

Service Teaching Alliance Vocational College

NURSING ASSISTANT CERTIFICATION PROGRAM

CNA101-CNA117

Introduction: The Service Teaching Alliance Vocational College located on the Pacific Union College campus is now offering a certified nursing assistant program. This rigorous curriculum provides the foundation of core competencies that are essential for entry-level patient care. Knowledge and skills acquired meet certification requirements necessary to take the California state exam to become a CNA.

Mission Statement: Our nursing program, through innovative and research-based education provides an excellent educational program that integrates the needs of the nursing student with the needs of the college, the community, and the nursing profession. (Iwasiw et al., 2005). Our mission is to prepare our students with the skills necessary to become a safe and competent provider of bedside patient-centered care to diverse populations. (Matthews et al., 2023).

Vision Statement: The on-going collaboration between faculty and students engages our students to increase their knowledge and proficiency in the skills and behaviors necessary to provide the highest quality of bedside patient care. (Martin et al., 2017), (Billings & Halstead, 2020). Our ultimate goal is to prepare our graduates for entry-level nursing practice while instilling a desire to continue in their pursuit of a nursing degree.

Core Values: For over 140 years our campus community has had an on-going reputation for integrity and high professional standards. Our focus continues to be to prepare our students for service and life-long learning. Our strong academic standards and a desire to continually improve the quality of education has regarded us as being a school of excellence. We are sensitive to our students and their learning needs who come to our program from a variety of backgrounds and educational levels. Our faculty are advocates for all nursing students offering support and collaboration in their pursuit of their CNA certification. (Iwasiw et al., 2005)

Philosophy: It is our program commitment to create and maintain a collaborative relationship with our students. We prepare our students to be competent and caring professionals focusing on the whole patient (mentally, physically, and spiritually). Our program encourages individuals who wish to enter the nursing profession to have a strong commitment to developing the scientific principles and skills necessary through experiential learning in both the classroom, simulated labs, and eventually direct patient care. Our goals are to create a competent community of learners in the prevention of illness, restorative care, supportive interventions, and caring 4

behaviors that are practiced through a rigorous curriculum so as to improve the health and wellbeing of the patients they serve. (Billings & Halstead, 2020), (Yeijin et al., 2018).

Program Learning Outcomes:

Upon completion of the program...

1. Operate within the scope of practice as a CNA
2. Consistently use common medical terms used in a health care setting
3. Provide consistent effective activities of daily living skills
4. Apply effective therapeutic communication skills
5. Demonstrate professionalism and interprofessional collaboration
6. Correctly employ evidence-based treatments/procedures
7. Eligibility for the CA state certification exam

CNA Certification Program: The CNA certification program consists of completing 60 classroom hours and 100 clinical hours to be able to successfully pass the state certification exam.

Prerequisite criteria for admission: The student will successfully complete the following courses with a grade of “B-” or better (80%) to be able to progress to the CNA courses:

MATH 101 (4)
ENG 100 (4)
INTRO to A&P (2)
INTRO to NURS (2)

Admission criteria: Proof of high school diploma or GED and either SAT with a minimum score of 400 or ACT with a minimum score of 17. Live Scan fingerprinting (see Live Scan form) and admission application approval. After acceptance into the program it will be required to submit a current physical exam, immunizations or titers, and TB skin test OR QuantiFeron blood test results.

Progression criteria: There will be no limit on attempts for any of the following CNA modules #5-#13. Successful completion of these modules must occur prior to off-site clinical labs. If a passing grade of “B-” or better (80%) is not met by week #13, the student will be required to repeat the course.

First Quarter

Prefix	Course No.	Course Name	Classroom / Labs*	Total Credit Hours*
CNA 101:		Introduction to nursing assistant program	3 hrs / 0 hrs	(see below)
CNA 102:		Rights and Responsibilities of Patients	3 hrs / 0 hrs	
CNA 103:		Communication/Medical terminology	3 hrs / 0 hrs	
CNA 104:		Emergency Management	3 hrs / 0 hrs	
CNA 105:		Body mechanics (x2 weeks)	6 hrs / 10 hrs	
CNA 106:		Infection Control	3 hrs / 5 hrs	
CNA 107:		Weights and Measures	3 hrs / 5 hrs	
CNA 108:		ADL skills (x2 weeks)	6 hrs / 10 hrs	

Second Quarter

Prefix	Course No.	Course Name	Classroom / Labs	Total Credit Hours
CNA 109:		Patient procedures	3 hrs / 5 hrs	(see below)
CNA 110:		Vital Signs	3 hrs / 5 hrs	
CNA 111:		Nutrition	3 hrs / 5 hrs	
CNA 112:		BLS/Codes (x2 weeks)	6 hrs / 10 hrs	
CNA 113:		Special Needs	3 hrs / 9 hrs	
CNA 114:		Rehabilitation needs	3 hrs / 9 hrs	
CNA 115:		Documentation/Observation	3 hrs / 9 hrs	
CNA 116:		Death and Dying	3 hrs / 9 hrs	
CNA 117:		Elder/patient abuse	3 hrs / 9 hrs	
		Total	= 160 hours	(8.5 credits)

***Total hours to Credits (both quarters must be completed to receive credit)**

Classroom 60 actual hours = 5.5 credits

Labs 100 actual hours = 3.0 credits

Using Carnegie Units Worksheet (see appendix) will give the student a total of **8.5 credits** upon completion of the two quarter program

On-campus clinical lab/SIM/flipped classroom module #5 to module #17 = 55 hours

Off-site clinical lab locations (to be determined) module #13 to module #17 = 45 hours

(off-site lab will consist of 5 eight-hour shifts of direct patient care and one hour post-conference)

Please note: All lab hours listed are the minimum hours required by the state-students are encouraged to practice additional hours during open lab times

I = Introduced, R = Reinforced, M = Mastery at the exit level, A = Assessment evidence

<u>COURSE S</u>	PLO #1	PLO #2	PLO #3	PLO #4	PLO #5	PLO #6	PLO #7
CNA 101	I,R,A						I,R,A
CNA 102	I,R,A	I, R		I, R			I,R,A
CNA 103	I,R,A		I, R		I, R		I,R,A
CNA 104	I,R,A	I, R	I, R				I,R,A
CNA 105	I,R,A	I, R	I, R		I, R	I, R	I,R,A
CNA 106	I,R,A	I, R	I, R			I, R	I,R,A
CNA 107	I, R, M, A		I, R				I,R,A
CNA 108	I, R, M, A	I, R	I, R			I, R	I,R,A
CNA 109	I, R, M, A	I, R	I, R				I,R,A
CNA 110	I, R, M, A	I, R	I, R			I, R	I,R,A
CNA 111	I, R, M, A		I, R			I, R	I,R,A
CNA 112	I, R, M, A	I, R	I, R		I, R	I, R	I,R,A
CNA 113	I, R, M, A		I, R	I, R		I, R	I,R,A
CNA 114	I, R, M, A		I, R	I, R		I, R	I,R,A
CNA 115	I, R, M, A	I, R				I, R	I,R,A
CNA 116	I, R, M, A	I, R		I, R			I,R,A
CNA 117	I, R, M, A	I, R	I, R	I, R			I,R,A

KEY:

PLO #1 Operate within the scope of practice for a CNA

PLO #2 Consistently use common medical terms used in a health care setting

PLO #3 #3 Provide consistent effective activities of daily living skills

PLO #4 Apply effective therapeutic communication skills

PLO #5 Demonstrate professionalism and interprofessional collaboration

PLO #6 Correctly employ evidence-based treatment/procedures

PLO #7 Eligibility for the CA state certification exam

OVERALL COURSE DESCRIPTION/MODULES

This two quarter CNA certification program will provide the student with 17 modules covering basic concepts/theories/skills to become a certified nursing assistant in the healthcare industry. The emphasis will be on scope of practice and the importance of obtaining the skills necessary to meet state-approved certification. It will also review ways the individual can utilize this entry-level certification as a beginning step to becoming a licensed nurse.

Modules #1-5 (Instructor: Sandy)

- CNA 101 Intro to Becoming a CNA (no lab time CNA 101-104)
- CNA102 Patient/Resident Rights
- CNA103 Communication/Interpersonal Skills
- CNA104 Prevention and Management of Catastrophe and Unusual Occurrences

- CNA105 Body Mechanics/Patient Safety (#105-#117 include lab time)

Modules #6-11 (Instructor: Tony)

- CNA106 Infection Control
- CNA107 Weights and Measures
- CNA108 ADLs Skills
- CNA109 Patient Procedures
- CNA110 Vital Signs
- CNA111 Nutrition

Modules #12-17 (Instructor: Alvin)

- CNA112 BLS/Codes
- CNA113 Special Needs
- CNA114 Rehabilitation Needs
- CNA115 Documentation/ Observation
- CNA116 Death and Dying
- CNA117 Elder/Patient Abuse

<u>Prerequisites:</u>	MATH 101	4 credits
	ENG 100	4 credits
	INTRO A&P 100	4 credits
	INTRO NURS 100	4 credits

ABOUT THE COURSE

Faculty instructors:

Sandy Sargent BSN, RN, PHN, CHC

Office/Phone/Contact: #50 Angwin Ave. Angwin CA 94508
Cell (707) 815-6853/office (707) 965-6339
Email: ssargent@puc.edu

Office hours: Wed 5pm-7pm. Additional appointment times can be arranged on an individual basis. Please email me at ssargent@puc.edu to schedule an office or phone visit.

Chaivut Tony Chungcharoenpanich BSN, RN

Office/Phone/Contact: Room 109 Nursing Department, 1 Angwin Ave. Angwin, CA 94508
Cell (626) 265-0646
Email: cchung@puc.edu

Office hours: Wed 2pm - 4 pm Additional appointment times can be arranged on an individual basis. Please email me at cchung@puc.edu to schedule an office or phone visit.

Alvin Carl de Guzman BSN, RN

Office/Phone/Contact: #99 Angwin Ave. Angwin CA 94508
Cell: (808)-436-4639/Office: (808)-545-8641
Email: actdeguzman@puc.edu

Office hours: Mon/Wed 3-5pm. Additional appointment times can be arranged on an individual basis. Please email me at actdeguzman@puc.edu to schedule an office or phone visit.

Course Meeting Times and Location

Location: Pacific Union College Nursing Department
#1 Angwin Avenue
Angwin CA 94508
Davidian Hall room #109

Meeting times: 9:00a-12:00n Monday week #1-4 all students classroom

9:00a -1:00p Monday week #5-20 “ “

Clinical Lab Hours: 6:00a-12:00n** Wed or Thurs (groups to be assigned week#5)

**Students will be split into two groups for clinical lab experience. Upon the completion of Week #4 the students will progress to practicing supervised skills in the on-campus lab. Off-site locations will be added as students progress to include lab experiences at a hospital, long-term care facility, or assisted living facility after passing modules #5-# 13.

Course Resources

Required resources:

- Certification Resource book: CNA: Nursing Assistant Certification, California Edition. Author: Dr. Carrie L. Jarosinski RN, CNE, CWP ISBN13: 9781941626504.
- Textbook: Mosby's Essentials for Nursing Assistants 9th edition. Authors: Leighann Remmert MS, RN and Sheila Sorrentino PhD, RN.
- SIM: CNA: CA Dept of Public Health CNA (students will be given access code on the first day of class).

Recommended resources:

- CNA Study Guide 2024-2025: 7 Practice Tests and CNA Book for Exam Prep [7th Edition]. Author Lydia Morrison, Test Prep Books 2023.
- CNA Nursing Assistant Certification Exam Prep Textbook: Unlock Your Potential and Conquer the CNA Exam with Ease and Empowered Strategies by Master Pro Learning 101 Publications, 2023.

Methods of Instruction

- This course will be an in-person didactic and lab class (flipped classroom simulation).
- Textbook reading assignments will be from Mosby's Essentials for Nursing Assistants 9th edition. Certification review test questions will be from CNA: Nursing Assistant Certification, California Edition.
- Docucare EHR/ EMR Software
- Out-of-class assignments and exams will be listed in the class schedule
- In-class review of homework on CNA certification questions, presentation of theory including lectures, class discussion, and in-class exercises/quizzes
- Supervised off-site clinical experience (locations to be determined)
- On-campus lab experience

Evaluation of Learning (see course calendar for due dates)

- Exam and essay questions 30%
- In-class participation 10%
- Class attendance 20%
- SIM/Skills 30%
- Weekly assignments 10%

Grading Scale

A (94%-100%)	B- (80%-83%)	D+ (67%-69%)
A- (90%-93%)	C+ (77%-79%)	D (64%-66%)
B+ (87%-89)	C (75%-76%)	D- (60%-63%)
B (84%-86%)	C- (70%-74%)	F (Below 60%)

In order to pass this course students must:

- Satisfactorily complete all assigned work
- Maintain a cumulative GPA of 2.7 (B-)
- Grades earned below a B- (80%) are not acceptable for credit

Policies

Late Work

Assignments are due no later than the due date listed in the syllabus. If a situation occurs where an extension is requested, this can be granted only at the discretion of the instructor. Requests must be submitted in writing before the assignment is due. All assignments submitted after the due date without prior approval will be subject to a 10% deduction in grade for each late day.

Attendance/Participation

Attendance is required for this course (approved scrubs required). Participation is encouraged as you become a member of the larger learning community. Students are expected to know the material being covered that day. Students should be prepared to actively participate in classroom work assignments/exercises and discussions. Attendance will account for 20% of your overall grade. If you are more than 15 minutes late the class session may need to be repeated. Missing more than one class without prior arrangements will be cause for review and possible drop from the program. Participation reminder: Please be mindful of the differences between individuals and respect your classmates and their opinions during class activities and discussions.

Assignment Guidelines

Any out of classroom assignments are to be submitted weekly at class period. It is recommended that a PDF or hard copy is saved for class discussion. Laptops are not required but highly recommended for the certification program.

Those students with an approved absence must submit their assignment through Word and should save it for possible resubmission if necessary. It is highly recommended that those students not in attendance work ahead of the posted due date making allowances for any problems with unreliable technology to submit their assignments on time. When using Mac please be aware that conversion to compatible versions will be necessary so allowance for this should be accounted for. Any inability to access electronic work after the due date will be considered late (please refer to late work policy above).

COURSE SCHEDULE

(Unless otherwise specified, all reading and assignments should be completed prior to that week's class)

Professor Sandy

Week #1:

Topic: Intro to Becoming a Nursing Assistant

1. Course Description: This course will focus on class orientation, overview of program, brief history including impact and importance of CNAs.
2. Course Objective: Describe safe practice within the scope of a CNA
3. SLO: Describe the scope of practice of a CNA
4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignments.

In-Class activities: Introductions/Ice breaker game, Orientation to college policies, Review of materials and expectations for CNA program, Read through and discuss syllabus, Prior knowledge quiz (to be turned in), Purpose of pre/post quizzes, Video: "How to Become a CNA?" <https://www.youtube.com/watch?v=6Nn-GhTxj8I>

Reading: Mosby's Essentials for Nursing Assistants 7th edition. p. 10-15, CNA Certification Review textbook - Introduction

Assignments: Complete "Introduction" Question from CNA Certification Review (does not need to be submitted. Be prepared for Q&A/discussion in class. Hand in Assignment: List three purposes of healthcare in the U.S. and examples of each. Be prepared for discussion class; Define the term "scope of practice" and how it applies to being a nursing assistant after your reading. Be prepared to discuss in class.

Week #2

Topic: Patient/Resident Rights

1. Course description: This course will focus on the basis and history of establishing patient rights. Why they exist and why they are important.
2. Course objective: Correctly identify the 5 rights of patients
3. SLO: Value patient rights and demonstrate this when providing care

4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignment.

In-class activities: Identify a medical professional that is willing to be interviewed. Questions will be discussed. Interview presentation week #4. Pre/post quiz.

“Patients Rights & Responsibilities” <https://www.youtube.com/watch?v=hbN4m6JJcUM&t=3s>

Reading: Mosby textbook-pgs. 20-29, CNA Certification Review textbook-”Patient’s Rights”

Assignment: CNA Certification Review- Complete Patient Rights test questions (does not need to be submitted). Be prepared for Q&A/discussion in class.

Week #3

Topic: Communication/Interpersonal skills

1. Course description: This course will focus on effective v/ ineffective communication styles and qualities of professionalism
2. Course objective: Describe professionalism and interprofessional collaboration
3. SLO: Professional collaboration and communication
4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignment.

In-class activities: Be prepared to discuss communication styles you have observed in the past and what you consider effective v/s not effective communication. Quiz on communication skills. Video on Effective Communication.

“Culturally Competent Care” <https://www.youtube.com/watch?v=EmsUWmNSmwA>

“4 Things All Good Listeners Know” <https://www.youtube.com/watch?v=i3ku5nx4tMU>

In-class exercise regarding poor communication skills

Reading: Mosby textbook-pgs. 35-46. Certification review textbook- “Communication/Interpersonal Skills”

Assignment: CNA Certification Review book- Complete Communication test questions (does not need to be submitted). Be prepared for

Q&A/discussion in class.

Week #4

Topic: Prevention and Management of Catastrophe and Unusual Occurrences

1. Course description: This course will focus on various scenarios of catastrophes/unusual occurrences (ex: disaster, active shooter), how to be prepared, respond, and post-event coping skills.

2. Course objective: Identification of the various types of catastrophes/occurrences and proper responses within the CNA scope of practice
3. SLO: Identify unusual occurrences/catastrophes
 - List ways to be prepared for a disaster
 - Verbalized methods for coping after a disaster
4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignment

In-class activities: Interview presentations by students (see week #2 assignment). Pre/post quiz.

“Safety” <https://www.youtube.com/watch?v=ef2X-FBE3y0>

Reading: Mosby textbook-pgs. 52-64. CNA Certification Review book-Complete “Catastrophe/Unusual.

Assignment: Occurrences” test questions (does not need to be submitted). Be prepared for Q&A/discussion. CNA Certification Review:Complete “Catastrophe/Unusual Occurrences” test questions (does not need to be submitted). Be prepared for Q&A/discussion in class.

“Introduction to VSIM” <https://www.youtube.com/watch?v=5RTrRhYDid8>

Week #5

Topic: Body Mechanics/Patient Safety #1

1. Course description: This course will focus on body mechanics when moving or positioning a patient, most commonly used techniques, and resulting health care concerns.
2. Course objective: Correctly employ evidence-based treatment/procedures as it relates to body mechanics and patient safety
3. SLO: Demonstrate proper technique and safety practices when positioning and moving patients.
4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignment, check-off demonstration by instructor.

In-class activities: Review principles of positioning and transportation/base of support/proper body alignment/dangle/dorsal recumbent/Fowler’s/gait belt/safe lift/ safe turn/logroll/mechanical lift/prone/purpose of a lift team (and when to use)/ supine position/trapeze/Trendelenburg/Hoyer lift/pivoting/lithotomy/and safe ambulation. Pre/post quiz. VSIM/DocuCare/Pre and post quiz for body mechanics/safety.

“Humor/Safety” <https://www.youtube.com/watch?v=kg-2kEzWIOI>

Reading: Mosby textbook-pgs. 70-85. CNA Certification Review book-Complete “Body Mechanics/Patient Safety ” test questions (does not need to be submitted). Be prepared for Q&A/discussion in class.

Assignment: CNA Certification Review: Complete Body Mechanics/Patient Safety test questions (does not need to be submitted). Be prepared for Q&A/discussion in class.

Week #6

Topic: Body Mechanics/Patient Safety #2

In-class activities: Review principles of positioning and transportation/base of support/proper body alignment/dangle/dorsal recumbent/Fowler’s/gait belt/safe lift/ safe turn/logroll/mechanical lift/prone/purpose of a lift team (and when to use)/ supine position/trapeze/Trendelenburg/Hoyer lift/pivoting/lithotomy/and safe ambulation. Pre/post quiz. VSIM/DocuCare/Pre and post quiz for body mechanics/safety

Reading: Mosby textbook-pgs. 70-85. CNA Certification Review book-Complete “Body Mechanics/Patient Safety ” test questions (does not need to be submitted). Be prepared for Q&A/discussion in class.

Assignment: CNA Certification Review: Complete Body Mechanics/Patient Safety test questions (does not need to be submitted). Be prepared for Q&A.

Professor Tony

Week #7

Topic: Infection Control

1. **Course description:** This course integrates theoretical insights with hands-on application, fostering a safety approach towards a comprehension of infection control principles and practices
2. **Course objective:** Ensure the learner to achieve a comprehensive understanding of the principles and practices necessary for preventing and managing infection, such as the effective use of personal protective equipment (PPE), hand hygiene mastery, and disinfection skills.
3. **SLO:** Identify the chain of infection, manage the risk of infection, and demonstrate proper technique to prevent infection.
4. **Methods of evaluation:** Attendance, in-class pre/post quizzes, participation, and completion of homework assignments.

Reading: Review Infection Control / Mosby pgs. 217-249

Assignment: CNA Certification Review: Review test questions / Pre-Quizzes / VSim / Docucare Case Study for Flipped Classroom: Pneumonia Review Microorganisms / Pathogens / Infection Process (Chain of Infection) Emphasize on Medical Asepsis and Surgical Asepsis

Activities: GLO Germ - Handwashing VS Alcohol-Based Hand Rub. Donning and Removing PPE / Sterile Gloving / Standard Contact Precaution and Isolation (Droplet & Airbourne)

Week #8

Topic: Weights and Measures

1. **Course description:** This course focuses on the fundamental skills and knowledge required for accurate weight and size measurement through the lifespan and recording of intake and output.
2. **Course objective:** Ensure the learner to gain proficiency in measuring and record I&O techniques and understand the significance of precise measurement in maintaining hydration and preventing dehydration.
3. **SLO:** Demonstrate the proficiency in weight and height measuring across the development of lifeplan; accurately measure and record intake and output.
4. **Methods of evaluation:** Attendance, in-class pre/post quizzes, participation, and completion of homework assignments.

Reading: Review Growth & Development / Mosby pgs. 126-139

Assignment: CNA Certification Review: Review test questions / Pre-Quizzes / VSim / Docucare Case Study for Flipped Classroom: Strokes. Review weighing techniques, use of scales either standard or specialized. equipment for bed-bound patients. Preserve dignity and ensure safety practice.

Activities: I&O calculation, basic fluid & electrolyte balance concept, weight & size measurement

Week #9

Topic: ADL Skills #1

1. **Course description:** This course will focus on the essential knowledge and hands-on skills required to provide quality care in assisting patients with Activities of Daily Living (ADL).
2. **Course objective:** Understand patient-centered care and highlight the cultural aspect while demonstrating the correct safe ADL assistive techniques to promote autonomy and dignity.

3. SLO: Demonstrate the proper techniques in ADL assistive cares, such as hygiene and personal care, dressing, undressing, mobility assistance, nutrition and feeding, verbal and nonverbal communication, and toileting and incontinence care.
4. Methods of evaluation: Attendance, in-class pre-post quizzes, participation, and completion of homework assignments.

Reading: Review Bed making, Personal Hygiene, Grooming, Urinary Elimination / Urinary Catheters / Bowel Elimination / Mosby pgs.319-441

Assignment: CNA Certification Review: Review test questions / Pre-Quizzes / VSim / Docucare Case Study for Flipped Classroom: BPH

Activities: Making a bed (Mitered Corner, Fan-Folding), Oral Hygiene, Denture Care, Bed Bath, Male & Female Perineal Care, Undressing and dressing the person with IV, Urinary & Bowel Elimination with bed pan or fracture pan / safety in moving patient to a commode chair / Applying brief, bladder training / Catheter Care / Emptying a Urine Drainage Bag, Applying a Condom Catheter, Removing Indwelling Catheter

Week #10

Topic: ADL Skills #2

Reading: Review Bed making, Personal Hygiene, Grooming, Urinary Elimination / Urinary Catheters / Bowel Elimination / Mosby pgs.319-441

Assignment: CNA Certification Review: Review test questions / Pre-Quizzes / VSim / Docucare Case Study for Flipped Classroom: BPH

Activities: Making a bed (Mitered Corner, Fan-Folding), Oral Hygiene, Denture Care, Bed Bath, Male & Female Perineal Care, Undressing and dressing the person with IV, Urinary & Bowel Elimination with bed pan or fracture pan / safety in moving patient to a commode chair / Applying brief, bladder training / Catheter Care / Emptying a Urine Drainage Bag, Applying a Condom Catheter, Removing Indwelling Catheter

Week #11

Topic: Patient Procedures

1. Course description: This course will focus on patient procedures, labs, and sample collection to promote health and comfort
2. Course objective: Understand the significance of patient procedures, such as sample collection, basic wound care, skin care, and pressure ulcer prevention.
3. SLO: Perform specimen collection for lab test. Demonstrate the proper techniques to prevent pressure ulcer sores, including the daily hygiene in wound care and infection prevention.

4. Methods of evaluation: Attendance, in-class pre-post quizzes, participation, and completion of homework assignments.

Reading: Review Collecting and Testing Specimens, Pre-Operative, Post-Operative Care, Wound Care / Mosby pgs. 567 - 620

Assignment: CNA Certification Review: Review test questions / Pre-Quizzes / VSim / Docucare Case Study for Flipped Classroom: UTI

Activities: Collecting a midstream specimen, Collecting and Testing a Stool Specimen

Week #12

Topic: Vital Signs #1

1. Course description: This course will provide students with the fundamental knowledge and practical skills necessary for accurately measuring and interpreting vital signs.
2. Course objective: Ensure the learner to measure vital signs accurately together with the knowledge of recognizing normal and abnormal readings.
3. SLO: Demonstrate the ability to accurately measure body temperature, pulse, respiration, blood pressure, and pain using appropriate techniques and instruments.
4. Methods of evaluation: Attendance, in-class pre-post quizzes, participation, and completion of homework assignments.

Reading: Measuring Vital Signs / Mosby pgs. 486-512

Assignment: CNA Certification Review: Review test questions / Pre-Quizzes / VSim / Docucare Case Study for Flipped Classroom: Hypertension & CAD

Activities: Finding pulse using doppler, verify pulse in different locations, temporal, carotid, radial, brachial, apical, femoral, popliteal, posterior tibial, and dorsalis pedis/ Identify the temperature measurement in different locations - temporal, tympanic, oral, auxiliary, and rectum / Baseline of vital signs and abnormality / Respiratory Rate, Blood pressure reading - systolic and diastolic, O2% Saturation, and Pain (OLDCARTS or COLDSPA)

Week #13

Topic: Vital Signs #2

Reading: Measuring Vital Signs / Mosby pgs. 486-512

Assignment: CNA Certification Review: Review test questions / Pre-Quizzes / VSim / Docucare Case Study for Flipped Classroom: Hypertension & CAD

Activities: Finding pulse using doppler, verify pulse in different locations, temporal, carotid, radial, brachial, apical, femoral, popliteal, posterior tibial, and dorsalis pedis/ Identify the temperature measurement in different locations - temporal, tympanic, oral, auxiliary, and rectum

/ Baseline of vital signs and abnormality / Respiratory Rate, Blood pressure reading - systolic and diastolic, O2% Saturation, and Pain (OLDCARTS or COLDSPA)

Week #14

Topic: Nutrition

1. **Course description:** This course will focus on fundamental nutrition concepts and their application in healthcare settings, including the nursing concept in less or more calories than body requirement, fluid balance, and modified diets..
2. **Course objective:** Apply nutritional management strategies to address the dietary needs of patients with various health conditions.
3. **SLO:** Understand the various diets and nutrition concerns for different patients' need, such as puree soft diet, thicken liquid for dysphagia case, AHA low sodium diet, heart healthy diet, Diabetes diet etc.
4. **Methods of evaluation:** Attendance, in-class pre-post quizzes, participation, and completion of homework assignments.

Reading: Review Nutrition & Fluids, Nutritional Support / Mosby pgs. 442-485

Assignment: CNA Certification Review: Review test questions / Pre-Quizzes / VSim / Docucare Case Study for Flipped Classroom: NGT Feeding, PEG Tube

Activities: I&O calculation, Basic measurement calculation Oz. to ml. / lbs to kgs / Fluid Balance & Nutrition / Preparing the person with disability (Dysphagia) for a meal with thickening agent (consistency) / Sputum Specimens / Blood Glucose Testing and Reading

Professor Alvin

Week #15

Topic: BLS/Codes

1. **Course description:** This course will focus on basic emergency care with emphasis on Hands-Only CPR for older adults, children, and infants. It will also focus on differentiating common codes in hospitals and how to respond accordingly.
2. **Course objective:** Ensures the learner knows how to respond to a code and performs hands-on CPR appropriately.

3. **SLO:** Differentiate all codes by demonstration in clinical and/or flipped classroom simulation.
4. **Methods of evaluation:** Attendance, in-class pre/post quizzes, participation, and completion of homework assignment, check-off demonstration by instructor.

Reading: Mosby's Essentials for Nursing Assistants 7th edition. - Ch. 54 p.829-850

Assignment: Discussion Summary #1

In-Class Activities: Lecture with In-Class Discussion, Pre-Lecture Quiz, Post-Lecture Quiz VSIM, flipped classroom

Week #16

Topic: Documentation/Observation

1. **Course description:** This course will focus on maintaining competence of a nursing assistant job title and promote safety and comfort to patients. This will also include tasks that can and cannot be delegated to a nursing assistant. Topics on focusing on communication will include wrongful use of electronic communications.
2. **Course objective:** The learner will identify what are appropriate tasks for nursing assistants and differentiate inappropriate delegated tasks from higher occupations in the chain of command.
3. **SLO:** Value importance of accurate documentation in discussion summaries.
4. **Methods of evaluation:** Attendance, in-class pre/post quizzes, participation, and completion of homework assignment, check-off demonstration by instructor.

Reading: Mosby's Essentials for Nursing Assistants 7th edition. - Ch. 3, 4 p. 21-37

Assignment: Discussion Summary #2

In-Class Activities: Lecture with In-Class Discussion, Pre-Lecture Quiz, Post-Lecture Quiz VSIM, flipped classroom

Week #17

Topic: Special Needs

1. **Course description:** This will focus on common mental health disorders that may be presented in the clinical setting such as intellectual and developmental disabilities.
2. **Course objective:** This course will guide nursing assistants to develop a care plan for those who have intellectual and developmental disabilities.
3. **SLO:** Implement special needs interventions by demonstration in clinical and/or flipped classroom simulation.

4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignment, check-off demonstration by instructor.

Reading: Mosby's Essentials for Nursing Assistants 7th edition. - Ch. 48, 49 p. 757-785

Assignment: Discussion Summary #3

In-Class Activities: Lecture with In-Class Discussion, Pre-Lecture Quiz, Post-Lecture Quiz
VSIM, flipped classroom

Week #18

Topic: Rehabilitation Needs

1. Course description: This course will be focusing on understanding interventions needed when a person is experiencing limitations in everyday physical, mental, and social functioning due to aging or a health condition, including chronic diseases or disorders, injuries, or trauma.
2. Course objective: The learner will differentiate the five components of rehabilitation and how it applies to the tasks of a nursing assistant.
3. SLO: Implement rehabilitation needs interventions by demonstration in clinical and/or flipped classroom simulation.
4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignment, check-off demonstration by instructor.

Reading: Mosby's Essentials for Nursing Assistants 7th edition. Ch. 18, 19 p. 262-302, Ch. 30 p. 513-530, Ch. 53 p. 822-828

Assignment: Discussion Summary #4

In-Class Activities: Lecture with In-Class Discussion, Pre-Lecture Quiz, Post-Lecture Quiz
VSIM, flipped classroom

Week #19

Topic: Death & Dying

1. Course description: This course will focus on providing holistic care in end-of-life care. This course will be discussing ethical and legal considerations of end-of-life care and will provide an understanding of Do-Not-Resuscitate orders and Advanced Directives.
2. Course objective: Students will learn how to assist in the grieving process and will communicate cares provided and refer to the nurse if needed.
3. SLO: Demonstrate knowledge of end-of-life care in clinical and/or flipped classroom simulation.

4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignment, check-off demonstration by instructor.

Reading: Mosby's Essentials for Nursing Assistants 7th edition. - Ch. 55 p. 851-859

Assignment: Discussion Summary #5

In-Class Activities: Lecture with In-Class Discussion, Pre-Lecture Quiz, Post-Lecture Quiz VSIM, flipped classroom

Week #20

Topic: Elder/Patient Abuse

1. Course description: This course will focus on ethics and laws of elder/patient abuse in the clinical setting.
2. Course objective: This course will be explaining the 6 types of elder abuse which are: Physical Abuse, Emotional/Psychological Abuse, Sexual Abuse, Neglect/Abandonment by Caregivers, Financial Exploitation, and Healthcare Fraud.
3. SLO: Describe five types of patient abuse through discussion summaries.
4. Methods of evaluation: Attendance, in-class pre/post quizzes, participation, and completion of homework assignment, check-off demonstration by instructor.

Reading: Mosby's Essentials for Nursing Assistants 7th edition - Ch. 5, 6 p. 38-66, Ch. 12 p. 140-153

Assignment: Discussion Summary #6

In-Class Activities: Lecture with In-Class Discussion, Pre-Lecture Quiz, Post-Lecture Quiz VSIM, flipped classroom

Week #21

Final exam

Reading: Review chapters of Mosby and chapters of CNA Certification Review. Complete end of chapter test questions (does not need to be submitted).

Assignment: (see grading scale), in-class course review, and instructor evaluation.

The final exam will be proctored by all professors to ensure academic integrity and to assist in any misunderstanding of the questions.

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Appendix

<https://www.sac.edu/AcademicAffairs/Documents/CCCCO%20Carnegie%20Units%20chart.pdf>