

# Nurse Aide Training: High School

## Foundational Standards

- 1 Incorporate safety procedures in handling, operating, and maintaining tools and machinery; handling materials; utilizing personal protective equipment; maintaining a safe work area; and handling hazardous materials and forces. [F.1](#)
- 2 Demonstrate effective workplace and employability skills, including communication, awareness of diversity, positive work ethic, problem-solving, time management, and teamwork. [F.2](#)
- 3 Explore the range of careers available in the field and investigate their educational requirements and demonstrate job-seeking skills including resume-writing and interviewing. [F.3](#)
- 4 Advocate and practice safe, legal, responsible, and ethical use of information and technology tools specific to the industry pathway. [F.4](#)
- 5 Participate in a Career and Technical Student Organization (CTSO) to increase knowledge and skills and to enhance leadership and teamwork. [F.5](#)
- 6 Demonstrate effective infection control techniques as defined by the Centers for Disease Control and Prevention (CDC) and The Joint Commission guidelines. [F.6](#)

## Basic Nursing Skills

- 1 Outline the communications structure in the skilled nursing facility. [1](#)
- 2 Describe physical changes that occur during the aging process.
- 3 Assess and record vital signs, including blood pressure measured manually. [3](#)
- 4 Measure and record height and weight. [4](#)
- 5 Assess the safety and cleanliness of the residents' environment according to the facility's policy. [5](#)
- 6 Report changes in residents' physical, mental, and emotional status to a supervising nurse. [6](#)
- 7 Describe stages in death and dying and explain procedures associated with caring for a person who is dying. [7](#)
- 8 Complete Basic Life Support (BLS) certification. [8](#)

## Personal Care Skills

- 9 Bathe residents according to established procedures, including catheter, perineal, hand, and foot care. 9**

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- 10 Provide grooming care, including oral hygiene and denture care. 10**

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- 11 Dress residents using approved procedures. 11**

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- 12 Assist residents with toileting safely. 12**

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- 13 Assist residents with eating and hydration, utilizing industry-approved techniques and adaptive equipment 13**

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- 14 Provide skincare, following industry best practices to prevent skin breakdown. 14**

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- 15 Transfer, turn, and position residents safely for activities of daily living (ADLs), using appropriate ergonomics and body mechanics. 15**

## Mental Health and Social Services

- 16 Identify and describe psychological changes associated with the aging process. 16**

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- 17 Tailor behavior and communication to residents' behavior, using therapeutic techniques to respect patients' rights. 17**

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- 18 Explain and utilize practices that allow residents to make personal choices. 18**

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- 19 Describe and implement ways in which staff can protect the resident's dignity. 19**

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- 20 Describe ways a resident's family can support the resident's well-being. 20**

## Care of Residents with Cognitive Impairments

- 21 Demonstrate techniques for addressing the unique needs and behaviors of individuals with dementia to minimize the effects of cognitive impairment. 21**

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- 22 Describe effective means of communicating with residents who have cognitive impairments. 22**

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- 23 Describe and demonstrate ways to respond appropriately to the behaviors of residents who are cognitively impaired. 23**

## Basic Restorative Services

- 24 Describe practices involved in maintaining a resident's abilities for self-care. 24**

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- 25 Use assistive devices to help residents with transferring, ambulating, eating, and dressing. 25**

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- 26 Perform passive range of motion exercises on a resident, including shoulder, elbow, wrist, hip, knee, and ankle. 26**

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**27 Identify and describe complications resulting from inactivity. 27**

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**28 Turn and position residents in bed and chair using approved procedures to minimize skin breakdown and complications resulting from inactivity 28**

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**29 Outline steps for bowel and bladder retraining. 29**

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**30 Demonstrate care and use of prosthetic and orthotic devices. 30**

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## **Residents' Rights**

**31 Summarize residents' rights to make personal choices regarding their needs. 31**

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**32 Outline the steps involved in the residents' grievance process. 32**

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**33 Provide assistance to residents participating in family groups and social activities. 33**