



**MONROVIA COMMUNITY ADULT SCHOOL
CAREER TECHNICAL EDUCATION (CTE)
NATP COURSE OUTLINE**

COVER PAGE

Course Title: CNA Pre-Certification		Course Number: 6032	
Prerequisite: CASAS 130 score of Grade 6 or higher			
School:	Monrovia Community Adult School	District:	Monrovia USD
Address:	920 S. Mountain Ave., Monrovia 91016	Website:	monroviaadultschool.com
Contact:	Flint Fertig	Title:	Director of Adult Education
Phone:	(626) 471-3035	Email:	ffertig@monroviaschools.net
CTE Industry Sector:	Health Science and Medical Technology		
Career Pathway:	Nursing		
Course Description:	<p>CCAEC/MCAS Nurse Assistant Training Program is designed to equip students to adequately perform as an entry level Nurse Assistant in the State of California and to prepare them for the California State Nurse Assistant Certification Exam. Training will include basic nursing skills taught through classroom instruction and supervised clinical experience.</p> <p>Students will learn the fundamentals of patient care; nursing and communication skills; bathing, showering, oral care and assisting with elimination needs; disease organisms and infection control; basic anatomy and physiology; feeding, nutrition and diet therapy; lifting and moving residents, observations, charting and paperwork compliance; and working with cognitively impaired residents/patients.</p>		
Instructional Hours:	Contact Hours:	300 Total hours	
	Lab/Classroom hours	96	
	Independent Study Hours:	60	
	Clinical Hours:	144	

COURSE OBJECTIVES

Upon successful completion of this course, students are able to do the following:

1. Provide care to patients in a variety of care settings. Care includes:
 - bathing
 - showering
 - oral care
 - assisting with elimination needs
 - feeding, nutrition and diet therapy
 - lifting and moving residents
 - observations, charting and paperwork compliance.
2. Communicate, using currently approved techniques, with persons suffering from cognitive impairment.
3. Treat each person in their care as an individual; not as a diagnosis.
4. Recognize, prevent, and report instances of patient abuse or mistreatment.

COURSE CONTENT

- **Introduction**
- **Patient Rights**
- **Communication and Interpersonal Skills**
- **Prevention and Management of Unusual Occurrences**
- **Body Mechanics**
- **Infection Prevention and Control**
- **Weights and Measures**
- **Patient Care Skills**
- **Resident Care Procedures**
- **Vital Signs**
- **Nutrition**
- **Emergency Procedures**
- **Long Term Care Resident**
- **Rehabilitative Nursing**
- **Observation and Documentation**
- **Death and Dying**
- **Abuse**

COURSE SYLLABUS

Day/ Topic	Module	Module Objectives	Contact / Study Hours
Day 1 Introduction	Mod. 1	Introduces the student to California Code of Regulations, Division 5, Title 22, which regulates health care facilities, and to introduce the roles and responsibilities of the Nurse Assistant, including requirements for Nurse Assistant certification, professionalism, ethics, and confidentiality.	2
Patient's Rights	Mod. 2	Introduces the Nurse Assistant to patient/resident rights. The fundamental principle behind patient/resident rights is that each patient/resident is a member of a family and of society as a whole. They must be cared for in a manner that protects their rights and meets the individual family, psychosocial and spiritual needs in a long-term care setting. These rights are protected by federal and state regulations.	3
Skill Lab		Students will learn skills necessary for a successful clinical experience.	1
Day 2 Abuse	Mod. 17	This module focuses on the nurse assistant role in preventing, recognizing, and reporting instances of patient/resident abuse.	6
Day 3 Communication and Interpersonal skills	Mod. 3	Introduces concepts and skills required for the Nurse Assistant to communicate effectively and interact appropriately with patients/residents, patient's/residents' families and guests, and other members of the health care team.	2
Documentation	Mod. 15	Students will know how, when, and why to use objective and subjective observation skills. They will report and record observations on appropriate documents using medical terms and abbreviations	4

Day/ Topic	Module	Module Objectives	Contact / Study Hours
Day 4 Prevention and Management of unusual occurrences Emergency Procedures	Mod. 4	Teaches concepts and procedures related to the patient's/resident's safety including environmental emergency issues The Nurse Assistant 's role in creating a safe environment for the patient/resident is discussed.	1
	Mod. 12	Examines concepts and procedures related to emergency procedures, signs and symptoms of distress, and the role of the Nurse Assistant in Long Term Care (LTC) in the response to immediate and temporary intervention in emergency situations. CPR certification is included in this Module.	5
Exam Day 1-4 Topics			
Day 5 Body Mechanics	Mod. 5	Provides students with an understanding of efficient and proper use of the body in performing tasks related to the role of the CNA. Students will understand the principles of positioning and transporting patients/residents and will implement these principles when providing patient/resident care.	2
Rehabilitative Nursing	Mod. 14	Introduces the Nurse Assistant to restorative care. Everyone is entitled to reach his/her optimal level of functioning. The Nurse Assistant assists the patient/resident in achieving maximum independent living skills through use of rehabilitative or restorative procedures.	2
Medical and Surgical Asepsis	Mod. 6	Presents information about asepsis and the control of infection. Procedures and precautions to protect patient/patients/residents, health care workers and others from infection are presented, including standard precautions, transmission-based precautions and biohazardous waste management	2
Day 6 Weights and Measures Patient Care Skills Nutrition	Mod. 7	Introduces a measuring system for weight, length, and volume used by nursing assistant in the clinical setting.	1
	Mod. 8	Activities included in this module are use of prosthetic devices, bowel and bladder retraining, and weighing and measuring height of the patient/resident.	2
	Mod. 11	Examines the body's need for food and the effect of food on the body. This module includes the basic food groups, nutrients, and common therapeutic diets, as well as ways to assist a patient/resident to meet nutrition and hydration needs.	2
Exam Topics from Days 5-6			

Day/ Topic	Module	Module Objectives	Contact / Study Hours
Day 7 Patient Care Skills	Mod. 8	Teaches the students skills needed to support and/or assist the patient/resident in the areas of personal hygiene, an area of activities of daily living, and elimination. Personal hygiene or personal care is generally performed independently. The Nurse Assistant should assist with or perform personal care only when patients/residents are unable to perform a skill for themselves.	6
Day 8 Patient Care Skills	Mod. 8	Teaches the students skills needed to support and/or assist the patient/resident in the areas of personal hygiene, an area of activities of daily living, and elimination. Personal hygiene or personal care is generally performed independently. The Nurse Assistant should assist with or perform personal care only when patients/residents are unable to perform a skill for themselves. A total of 14 hours is devoted to these skills	6
Exam Patient Care Skills			
Day 9 Resident Care Procedures	Mod. 9	Provides learning experiences that will prepare the Nurse Assistant to safely carry out procedures that support the patient/resident in meeting physical care needs that cannot be performed independently. A total of 7 hours is devoted to this Module.	5
Skills Lab		Students will learn skills necessary for a successful clinical experience.	1

Day/ Topic	Module	Module Objectives	Contact / Study Hours
Day 10 Resident Care Procedures	Mod. 9	Teaches proper bedmaking techniques, as well as specimen collection and assisting residents with tubing.	2
Vital Signs	Mod. 10	Prepares students to know how, when, and why vital signs are taken and how to report and chart these procedures. Students will learn the correct procedure for measuring temperature, pulse, respirations, and blood pressure. They will learn to recognize and report normal and abnormal findings	3
Day 11 Death and Dying.	Mod. 16	Introduces the student to the various stages of the grieving process and physical signs of approaching death. This unit introduces death as a normal stage of life. The health care provider must recognize the physical, psychological, and spiritual needs of the patient/resident during this period to understand coping mechanisms and provide support to the patient/resident and family members.	2
Skills Lab		Students will learn skills necessary for a successful clinical experience.	4

Exam Modules 9,10, and 16

Day/ Topic	Module	Module Objectives	Contact / Study Hours
Day 12 Long-Term Care Resident Skill Lab	Mod. 13	<p>Reviews the basic structure of the body and explores the effect of aging on body structure and function. Common physical and psychological conditions found in elderly patients are presented along with approaches to care. Community resources commonly available to assist elderly patients with their psychological, recreational, and social needs are presented. Additionally, 2 hours of this module are devoted to caring for the resident suffering from cognitive impairment.</p> <p>Students will learn skills necessary for a successful clinical experience.</p>	5 1
Clinical Day 1 Infection control and prevention	Mod. 6	<p>Skills practiced in this module are:</p> <ul style="list-style-type: none"> ➤ Hand washing ➤ Proper use of PPE, (gown, gloves mask, face shield) ➤ Proper handling of linens ➤ Correct disposal of biohazardous waste 	6

Day/ Topic	Module	Module Objectives	Contact / Study Hours
Clinical Day 2 Infection Control and Prevention	Mod. 6	<ul style="list-style-type: none"> ➤ Hand washing ➤ Proper use of PPE ➤ Correct disposal of biohazardous waste 	2
Patient Rights	Mod. 2	<ul style="list-style-type: none"> ➤ Treats resident with respect ➤ Knocks before entering room. ➤ Correctly places call light. ➤ Explains procedures before giving care. 	1
Resident Safety and Emergency Procedures	Mod. 4/12	<ul style="list-style-type: none"> ➤ Follows proper emergency procedures in the event of Fire or other disaster. ➤ Provides resident care in a restraint free atmosphere. 	2
Clinical Day 3 Weights and Measures	Mod. 7	<ul style="list-style-type: none"> ➤ Works with facility staff to measure weight and height of residents. ➤ Documents using military time. 	1
Observation and Charting	Mod. 15	<ul style="list-style-type: none"> ➤ Participates in resident care plan conferences. ➤ Documents ADLs and vital signs in a timely manner 	4

Day/ Topic	Module	Module Objectives	Contact / Study Hours
Clinical Day 4-9 Patient Care Skills	Mod.8	<ul style="list-style-type: none"> ➤ Bathing and Showering ➤ Hair care and Shampooing ➤ Oral care, including care of the resident's dentures. ➤ Elimination assistance, toileting, use of bedpan ➤ Dressing and Undressing ➤ Shaving ➤ Nail care <p>40 clinical hours are dedicated to this module</p>	6/day

Day/ Topic	Module	Module Objectives	Contact / Study Hours
Clinical Day 10-13 Patient Care skills	Mod. 8	<ul style="list-style-type: none"> ➤ Bathing ➤ Elimination assistance ➤ Dressing and Undressing 	6/day
Patient Care Procedures	Mod. 9	<ul style="list-style-type: none"> ➤ Collection of specimens ➤ Bedmaking ➤ Care of residents with tubing ➤ Enemas and suppositories ➤ Admission and discharge <p>20 clinical hours are dedicated to these skills.</p>	
Clinical Day 14-17 Vital Signs	Mod. 10		6/day
Nutrition	Mod.11	<ul style="list-style-type: none"> ➤ Collection and documentation of resident vital signs 	6/day
Long term Care resident	Mod. 13	<ul style="list-style-type: none"> ➤ Diet therapy and feeding a dependent resident. ➤ Utilizing approved communication techniques for communicating with persons suffering from dementia. 	
Rehabilitation	Mod. 14	<ul style="list-style-type: none"> ➤ Practical experience in assisting residents to regain strength and mobility 	
Final Exam			



METHODS OF INSTRUCTION

NATP faculty utilize the following instructional strategies:

- Lecture / Direct Instruction
- Power point presentation
- Direct Demonstrations
- Clinical Assignments
- Cooperative Learning Strategies
- Vocabulary Learning Strategies
- Role Playing
- Team Presentations
- Reading/writing assignments
- Oral and Written Testing
- Practical / Application

METHODS OF EVALUATION

Students' grade in the class will be determined by demonstrating competency at the end of each module through written testing, skills performance, ability to state relation between theory and practical application, ability to demonstrate knowledge of theory given through practical application in clinical setting/lab.

Passing grade is 80% or higher.

NATP faculty will utilize the following means of assessment:

- Daily Workbook Assignments
- Quizzes
- Exams
- Short answer/short essay
- PowerPoint presentations



REQUIRED TEXTS AND OTHER INSTRUCTIONAL MATERIALS

USA Learns – Skills for the Nurse Assistant.- an online platform dedicated to improving communication skills in the Nurse Assistant field

CNA: Nursing Assistant Certification California Edition

Dr. Carrie L. Jarosinski

CNA: Nursing Assistant Certification California Edition Workbook

Dr. Carrie Jarosinski