

# *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 3:30 P.M. and end at 9:30 P.M..

Clinical done at a long term care facility will be evening shifts and start at 3:30 P.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 (1 hrs.)**

#### WEEK ONE / DAY TWO

3. **COMPETENCY: DEMONSTRATES ETHICAL AND LEGAL BEHAVIOR THAT MAINTAINS RESIDENT'S RIGHTS (1 hrs.)**
4. **COMPETENCY: ASSISTS IN IDENTIFYING THE MENTAL HEALTH AND SOCIAL SERVICE NEEDS OF RESIDENTS (2 hrs.)**
5. **COMPETENCY: DEMONSTRATES EFFECTIVE COMMUNICATION (2 hrs.)**

#### WEEK ONE / DAY THREE

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

#### WEEK ONE / DAY FOUR

9. **COMPETENCY: PROVIDES BASIC EMERGENCY CARE (1 hrs.)**
10. **COMPETENCY: APPLIES THE PRINCIPLES OF BASIC NUTRITION TO RESIDENT CARE (4 hrs.)**

#### WEEK ONE / DAY FIVE

11. **COMPETENCY: APPLIES THE PRINCIPLES OF BASIC NUTRITION TO RESIDENT CARE (1 hrs.)**
12. **COMPETENCY: PROVIDES THE RESIDENT WITH PERSONAL CARE AND GROOMING (3 hrs.)**
13. **CONTINUED COMPETENCY: PROVIDES THE RESIDENT WITH PERSONAL CARE AND GROOMING (1 hrs.)**

#### WEEK TWO / DAY TWO

14. **CONTINUED COMPETENCY: PROVIDES THE RESIDENT WITH PERSONAL CARE AND GROOMING (2hrs.)**
15. **COMPETENCY: MEASURES VITAL SIGNS (3 hrs.)**

#### WEEK TWO / DAY THREE

16. **DEMONSTRATES SAFE TRANSFERS, POSITIONING AND TURNING OF RESIDENTS USING EFFECTIVE BODY MECHANICS (2 hrs.)**
17. **CONTINUED: DEMONSTRATES SAFE TRANSFERS, POSITIONING AND TURNING OF RESIDENTS USING EFFECTIVE BODY MECHANICS (3 hrs.)**

**WEEK TWO / DAY FOUR**

18. **COMPETENCY: CARES FOR COGNITIVELY IMPAIRED RESIDENTS (5 hrs.)**

**WEEK TWO / DAY FIVE**

19. **COMPETENCY: IDENTIFIES THE FUNCTION, STRUCTURE, COMMON HEALTH PROBLEMS AND NORMAL AGING CHANGES OF EACH OF THE BODY SYSTEMS (5 hrs.)**

**WEEK TWO / DAY FIVE**

20. **COMPETENCY: PROVIDES FOR COMFORT AND REST (1.5 hrs)**

21. **COMPETENCY: ASSISTS WITH DIAGNOSTIC TESTS (1.5 hrs.)**

22. **COMPETENCY: PROVIDES CARE FOR THE PERI-OPERATIVE RESIDENT AND/OR RESIDENT WITH SPECIAL NEEDS (2 hrs.)**

**WEEK THREE / DAY ONE**

23. **COMPETENCY: PROVIDES CARE FOR THE PERI-OPERATIVE RESIDENT AND/OR RESIDENT WITH SPECIAL NEEDS (3 hrs.)**

24. **COMPETENCY: ASSISTS IN ADMISSION/TRANSFER/DISCHARGE OF THE RESIDENT (2 hrs.)**

**WEEK THREE / DAY TWO**

25. **COMPETENCY: ASSISTS IN ADMISSION/TRANSFER/DISCHARGE OF THE RESIDENT (1 hrs.)**

26. **COMPETENCY: PROVIDES CARE FOR RESIDENTS AND FAMILY WHEN DEATH IS IMMINENT (4 hrs)**

**WEEK THREE / DAY THREE**

27. **DIRECT CLINICAL SUPERVISION/SKILLS LAB PRACTICE (5hrs.)**

**WEEK THREE / DAY FOUR**

28. **DIRECT CLINICAL SUPERVISION/SKILLS LAB PRACTICE (5 hrs.)**

**WEEK THREE / DAY FIVE**

29. **DIRECT CLINICAL SUPERVISION/SKILLS LAB PRACTICE (5 hrs.)**

**WEEK FOUR / DAY ONE**

30. **DIRECT CLINICAL SUPERVISION/SKILLS LAB PRACTICE (5 hrs.)**

**WEEK FOUR / DAY TWO**

31. **DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (5 hrs.)**

**WEEK FOUR / DAY THREE**

32. **DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (5 hrs.)**

**WEEK FOUR / DAY FOUR**

33. **DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (5 hrs.)**

**WEEK FOUR / DAY FIVE**

34. **DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (5 hrs.)**

**WEEK FIVE / DAY ONE**

35. **DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (5 hrs.)**

**WEEK FIVE / DAY TWO**

36. **DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (5 hrs.)**

**WEEK FIVE / DAY THREE**

37. **DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (5 hrs.)**

**WEEK FIVE / DAY FOUR**

38. **DIRECT CLINICAL SUPERVISION AT A LTC FACILITY (5 hrs.)**

39. **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>
<b><u>Total number of hours in training program</u></b>	<b>120</b>