

Health Professions

Certified Nursing Assistant Certificate

PROGRAM LEARNING OBJECTIVES:

The Nursing Assistant education at the USU Eastern campuses incorporates nursing theory and its application, as well as integrating knowledge from other biological, physical, and behavioral sciences.

Various experiences prepare the student to function as a Nursing Assistant in a variety of structured settings where guidance of more experienced health care providers is available. Successful completion of the program will allow Nursing Assistants to function with the framework of their role as specified by the State of Utah Nurse Practice Act.

The program provides learning experiences, which enable the student to develop critical thinking abilities. Nursing Assistant skill competencies include:

- **Orientation:** state handbook, resident's rights, identifying signs of abuse and verbalizing scope of responsibility
- **Basic Human Needs:** promoting resident independence
- **Communication:** demonstrating ability to converse with patients, giving verbal reports, documenting and charting, ability to recognize declining condition, call light position
- **Infection control:** proper handwashing technique, proper gloving technique, standard precautions, proper use of personal protective equipment, isolation procedures
- **Basic Safety:** applying a vest, wrist, ankle and waist restraint; know how to use and how to tie a quick release knot, knowledge of safety/fire procedures at clinical site, demonstrates use of abdominal thrust for conscious choking
- **Vital signs:** apply nasal cannula and mask, check O₂ flow rates, verbalize three guidelines for O₂ use, oral, rectal and tympanic temperatures, palpate radial and listen to apical pulses, counts respirations correctly, accurate blood pressure by pulse obliteration, pain assessment using pain scale, applying cold and warm compresses, applying thigh high /knee high TEDS
- **Body Mechanics:** demonstrate pressure ulcer prevention, knows placement of foot board/bed cradle, all patient positions, up in bed and patient assistance (lift, draw, transfer sheet), one person repositioning, logrolling and resident wedge/splint, proper use of gait belt, transferring resident, proper wheelchair positioning, assist to ambulate with gait belt/weak side, cane, walker, care of falling resident, ambulating a blind resident, verbalizing safety issues for mechanical lift use, active range of motion
- **Environment:** how to measure height, weight, occupied draw sheet change,

- **Hygiene and Grooming:** complete bed bath, tub bath, shower, hair care, pericare, back rub and massage, dress and undress a resident, hand and nail care, foot and nail care, proper oral hygiene conscious and unconscious patient, clean dentures properly, shaving a resident, morning and bedtime care, hearing aid/eyeglass care
- **Nutrition:** position and serve a meal tray and assist resident with eating, converting ounces to cc's and ml's, measuring fluid intake and output
- **Elimination:** assisting with urinal and bedpans, positioning Foley catheter, bag and tubing, catheter care, discard and change the down drain and record, measure output, urine specimen collection, stool collection, brief change, assist resident with bedside commode and to bathroom
- **Skills:** ostomy care, skin care and emptying bag
- **Death and dying:** observe for changes (impending death), demonstrate post-mortem care