

GERTHILL ALLIED HEALTH SCHOOL

DAILY NURSING ASSISTANT TRAINING PROGRAM AM SCHEDULE, (8AM-3PM)

CLINICAL SITE: AVALON VILLA CARE CENTER. CLINICAL HOURS- 8AM-2:30PM

DAY 1	DAY 1 CONT.	DAY 2	DAY 2 CONT.	DAY 2 CONT.
<p align="center">THEORY (8AM-11AM) MODULE 1 INTRODUCTION- 3hrs</p> <p>A- Role of a CNA B- Title 22 C- Requirements for Nurse Assistant certification. D-Professionalism E- Ethics</p> <p align="center">(11AM-11:30AM) BREAK</p>	<p align="center">THEORY (11:30AM-2:30PM) MODULE (2) PATIENT'S RIGHTS- 3hrs</p> <p>A- Title 22 B- Health and Safety Code C- Code of Federal Regulations</p>	<p align="center">THEORY (8AM-10AM) MODULE (3) COMMUNICATION INTERPERSONAL SKILLS- 2hrs</p> <p>A-Communications B- Defense Mechanisms C- Socio-cultural factors D- Attitudes illness/health care E- Family interactions</p>	<p align="center">THEORY (10AM-12PM) MODULE (6) MEDICAL AND SURGICAL ASEPSIS- 2hrs</p> <p>A- Micro-organisms B- Universal precautions C-Principles of Asepsis</p> <p align="center">(12PM-12:30PM) BREAK</p>	<p align="center">THEORY(12:30-2:30PM)MOD. 4 PREVENTION, MANAGEMENT OF CATASTROPHE &UNUSUAL OCCURRANCES- 2hrs</p> <p>A- Emergency B- General Safety Rules C- Fire and Disaster Plan D- Role and Procedure for CNA E- Patient safety</p>

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DAY 3	DAY 3 CONT.	DAY 4	DAY 4 CONT.	DAY 5
<p align="center">THEORY (8AM-10:30AM) MODULE (15) <u>OBSERVATION AND CHARTING-</u> <u>2.5hrs</u></p> <p>A- Observation of patients and reporting responsibilities C- Patient care documentations (Military Time)</p> <p align="center">(10AM-10:30AM) BREAK</p>	<p align="center">THEORY (10:30AM-2:30PM) MODULE (5) <u>BODY MECHANICS- 4hrs</u></p> <p>A- Basic body mechanics B- Transfer techniques C- Ambulation D- Proper body mechanics/positioning techniques</p>	<p align="center">THEORY (8AM-11:30AM) MODULE (12) <u>EMERGENCY PROCEDURE- 3.5hrs</u></p> <p>A- Signs and Symptoms of distress B- Immediate and temporary intervention C-Emergency codes</p> <p align="center">(11AM-11:30AM) BREAK</p>	<p align="center">THEORY (11:30AM-2:30PM) MODULE (14) <u>REHABILITATIVE NURSING- 3hrs</u></p> <p>A- Promoting patient potential B- Devices and Equipments C- ADL D- Family interactions E- Complications of inactivity F- Ambulation G. Range of motion</p>	<p align="center">THEORY (8AM-3PM) MODULE (8) <u>PATIENT CARE SKILLS-</u> <u>7hrs</u></p> <p>A – Bathing- medicinal baths B- Dressing C- Oral Hygiene D- Hair care shampoo, medicinal shampoo (11-11:30)BREAK E- Prosthetic devices F- Skin care- Decubitus ulcer</p>

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DAY 6	DAY 6 CONT.	DAY 7	DAY 8	DAY 8 CONT.
<p align="center">THEORY <u>MODULE (8) CONT-</u> 6.5hrs (8AM-2:30PM)</p> <p>G- Elimination needs H- Bowel and Bladder retraining I- Weigh and measure patients</p> <p align="center">(10AM-10:30AM) BREAK</p>	<p align="center">THEORY <u>MODULE (16) DEATH AND DYING-</u> .5hr (2:30PM-3PM)</p> <p>C- Rights of dying patient</p>	<p align="center">CLINICAL <u>MODULE (6) MEDICAL AND SURGICAL ASEPSIS-</u> 6.5hrs (8AM-2:30PM)</p> <p>A Hand washing</p> <p>B- Proper handling of linen</p> <p>C- Universal precautions</p> <ul style="list-style-type: none"> - Gloving - Gowning - Applying mask 	<p align="center"><u>CLINICAL MODULE (6) CONT.</u> 1hr (8AM-9:00AM)</p> <p>D- Double bagging trash/waste (Practice previously learned skills)</p> <p align="center"><u>MODULE (4/12) EMERGENCY PROCEDURES AND PREVENTION OF CATASTROPHE</u> <u>9AM-2:30PM- 5.5hrs</u></p> <p>A- Applying postural support (safety devices)</p>	<p align="center">CLINICAL <u>MODULE (4/12) CONT.</u></p> <p>B. Applying soft wrist/ankle restraints as safety device</p> <p>C- Heimlich maneuver for the conscious Resident</p> <p>D- Heimlich maneuver for the unconscious Resident</p>

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DAY 8 CONT.	DAY 9	DAY 9 CONT.	DAY 9 CONT.	DAY 10
<p><u>CLINICAL MODULE (4/12) CONT</u></p> <p>E- Positioning of call light</p> <p>F- Demonstrates Fire/Disaster Procedures</p> <p>G- Handles Oxygen safely</p> <p>H- Use of fire extinguisher</p>	<p><u>CLINICAL MODULE(5) BODY MECHANICS (8AM-1:30PM) 5.5hrs</u></p> <p>A- Use of gait belt</p> <p>B- Helping the Resident up to the head of bed with two assistants</p> <p>C- Turning and positioning the Resident supine, side lying, use of lift sheet</p> <p>D- Assisting transfer from bed to chair or wheel chair</p>	<p><u>CLINICAL MODULE(5)cont-</u></p> <p>E- Assisting transfer from chair to wheel chair to bed</p> <p>F- Mechanical lift</p> <p><u>MODULE (2) PATIENTS RIGHTS 1:30PM-2:30PM- 1hr</u></p> <p>A- Knocks on door before entering</p> <p>B- Pulls privacy curtain during personal care</p> <p>C- Keeps Resident information confidential</p>	<p><u>CLINICAL MODULE (2) CONT.</u></p> <p>D- Treat Resident with respect and dignity</p> <p>E- Encourages Residents to make choices</p> <p>F- Explains procedures to Residents</p>	<p><u>CLINICAL MODULE (14) REHABILITATIVE & RESTORATIVE CARE (8AM-2:30PM)- 6.5hrs</u></p> <p>A- Range of motion exercise</p> <p>B- Assisting the Resident to ambulate with gait belt</p> <p>C- Assisting the Resident to ambulate with walker</p> <p>D- Assisting the Resident to with cane</p> <p>E- Rehabilitative devices</p>

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DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<p align="center">CLINICAL (8AM-2:30PM)- 6.5hrs <u>MODULE (8) PATIENT CARE SKILLS</u></p> <p>1- Back rub</p> <p>2- Bed bath-partial bath</p>	<p align="center">CLINICAL (8AM-2:30PM)- 6.5hrs <u>MODULE (8) CONT.</u></p> <p>3- Tub bath</p> <p>4- Shower</p>	<p align="center">CLINICAL (8AM-2:30PM) 6.5hrs <u>MODULE (8) CONT.</u></p> <p>5- Assisting with oral hygiene</p> <p>6- Mouth care of unconscious Resident</p> <p>7-. Dental care</p>	<p align="center">CLINICAL (8AM-2:30PM)- 6.5hrs <u>MODULE (8) CONT</u></p> <p>8- Nail care</p> <p>9- Combing the Resident's hair</p>	<p align="center">CLINICAL (8AM-2:30PM)- 6.5hrs <u>MODULE (8) CONT.</u></p> <p>10- Shampoo of bedridden Resident</p> <p>11- Shampoo with shower or tub bath</p> <p>12- Medicinal shampoo</p>

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DAY 16	DAY17	DAY18	DAY19	DAY20
<p>CLINICALS (8AM-2:30PM)- 6.5hrs <u>MODULE (8) CONT</u></p> <p>13- Shaving- electric shaver</p> <p>14- Shaving- razor blade</p> <p>15- Dressing and undressing the Resident</p> <p>16- Changing the clothes of Resident with IV</p>	<p>CLINICALS (8AM-2:30PM)- 6.5hrs <u>MODULE (8) CONT.</u></p> <p>17- Assist in the use of urinal</p> <p>18- Assist in the use of bedpan</p>	<p>CLINICALS (8AM-2:30PM)- 6.5hrs <u>MODULE (8) CONT</u></p> <p>19- Assisting Resident to commode/toilet</p> <p>20- Bladder retraining</p> <p>21- Bowel retraining</p> <p>22- Perineal care</p>	<p>CLINICALS (8AM-2:30PM)-6.5hrs <u>MODULE (8) CONT</u></p> <p>23- Artificial limb</p> <p>24- Splints</p> <p>25- Applying a behind-the-ear hearing aid</p> <p>26- Removing a behind-the-ear hearing aid</p> <p>27- Removing, cleaning and reinserting an artificial eye</p>	<p>THEORY <u>MODULE (9) PATIENT CARE PROCEDURES</u> 8am-3pm(7hrs)</p> <p>A Collection of specimens including stool, urine and sputum</p> <p>B Care of patient with tubing- gastric, oxygen, urinary, IV. (This does not include inserting, suctioning or changing the tubes.</p>

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DAY 21	DAY 21 CONT.	DAY 22	DAY 22 CONT.	DAY 23
<p align="center">THEORY (8AM-11:30AM) MODULE (9) CONT. (3.5HRS)</p> <p>C- Intake and output D- Bed making</p> <p>E- Cleansing enemas-laxative, suppositories</p> <p>F- Admissions, transfer, discharge</p> <p align="center">(11AM-11:30 AM BREAK)</p>	<p align="center">THEORY MODULE (9) CONT.</p> <p>G Bandages, non-sterile dry dressing, application of non-legend topical ointments to intact skin</p> <p align="center">MODULE (15) (11:30A-2:30PM (3HRS)</p> <p>B- Patient care plan D- Legal issues of charting E- Medical terminology and abbreviation</p>	<p align="center">THEORY MODULE (10) VITAL SIGNS (4.5HRS) (8AM-12:30PM)</p> <p>A- Purpose of vital signs</p> <p>B- Factors affecting vital signs</p> <p>C- Normal ranges D- Methods of measurements</p> <p>E -Temperature, pulse, respiration F- Blood pressure</p>	<p align="center">THEORY MODULE (10) CONT.</p> <p>G Abnormalities H Recording (11AM-11:30AM BREAK)</p> <p align="center">MODULE (7) WEIGHTS AND MEASURES 12:30PM-3PM- (2.5HRS)</p> <p>A Metric system</p> <p>B Weight, length and liquid volume</p> <p>C Military time, i.e. a 24-hour clock</p>	<p align="center">THEORY (8AM-10:30AM) MODULE (11) NUTRITION (2.5HRS)</p> <p>A -Proper nutrition</p> <p>B- Feeding technique</p> <p>C- Diet therapy</p> <p align="center">(10AM-10:30AM) BREAK</p>

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DAY 23 CONT.	DAY 23 CONT.	DAY 24	DAY 25	DAY 26
<p><u>THEORY MODULE (13)</u> <u>LONG-TERM CARE</u> <u>RESIDENTS (4.5HRS)</u> (10:30AM-3PM)</p> <p>A Needs of persons with retardation- Alzheimer, Cerebral Palsy, Epilepsy, Dementia, Mental illness</p> <p>B Introduction to Anatomy and Physiology</p>	<p><u>THEORY MODULE (13)</u> <u>CONT.</u></p> <p>C Physical and behavioral needs and changes</p> <p>D Community resources available</p> <p>E Physiological, social and recreational needs</p> <p>F Common diseases/disorder including signs and symptoms</p>	<p><u>CLINICALS MODULE (10)</u> <u>VITAL SIGNS (6.5HRS)</u> (8AM-2:30PM)</p> <p>1- Measure and record vital signs- A- oral B -axillary C- rectal D- electronic</p> <p>2- Pulse- radial</p> <p>3- Pulse- apical</p> <p>4- Respiration</p> <p>5- Blood pressure</p>	<p><u>CLINICALS</u> <u>MODULE (10) VITAL</u> <u>SIGNS CONT. 6.5HRS</u> (8AM-2:30PM)</p> <p>1- Measure and record vital signs- A- oral B -axillary C- rectal D- electronic</p> <p>2- Pulse- radial</p> <p>3- Pulse- apical</p> <p>4- Respiration</p> <p>5- Blood pressure</p>	<p><u>CLINICALS</u> (8AM-10:00AM) <u>MODULE (7) WEIGHTS</u> <u>AND MEASURES (2HR)</u></p> <p>1- Measuring oral intake</p> <p>2- Measuring urinary output</p> <p>3- Measuring the height of Resident in bed</p> <p>4- Weighing the Resident in bed</p> <p>5- Measuring and weighing the Resident using an upright scale</p> <p>6- Documents in military time</p>

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DAY 26 CONT.	DAY 27	DAY 28	DAY 29	DAY 30
<p><u>CLINICALS MODULE (15) OBSERVATION AND CHARTING (10:30AM-2:30PM) - 4HRS</u></p> <p>1- Report appropriate information to the Charge Nurse 2- Document Vital Signs, ADLs timely and correctly 3- Document changes in Resident's body function/behavior 4- Participates in Resident care planning</p>	<p><u>CLINICALS (8AM-2:30PM) MODULE (11) NUTRUTION (6.5HRS)</u></p> <p>1- Feeding the helpless resident 2- Assisting the Resident who can feed self 3- Verifying that Resident has been given correct diet tray 4- Use of feeding assistance devices</p>	<p><u>CLINICALS (8AM-2:30PM) MODULE (11) NUTRUTION CONT. 6.5HRS</u></p> <p>1- Feeding the helpless resident 2- Assisting the Resident who can feed self 3- Verifying that Resident has been given correct diet tray 4- Use of feeding assistance devices</p>	<p><u>CLINICALS (8AM-2:30PM) - 6.5hrs MODULE (9) PATIENT CARE PROCEDURE</u></p> <p>1 Collect and identify- A Sputum specimen B Urine specimen- clean catch C- Urine specimen- routine UA D- Stool specimen 2- Occupied bed making 3- Unoccupied bed making</p>	<p><u>CLINICALS (8AM-2:30PM) MODULE (9) CONT. 6.5hrs</u></p> <p>4 Administering the commercially prepared cleansing enema 5- Administering enemas- tap, water, soap suds 6- Administering laxative suppository 7- Empty urinary bags</p>

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DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
<p align="center">CLINICALS (8AM-2:30PM) <u>MODULE (9) CONT.</u> <u>6.5hrs</u></p> <p>8 Care if Resident with tubing- -Oxygen -IV -Gastrostomy -Nasogastric -Urinary</p> <p>9- Anti-embolic hose, elastic stocking (TED Hose)</p> <p>10- Admitting the Resident</p>	<p align="center">CLINICALS (8AM-2:30PM) <u>MODULE (9) CONT.</u> <u>6.5hrs</u></p> <p>11 Transferring the Resident</p> <p>12- Discharging the Resident</p> <p>13- Application of non-sterile dressing</p> <p>14- Application of non-legend topical ointments</p>	<p align="center"><u>THEORY MODULE (16)</u> <u>DEATH AND DYING</u></p> <p align="center">(8AM-11AM) - 3hrs</p> <p>A- Stages of grief B- Emotional and spiritual needs of patient and family D- Signs of approaching death E- Monitoring the patient F- Postmortem care</p> <p align="center">(11:00am-3pm) <u>MODULE 8 THEORY</u> <u>(A,B,C,D)</u> <u>4hrs</u></p>	<p align="center">(8AM-2:30PM) 6.5hrs <u>DEMONSTRATION AND</u> <u>REVIEW OF SKILLS</u></p>	<p align="center">(8AM-2:30PM) 6.5hrs <u>FINAL EXAMINATION.</u> <u>ON THEORY AND</u> <u>SKILLS</u></p>