final exam
6. Written case studies

#### **Lab-Related Assignments:**

1. Under supervision, demonstrate competency in all skills on skills performance exams
2. Clinical hours (minimum of 100 clinical hours and 60 theory hours per California Department of Health Services regulations)

### **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.

Student workbook assignments; case studies
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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; group projects	Problem solving 10 - 20%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Skill-based and physical demonstrations used for assessment purposes including skill performance exams	Skill Demonstrations 20 - 35%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Quizzes; final exam	Exams 30 - 50%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and participation; skills flashcards; clinical hours	Other Category 10 - 15%

### **Representative Textbooks and Materials:**

CNA: Nursing Assistant Certification, California. 1st ed. Jarosinski, Carrie L. August. Learning Solutions. 2020.

Workbook to Accompany CNA: Nursing Assistant Certification. 1st ed. Whitley, Lisa Rae. August Learning Solutions. 2020

Model Curriculum NATAP State Curriculum 17 Modules. (available online)

Instructor prepared materials