

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 skill, personal care skill, 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 (Subject to change). Clinicals are done at a long term care facility on evening shifts and will start at 3:30 P.M(subject to change).

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

Week 1/ Day 1

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.)**

1.

Week 1/Day2

1. **COMPETENCY: DEMONSTRATES ETHICAL AND LEGAL BEHAVIOR THAT MAINTAINS RESIDENT'S RIGHTS. (1 HR)**
2. **COMPETENCY: DEMONSTRATES EFFECTIVE COMMUNICATIONS. (2 HRS)**
3. **COMPETENCY: MAINTAINS A SAFE ENVIRONMENT FOR THE RESIDENT & OTHERS. (1 HRS.)**
4. **COMPETENCY: DEMONSTRATES GENERAL PRINCIPLES OF INFECTION CONTROL. (2 HRS.)**
5. **COMPETENCY: DEMONSTRATES SAFE TRANSFERS: POSITIONING AND TURNING OF RESIDENTS USING EFFECTIVE BODY MECHANICS. (2 HRS.)**

Week 2/Day 1

8. **COMPETENCY: APPLIES THE PRINCIPLES OF BASIC NUTRITION TO RESIDENT CARE. (4 HR)**
9. **COMPETENCY: DEMONSTRATES SAFE TRANSFERS: POSITIONING AND TURNING OF RESIDENTS USING EFFECTIVE BODY MECHANICS. (3 HRS.)**

WEEK2/DAY 2

10. **COMPETENCY: PROVIDES THE RESIDENT WITH PERSONAL CARE AND GROOMING. (3 HRS.)**

WEEK 3/DAY 1

11. **COMPETENCY: MEASURES VITAL SIGNS. (3HRS.)**
12. **COMPETENCY: CARES FOR COGNITIVELY IMPAIRED RESIDENTS. (5 HRS.)**

WEEK 3/DAY2

13. **COMPETENCY: IDENTIFIES THE FUNCTIONS, STRUCTURE, COMMON HEALTH PROBLEMS, AND NORMAL AGING CHANGE_s OF EACH OF THE BODY SYSTEMS. (5 HRS.)**

WEEK 4/DAY1

14. **COMPETENCY: PROVIDES COMFORT AND REST. (1.5 HRS.)**
15. **COMPETENCY: ASSISTS WITH DIAGNOSTIC TESTS. (1.5 HRS.)**
16. **COMPETENCY: PROVIDES BASIC EMERGENCY CARE. (1 HR)**
17. **COMPETENCY: PROVIDES CARE FOR THE PERI-OPERATIVE RESIDENT AND/OR RESIDENT WITH SPECIAL NEEDS. (3 HRS.)**

WEEK 4/DAY2

18. **COMPETENCY: ASSISTS IN ADMISSION/TRANSFER/DISCHARGE OF THE RESIDENTS. (1 HR.)**
19. **COMPETENCY: PROVIDES CARE FOR RESIDENTS AND FAMILY WHEN DEATH IS IMMIMENT. (4 HRS.)**

20.

WEEK 5 /DAY1

21. **DIRECT CLINICAL SUPERVISION/SKILL LAB PRACTICE: (8 HRS.)**

WEEK 5 DAY 2

22. DIRECT CLINICAL SUPERVISION/SKILL LAB PRACTICE: (8 HRS.)

WEEK 6 / DAY 1

23. DIRECT CLINICAL SUPERVISION AT ALT FACILITY: (8 HRS)

WEEK 6 / DAY 2

24. DIRECT CLINICAL SUPERVISION AT ALT FACILITY: (8 HRS)

WEEK 7 / DAY1

25. DIRECT CLINICAL SUPERVISION AT ALT FACILITY: (8 HRS)

WEEK 7 / DAY 2

26. DIRECT CLINICAL SUPERVISION AT ALT FACILITY: (8 HRS)

WEEK 8 / DAY 1

27. DIRECT CLINICAL SUPERVISION AT ALT FACILITY: (8 HRS)

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