

Certified Nursing Assistant

Course Overview



The Certified Nursing Assistant (CNA) course is designed to prepare future CNAs for the National Nurse Aide Assessment Program (NNAAP), ensuring they meet the minimum requirements to care for patients safely and effectively. This course covers essential topics such as patient care skills, interpersonal communication, working environment safety, and medical and surgical asepsis. A unique feature of this course is its incorporation of the CNA's voice throughout the reading lessons, providing learners with real-world perspectives and insights. This approach helps students understand the practical aspects of the profession and prepares them to deliver compassionate and effective care in various health-care settings.

Units of Study

Introduction to Being a CNA	Patients' Rights	Interpersonal Skills	Working Environment Safety
Body Mechanics	Medical and Surgical Asepsis	Weights and Measures	Patient Care Skills
Patient Care Procedures	Vital Signs	Nutrition	Emergency Procedures
Long-Term Patient Care	Rehabilitative Nursing	Observation/Charting	Death and Dying
Patient/Resident Abuse			

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Unit Title	Lesson Title	Summary
Introduction to Being a CNA	The Crucial Responsibilities of Certified Nursing Assistants	Certified Nursing Assistants (CNAs) have satisfying jobs providing direct care and support to individuals in various health-care settings.
	The Roadmap to Success: Essential Qualities of a Skilled CNA	Good Certified Nursing Assistants (CNAs) have certain qualities that play a key role in their career.
	Being a CNA: Ethical Behavior Is a Must	The job of a Certified Nursing Assistants (CNAs) requires ethical behavior at all times.
Patients' Rights	The CNA's Role in Upholding Patient/Resident Rights according to Title 42	As a CNA, it is important to understand your role in upholding patients/residents' rights as outlined in Title 42 of the Code of Federal Regulations.
	Unsung Heroes: CNAs Protect Patient/Resident Rights	A fictional story shows the vital role of CNAs in empowering patients/residents, reporting abuse, and establishing boundaries with them.
		Certified Nursing Assistants can affect the well-being of patients/residents by supporting the needs outlined in Maslow's hierarchy.
Interpersonal Skills	The Power of Observation	Certified nursing assistants (CNAs) play a crucial role in the health care system by observing and reporting patient behaviors.
	The Power of Communication in Patient/Resident Care	Communication is a key part of a CNA's job and has a significant impact on patient/resident well-being.
	The Things People Say: Understanding and Avoiding Miscommunication	Miscommunication can be dangerous in a health-care setting. But being aware of potential causes of miscommunication can help CNAs avoid problems.

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Working Environment Safety	Dealing with Emergencies on the Job	Certified nursing assistants (CNAs) are trained to help out during all kinds of emergencies.
	Safety on the Job	Many factors must be addressed to ensure a safe workplace for Certified Nursing Assistants (CNAs) and their patients/residents.
	In Case of Fire...Do You Know What to Do?	CNAs play a significant role in fire prevention and response. They need to know the causes of fires and the steps to follow in an emergency.
	Postural Supports, Soft Protective Devices, and Restraints	Certified Nursing Assistants (CNAs) are responsible for ensuring the safe application of postural supports, soft protective devices, and restraints.
Body Mechanics	On the Move: Mastering Proper Body Mechanics as a CNA	Certified Nursing Assistants (CNAs) must master proper body mechanics. This helps keep them—and their patients/residents—safe.
	Want Some Help? Consider Your Assistive Equipment Options	With the right assistive equipment, CNAs can keep patients/residents and themselves safe when transferring people from one place to another.
	Body Positions and Ambulation Techniques	Proper positioning is a fundamental aspect of the CNA's role in providing compassionate and effective care to immobilized patients/residents.
Medical and Surgical Asepsis	Invisible Threats: Infectious Agents and the Illnesses They Trigger	Certified Nursing Assistants play a crucial role in preventing the spread of infectious diseases within health-care settings.
	Medical vs. Surgical Asepsis—What's the Difference?	Medical and surgical asepsis are two sets of practices aimed at protecting patients/residents from germs. But they're used in various places.
	Staying Safe: Using Standard Precautions as a CNA	Certified Nursing Assistants (CNAs) use standard precautions to prevent diseases from spreading in all health-care settings.

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Medical and Surgical Asepsis	Using Transmission-Based Precautions: A CNA Protection Plan!	Certified Nursing Assistants use transmission-based precautions to protect themselves and patients/residents. But there's even more to think about.
Weights and Measures	An Introduction to Measurement Units	Understanding and utilizing proper measurement units is a necessary aspect of providing quality care to patients/residents.
	Mastering Measurement Essentials: A CNA's Guide	Knowing how to take accurate measurements is an important skill for Certified Nursing Assistants (CNAs).
Patient Care Skills	Supporting Patient Autonomy in Daily Routines	By creating an environment that supports patient/resident involvement in their daily activities, CNAs help boost their autonomy and dignity.
	A CNA's Role in Patient/Resident Bathing	Daily bathing of patients/residents is a critical part of their care. It keeps them clean, of course. It also helps them stay healthy and happy.
	A CNA's Role in Promoting Oral Hygiene for Patients/Residents	CNAs prioritize oral hygiene as an essential aspect of daily care to maintain the overall health and comfort of their patients/residents.
	Looking Good, Feeling Good! A CNA's Role in Patient/Resident Grooming	Caring for patients/residents' hair, nails, and feet is about more than looks. It's about preserving dignity and promoting emotional well-being.
	Skin Health Essentials	By maintaining skin health, CNAs help prevent complications, promote comfort, and enhance the overall well-being of their patients/residents.
	Pressure Sores: Causes, Symptoms, and Treatment Options	CNAs need to be aware of the causes of pressure sores. Then they can prevent and treat them.

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Patient Care Skills	Assisting Patients/Residents with Clothing and Dressing Practices	CNAs approach dressing practices with empathy, professionalism, and a commitment to meeting the individual needs of each patient/resident.
	Understanding Urinary Health: From Incontinence to Catheters	An essential part of a CNA's job is maintaining the urinary health of their patients/residents.
	Compassionate Support: Providing Bladder and Bowel Care	CNAs provide bladder and bowel care for the patients/residents. It's an important part of the job.
	Prosthetic Care 101: Tips and Techniques for CNAs	Providing ongoing care and support for patients/residents using prosthetics ensures their comfort, mobility, and overall quality of life.
Patient Care Procedures	A CNA's Role in Specimen Collection	By properly collecting and handling specimens, CNAs play a key role in helping doctors identify health problems.
	Best Practices in Bed Making and Maintenance	Making and maintaining beds is a critical part of a CNA's job. It keeps patients/residents happy and healthy.
	Administering Enemas and Suppositories	Administering enemas and suppositories requires a delicate balance of clinical skill, empathy, and professionalism.
	Supporting Patients/Residents with GI or IV Tubes	CNAs play a vital role in supporting patients/residents who have gastrointestinal tubes or are receiving intravenous therapy.
	Not Too Much, Not Too Little: Keeping Fluids in Balance	It's important for CNAs to monitor their patients/residents' fluids and make sure the proper balance is maintained.
	Lending a Helping Hand: The Role of CNAs in Wound Care	CNAs must be knowledgeable in wound care. This includes when and how different bandages, binders, and dressings are used.

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Patient Care Procedures	Navigating Care: From Transitions to Topical Treatments	CNAs form the backbone of quality health care. They offer compassionate support for patients/residents starting on the day of their admission.
Vital Signs	What Are Vital Signs, and Why Are They Important?	By providing timely and accurate vital sign measurements, CNAs contribute to the overall quality of care provided to patients/residents.
	Understanding Pulse Rates: A Vital Skill for Certified Nursing Assistants	CNAs play a vital role in monitoring a patient/resident's pulse rate as part of their commitment to attentive and effective care.
	Observing Patient/Resident Respiration	CNAs need to understand what affects breathing and what's considered normal. Then they can observe and report abnormal respiration.
	What Is Blood Pressure, and Why Is It Important?	By understanding blood pressure readings, CNAs play a vital role in ensuring the cardiovascular health of their patients/residents.
	Measuring Blood Pressure	Measuring blood pressure is an essential aspect of a CNA's job as it provides crucial information about a patient/resident's cardiovascular health.
Nutrition	Nutrients Count: The Importance of Healthy Diets	It's important for CNAs to understand the importance of nutrition and hydration. Then they can help keep their patients/residents healthy.
	Therapeutic Diets: Just What the Doctor Ordered	CNAs commonly provide care for patients/residents who are on therapeutic diets. It's important for CNAs to understand these diets.
Emergency Procedures	Help! Recognizing Signs of Distress	CNAs need to recognize signs of distress in patients/residents and know when to call for help.
	It's an Emergency!	CNAs may need to provide life-saving assistance in an emergency, but they must be aware of any advance directives from the patient/resident.

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Long-Term Patient Care	Meeting Their Needs as They Age	CNAs recognize the diverse needs of our aging population, providing care that promotes dignity, autonomy, and quality of life.
	Common Diseases in the Elderly and How CNAs Can Help	Some diseases are more common for people who are older. CNAs need to be prepared to deal with these conditions.
	Supporting Patients/Residents with Diverse Needs	CNAs stress the importance of patience, empathy, and understanding when working with patients/residents with developmental and mental disorders.
Rehabilitative Nursing	Restorative Care: Moving toward a Healthier and Happier Future	Restorative care programs can help people regain lost abilities and unlock new potential. CNAs play a key role in these programs.
	Adaptive Devices and Strategies for Inactive Patients	Inactivity can lead to a variety of health issues. Adaptive devices can help by providing support or comfort. They can also aid recovery.
	Enhancing Mobility: The Power of Range of Motion Exercises	Range of motion exercises are essential for maintaining mobility and promoting the overall health and well-being of patients/residents.
Observation/Charting	Understanding Patient/Resident Observation: The Basics	Part of a CNA's job is to document observations—both their own and the patient/resident's. These observations enhance patient/resident care.
	A CNA's Guide to Documentation: It's All in the Details	Proper documenting and charting in a health-care setting is crucial for patient/resident safety and care.
Death and Dying	Needs and Rights: When Patients/Residents Are Dying	CNAs work closely with people who are dying and their families. It's important to provide care that meets their needs and respects their rights.

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Death and Dying	Caring for Patients/Residents Before and After Death	It's important for CNAs to recognize the signs of death. Then they can provide the appropriate care and support.
	Hospice Care: The CNA's Role	CNAs provide compassionate care and support to patients/residents and their families in hospice settings.
Patient/Resident Abuse	Elder Abuse Awareness, Part 1: Essential Knowledge for CNAs	CNAs need to understand different types of elder abuse and how to recognize them. Then they can help protect the older adults in their care.
	Elder Abuse Awareness, Part 2: Essential Knowledge for CNAs	Since CNAs are often on the front lines of elder care, they play a critical role in detecting, reporting, and preventing elder abuse.
	Recognizing and Addressing Elder Abuse	CNAs need to be aware of the signs of elder abuse. Elder mistreatment can take many forms, and victims may not want to report it.
	Protecting Our Seniors: A CNA's Basic Guide to Preventing Elder Abuse	As a CNA, there are important steps you can take to help protect patients/residents from elder abuse.
	Reporting Elder Abuse: How CNAs Can Protect Patients/Residents	Elder abuse is a widespread problem in nursing homes and other long-term care facilities. Find out what CNAs can do to protect patients/residents.

