

The Meadows of Northern Arizona, Inc.

SYLLABUS/COURSE SCHEDULE

CERTIFIED NURSING ASSISTANT TRAINING COURSE

GOALS: Upon completion of this training course the student will gain proficiency in communication, infection control, safety and emergency procedures, knowledge of resident rights, basic nursing skills, personal care skills, feeding methods, elimination procedures, skin care, transferring/positioning/turning methods, dressing, helping a resident ambulate, ROM exercises, recognizing and reporting signs and symptoms of common diseases, and caring for the cognitively impaired person.

All classes begin at 7:00 am and end at 3:30 pm. Students will get a 30 minute lunch break at noon, a 15 minute break at 10:00 am and a 15 minute break at 1:30 pm each day.

Clinical done at a long term care facility will be morning shifts and could start as early as 4:45 A.M.

The first 10 chapters of your text book need to be read before the first day of class.

WEEK ONE / DAY ONE

1. FUNCTIONS AS A MEMBER OF THE HEALTH TEAM WITHIN THE HEALTH CARE FACILITY AND/OR COMMUNITY (4 hrs.)
2. COMPETENCY: DEMONSTRATES ETHICAL AND LEGAL BEHAVIOR THAT MAINTAINS RESIDENT'S RIGHTS (2 hrs.)
3. COMPETENCY: ASSISTS IN IDENTIFYING THE MENTAL HEALTH AND SOCIAL SERVICE NEEDS OF RESIDENTS (2 hrs.)

WEEK ONE / DAY TWO

4. COMPETENCY: DEMONSTRATES EFFECTIVE COMMUNICATION (2 hrs.)
5. COMPETENCY: MAINTAINS A SAFE ENVIRONMENT FOR THE RESIDENT & OTHERS (1 hrs.)
6. COMPETENCY: DEMONSTRATES GENERAL PRINCIPLES OF INFECTION CONTROL (2 hrs.)
7. COMPETENCY: PROVIDES BASIC EMERGENCY CARE (3 hrs.)

WEEK ONE / DAY THREE

8. COMPETENCY: APPLIES THE PRINCIPLES OF BASIC NUTRITION TO RESIDENT CARE (5 hrs.)
9. COMPETENCY: PROVIDES THE RESIDENT WITH PERSONAL CARE AND GROOMING (3 hrs.)

WEEK ONE / DAY FOUR

10. CONTINUED COMPETENCY: PROVIDES THE RESIDENT WITH PERSONAL CARE AND GROOMING (3 hrs.)
11. COMPETENCY: MEASURES VITAL SIGNS (3 hrs.)
12. DEMONSTRATES SAFE TRANSFERS, POSITIONING AND TURNING OF RESIDENTS USING EFFECTIVE BODY MECHANICS (2 hrs.)

WEEK ONE / DAY FIVE

13. CONTINUED: DEMONSTRATES SAFE TRANSFERS, POSITIONING AND TURNING OF RESIDENTS USING EFFECTIVE BODY MECHANICS (3 hrs.)
14. COMPETENCY: CARES FOR COGNITIVELY IMPAIRED RESIDENTS (5 hrs.)

WEEK TWO / DAY ONE

- 15. COMPETENCY: IDENTIFIES THE FUNCTION, STRUCTURE, COMMON HEALTH PROBLEMS AND NORMAL AGING CHANGES OF EACH OF THE BODY SYSTEMS (5 hrs.)
- 16. COMPETENCY: PROVIDES FOR COMFORT AND REST (1.5 hrs)
- 17. COMPETENCY: ASSISTS WITH DIAGNOSTIC TESTS (1.5 hrs.)

WEEK TWO / DAY TWO

- 18. COMPETENCY: PROVIDES CARE FOR THE PERI-OPERATIVE RESIDENT AND/OR RESIDENT WITH SPECIAL NEEDS (5 hrs.)
- 19. COMPETENCY: ASSISTS IN ADMISSION/TRANSFER/DISCHARGE OF THE RESIDENT (3 hrs.)

WEEK TWO / DAY THREE

- 20. COMPETENCY: PROVIDES CARE FOR RESIDENTS AND FAMILY WHEN DEATH IS IMMINENT (4 hrs)
- 21. DIRECT CLINICAL SUPERVISION/SKILLS LAB PRACTICE (4 hrs.)

WEEK TWO / DAY FOUR

- 22. DIRECT CLINICAL SUPERVISION/SKILLS LAB PRACTICE (8 hrs.)

WEEK TWO / DAY FIVE

- 23. DIRECT CLINICAL SUPERVISION/SKILLS LAB PRACTICE (8 hrs.)

WEEK THREE / DAY ONE

- 24. DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (8 hrs.)

WEEK THREE / DAY TWO

- 25. DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (8 hrs.)

WEEK THREE / DAY THREE

- 26. DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (8 hrs.)

WEEK THREE / DAY FOUR

- 27. DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (8 hrs.)

WEEK THREE / DAY FIVE

- 28. DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (8 hrs.)

WEEK FOUR / DAY ONE

- 29. FINAL EXAM AND GRADUATION TIME TO BE DETERMINED

Number of didactic hours	60
Number of direct clinical supervision skills hours	20
Number of direct clinical supervision hours in LTC	<u>40</u>
Total number of hours in training program	120