

Certified Nurse Aide (CNA) 1 (8360)

Becoming Oriented to the Nurse Aide Program CNA1.1

- 1 Describe the legal aspects of the nurse aide program. CNA1.1.1
- 2 Explain nurse aide certification requirements and responsibilities. CNA1.1.2

Relating to the Healthcare System CNA1.2

- 1 Identify the professional qualities of a certified nurse aide (CNA). CNA1.2.1
- 2 Develop awareness of personality strengths and weaknesses. CNA1.2.2
- 3 Demonstrate successful work attitudes and teamwork. CNA1.2.3
- 4 Identify the CNA scope of practice, as required by Virginia Board of Nursing regulation. CNA1.2.4
- 5 Identify healthcare career options. CNA1.2.5
- 6 Differentiate functions among nursing personnel. CNA1.2.6
- 7 Identify interdisciplinary members of the healthcare team. CNA1.2.7
- 8 Identify the major types and functions of healthcare institutions. CNA1.2.8
- 9 Identify examples of ethical nursing behavior and patients' rights. CNA1.2.9
- 10 Determine the legal responsibilities of a CNA, as required by Virginia Board of Nursing regulation. CNA1.2.10
- 11 Maintain care and security of the client's/resident's/patient's personal possessions, as required by Virginia Board of Nursing regulation. CNA1.2.11
- 12 Identify the rights of clients/residents/patients. CNA1.2.12
- 13 Demonstrate respect for client/resident/patient rights, as required by Virginia Board of Nursing regulation. CNA1.2.13
- 14 Promote a client's/resident's/patient's rights to be free from abuse, mistreatment, and neglect, as required by Virginia Board of Nursing regulation. CNA1.2.14

15 Assist in resolving grievances and disputes, as required by Virginia Board of Nursing regulation. CNA1.2.15

16 Assist client/resident/patient and family groups with participation in activities, as required by Virginia Board of Nursing regulation. CNA1.2.16

17 Identify activities for clients/residents/patients receiving long-term care. CNA1.2.17

**Communicating in the
Healthcare
Environment CNA1.3**

1 Demonstrate proficient communication skills, as required by Virginia Board of Nursing regulation. CNA1.3.1

2 Demonstrate interpersonal skills, as required by Virginia Board of Nursing regulation. CNA1.3.2

3 Recognize barriers to communication. CNA1.3.3

4 Identify the role of the CNA's four senses in communication. CNA1.3.4

5 Describe the documents that are used by the healthcare team to communicate information and needs of a client/resident/patient. CNA1.3.5

6 Report objective and subjective information related to a specific task identified in a client's/resident's/patient's person-centered nursing care plan. CNA1.3.6

7 Demonstrate end-of-shift communication by giving an end-of-shift report and documenting with 100 percent accuracy on a client's/resident's/patient's activities of daily living (ADL) record. CNA1.3.7

8 Demonstrate telephone communication. CNA1.3.8

9 Demonstrate communicating with a hearing-impaired client/resident/patient. CNA1.3.9

10 Demonstrate communicating with a visually impaired client/resident/patient. CNA1.3.10

11 Describe the characteristics of cognitive impairment. CNA1.3.11

12 Identify potential causes of cognitive impairment in clients/residents/patients. CNA1.3.12

13 Explain why communication challenges must be overcome. CNA1.3.13

14 Discuss communication with families. CNA1.3.14

15 Demonstrate communication with members of the healthcare team. CNA1.3.15

16 Discuss important interpersonal skills for a CNA. CNA1.3.16

17 Identify stressors for a CNA and the resources a CNA may use to deal with stress. CNA1.3.17

18 Explore religious, ethnic and cultural diversity, as required by Virginia Board of Nursing regulation. CNA1.3.18

19 Provide religious, ethnic, and culturally sensitive care, as required by Virginia Board of Nursing regulation. CNA1.3.19

20 Manage conflict with clients/residents/patients and coworkers, as required by Virginia Board of Nursing regulation. CNA1.3.20

Understanding Infection Control and Medical Asepsis CNA1.4

1 Maintain a client's/resident's/patient's environment, as required by Virginia Board of Nursing regulation. CNA1.4.1

2 Match major pathogenic microorganisms to their related disease or infection. CNA1.4.2

3 Describe how infections spread. CNA1.4.3

4 List the symptoms of an infection. CNA1.4.4

5 Explain principles of infection control, as required by Virginia Board of Nursing regulation. CNA1.4.5

6 Demonstrate proper hand-washing technique. CNA1.4.6

7 Demonstrate infection-control measures, as required by Virginia Board of Nursing regulation. CNA1.4.7

8 Don and remove gown, mask, and gloves. CNA1.4.8

9 Demonstrate double-bagging technique. CNA1.4.9

10 Demonstrate safety procedures in various healthcare scenarios, as required by Virginia Board of Nursing regulation. CNA1.4.10

11 Clean instruments and supplies. CNA1.4.11

12 Dispose of soiled material. CNA1.4.12

Understanding Body Systems and Disorders CNA1.5

1 Define simple medical terminology. CNA1.5.1

2 Identify anatomical structures. CNA1.5.2

3 Identify body cavities and the organs within these cavities. CNA1.5.3

4 Identify parts and functions of the cell. CNA1.5.4

-
- 5 Identify tissues within the body.** CNA1.5.5
-
- 6 Identify major structures and functions of the integumentary system.** CNA1.5.6
-
- 7 Identify major disorders of the integumentary system.** CNA1.5.7
-
- 8 Identify major structures and functions of the endocrine system.** CNA1.5.8
-
- 9 Identify major disorders of the endocrine system.** CNA1.5.9
-
- 10 Identify major structures and functions of the circulatory system.** CNA1.5.10
-
- 11 Identify major disorders of the circulatory system.** CNA1.5.11
-
- 12 Identify major structures and functions of the musculoskeletal system.** CNA1.5.12
-
- 13 Identify major structures and functions of the gastrointestinal system, including the oral cavity.** CNA1.5.13
-
- 14 Identify major disorders of the gastrointestinal system.** CNA1.5.14
-
- 15 Identify major disorders of the oral cavity.** CNA1.5.15
-
- 16 Identify major structures and functions of the reproductive system.** CNA1.5.16
-
- 17 Identify major disorders of the reproductive system.** CNA1.5.17
-
- 18 Identify major structures and functions of the urinary system.** CNA1.5.18
-
- 19 Identify major disorders of the urinary system.** CNA1.5.19
-
- 20 Identify major structures and functions of the respiratory system.** CNA1.5.20
-
- 21 Identify major disorders of the respiratory system.** CNA1.5.21
-
- 22 Identify major structures and functions of the nervous system.** CNA1.5.22
-
- 23 Identify major disorders of the nervous system, including Alzheimer's disease and other dementias.** CNA1.5.23
-
- 24 Identify major structures and functions of the sensory system.** CNA1.5.24
-
- 25 Identify major parts of the eye and ear.** CNA1.5.25
-
- 26 Identify major disorders of the eye, ear, and other sensory organs.** CNA1.5.26
-
- 27 Describe the major stages of growth and developmental abilities.** CNA1.5.27
-
- 28 Describe the effects of the normal aging process on major body systems.** CNA1.5.28

29 Identify psychosocial changes associated with the aging process. CNA1.5.29

Understanding Individual Needs: Mental Health CNA1.6

- 1 Identify basic client/resident/patient needs. CNA1.6.1**
 - 2 Identify defense and coping mechanisms. CNA1.6.2**
 - 3 Describe signs and symptoms of mental illness. CNA1.6.3**
 - 4 Identify the guidelines for the management of client/resident/patient behavior across the lifespan. CNA1.6.4**
 - 5 Describe inappropriate behaviors of a client/resident/patient. CNA1.6.5**
 - 6 Describe the roles of a CNA and the family in providing emotional support for the client/resident/patient. CNA1.6.6**
 - 7 Provide care to the aged and disabled. CNA1.6.7**
-

Exploring Death and Dying CNA1.7

- 1 Identify needs related to death and dying, as required by Virginia Board of Nursing regulation. CNA1.7.1**
 - 2 Discuss care measures related to death and dying. CNA1.7.2**
-

Promoting Community Health and First Aid CNA1.8

- 1 Demonstrate the basic steps a CNA should take in any emergency. CNA1.8.1**
 - 2 Discuss CNA actions for emergencies. CNA1.8.2**
-

Maintaining a Safe Environment CNA1.9

- 1 Identify proper body mechanics, as required by Virginia Board of Nursing regulation. CNA1.9.1**
 - 2 Identify safety procedures related to client/resident/patient care, as required by Virginia Board of Nursing regulation. CNA1.9.2**
 - 3 Describe the use of fire extinguishers. CNA1.9.3**
 - 4 Identify Occupational Safety and Health Administration (OSHA) regulations and guidelines, as required by Virginia Board of Nursing regulation. CNA1.9.4**
-