Idaho CTE

Nursing Assistant (2025)

PROFESSIONAL ORGANIZATIONS AND LEADERSHIP 1.0

1 Student Leadership in Career Technical Student Organizations (CTSO) and Professional Associations 1.1

1. Explore the role of professional organizations and/or associations in the nursing assistant industry. 1.1.1
2. Define the value, role, and opportunities provided through career technical student organizations. 1.1.2
3. Engage in career exploration and leadership development. 1.1.3

THE NURSING ASSISTANT IN HOLISTIC CARE 2.0

1 Roles and Responsibilities 2.1

1. Differentiate between healthcare facilities and settings. 2.1.1
2. Identify the members of the healthcare and nursing teams. 2.1.2
3. Describe roles and responsibilities of the CNA in healthcare settings. 2.1.3
4. Describe the primary employer and facility policies that affect the CNA. 2.1.4
5. Define state regulations and delegated tasks that affect the CNA. 2.1.5
6. Describe the certification requirements for Certified Nursing Assistants (CNA) in Idaho. 2.1.6
7. Identify the personal characteristics and behaviors of effective nursing assistants. 2.1.7

ETHICS AND LAW 3.0

1 Ethical Considerations 3.1

1. Describe the ethical behavior needed to deliver safe and quality care. 3.1.1
2. Describe the professional boundaries of a nursing assistant. 3.1.2
3. Describe the implications and consequences of social media and confidentiality in regard to patients' rights. 3.1.3
4. Describe the nursing assistant's ethical responsibility in incident reporting, investigation, and recording. 3.1.4

2 Legal Considerations 3.2

1. Describe legal issues related to nursing assistant practice (e.g., liability, negligence, abuse, tort laws, incident reporting). 3.2.1
2. Describe the legal importance of documentation. 3.2.2
3. Define Omnibus Budget Reconciliation Act (OBRA) regulations affecting CNAs. 3.2.3

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4 Define Health Information Portability and Accountability Act (HIPAA) regulations affecting CNAs. 3.2.4

3 Dignity and Rights 3.3

1 Define the client's rights within the healthcare setting. 3.3.1

2 Describe how the resident's rights promote dignity and quality of life. 3.3.2

3 Describe signs of abuse and neglect, and how to report them. 3.3.3

4 Describe procedures that promote privacy. 3.3.4

COMMUNICATION 4.0

1 Effective Communication 4.1

1 Describe the process for effective communication and adherence to professional communication etiquette (e.g., telephone, email, texting, radio, call lights). 4.1.1

2 Describe barriers to effective communication. 4.1.2

3 Identify alternative methods for effective communication. 4.1.3

4 Describe the communication process within the healthcare team regarding changes in residents' condition and preferences. 4.1.4

2 Proper Documentation Processes 4.2

1 Describe guidelines for recording and reporting. 4.2.1

2 Describe subjective and objective symptoms of residents. 4.2.2

3 Demonstrate required documentation (e.g., medical record, incident report, witness statement). 4.2.3

DIVERSITY, HUMAN NEEDS, GROWTH AND DEVELOPMENT 5.0

1 Diversity 5.1

1 Describe how to show respect and empathy for diverse populations. 5.1.1

2 Describe the impact of religious and cultural values on behaviors of self and others. 5.1.2

3 Identify resources available to understand residents' behavior and better assist in care. 5.1.3

2 Basic Human Needs, Growth and Development 5.2

1 Prioritize aspects of residents' well-being by applying Maslow's Hierarchy of Needs. 5.2.1

2 Identify physical, mental, psychosocial, and sexual needs throughout residents' lifespans. 5.2.2

3 Identify the stages of growth and development throughout residents' lifespan. 5.2.3

4 Describe methods to promote residents' independence. 5.2.4

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INFECTION CONTROL 6.0

1 Infection Prevention Processes 6.1

1. Describe the chain of infection. 6.1.1
2. Identify standard and transmission-based precautions (e.g., personal protective equipment [PPE], handwashing, bloodborne pathogens, airborne pathogens, droplet pathogens). 6.1.2
3. Describe medical and surgical asepsis, disinfection, and sterilization. 6.1.3
4. Define healthcare-acquired infections and prevention techniques. 6.1.4
5. Describe multi-drug resistant organisms (MDROs) and their causes. 6.1.5
6. Identify signs and symptoms of localized and systemic infections. 6.1.6
7. Describe the recommended immunizations for healthcare workers. 6.1.7
8. Describe personal and environmental processes that prevent infection. 6.1.8
9. Demonstrate safe cleaning of equipment to prevent the transmission of infection. 6.1.9

SAFETY AND EMERGENCY CARE 7.0

1 Safety and Emergency 7.1

1. Identify general rules of safety and accident prevention in healthcare settings for residents and staff. 7.1.1
2. Describe safety measures related to use and care of medical devices. 7.1.2
3. Identify major causes of fire in any setting and list fire prevention guidelines. 7.1.3
4. Describe fire response (i.e., rescue, alarm, contain, extinguish/evacuate [RACE]) and suppression procedures (e.g., fire emergency protocols) and use of fire extinguishers (i.e., pull, aim, squeeze, sweep [PASS]). 7.1.4
5. Describe emergencies and disasters and response protocols. 7.1.5
6. Describe safety guidelines in the workplace regarding use of oxygen supplies, electrical hazards, and biohazards. 7.1.6
7. Describe procedures to place malfunctioning equipment out-of-service. 7.1.7
8. Pass a BLS CPR training course. 7.1.8

2 Resident Safety 7.2

1. Identify potential hazards in the resident's environment. 7.2.1
2. Identify safety measures used for resident care (e.g., patient identifiers, restraints, gait belts, call lights). 7.2.2
3. Describe corrective actions when hazards are identified. 7.2.3
4. Describe fall risk and prevention. 7.2.4
5. Describe patient identifiers (e.g., name, birthdate, bracelet/name band). 7.2.5

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Facility Policies and Procedures 8.1

1. Describe the process of admission, unit orientation, transfer, and discharge, according to facility policy. 8.1.1

2 Secure and return personal belongings, according to facility policy. 8.1.2

2 Unit Care 8.2

1 Describe the importance of creating a comfortable, safe, and clean workplace environment. 8.2.1

2 Describe the OBRA room and environmental requirements. 8.2.2

VITALS 9.0

1 Vital Signs and Measurements 9.1

1 Identify normal and abnormal vital signs. 9.1.1

2 Identify when to report abnormalities in the client's vital signs and symptoms. 9.1.2

3 Describe physiological and environmental factors that can affect vital signs. 9.1.3

4 Describe contraindications for vital sign measurements. 9.1.4

5 Measure and record vital signs (e.g., blood pressure, pulse and respiration, temperature, oxygen saturation, pain scale, blood glucose) and height and weight. 9.1.5

MOVING, LIFTING, POSITIONING, AND TRANSFERS 10.0

1 Patient Mobility 10.1

1 Describe proper body mechanics during transfers and ambulation (e.g., wheelchairs, beds, mechanical lifts). 10.1.1

2 Describe the use of assistive devices and positioning aids. 10.1.2

3 Demonstrate moving, transferring, and positioning residents (e.g., care guidelines, IV lines, tubes, medical devices) with attention to staff and resident injury prevention. 10.1.3

4 Describe measures to prevent resident injuries. 10.1.4

5 Instruct residents on fall prevention techniques, including the benefits of exercise and activity. 10.1.5

6 Describe factors that compromise skin integrity. 10.1.6

7 Identify pressure points. 10.1.7

PERSONAL CARE 11.0

1 Hygiene and Grooming 11.1

1 Describe the importance of hygiene and grooming (e.g. skin care, oral hygiene, bathing, dressing and undressing, shaving, perineal care, catheter care, nail care, hair care). 11.1.1

2 Describe the functions of skin. 11.1.2

2 Normal and Abnormal Elimination 11.2

1 Compare normal and abnormal characteristics of elimination. 11.2.1

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Describe the use of elimination devices. 11.2.2

3 Summarize elimination observations that must be reported and documented. 11.2.3

4 Describe diseases or conditions that may interfere with normal elimination. 11.2.4

5 Describe nursing care required for the incontinent resident, including preventive measures. 11.2.5

DIETARY AND NUTRITION CARE 12.0

1 Nutrition and Hydration 12.1

1 scribe general nutritional requirements, including state and federal guidelines. 12.1.1

2 Describe common special diets for patients. 12.1.2

3 Describe signs and symptoms of dehydration. 12.1.3

4 Identify culturally significant dietary practices. 12.1.4

2 Meal Service 12.2

1 Demonstrate preparing, serving, and feeding of the client who requires assistance. 12.2.1

2 Document calculated and measured portions in the intake and output (I & O) record. 12.2.2

3 Describe assistive devices for eating that are available to patients. 12.2.3

4 Describe the nursing assistant's role in providing a dignified dining experience. 12.2.4

5 Summarize strategies for the safe handling of food and prevention of foodborne illness. 12.2.5

6 Describe diseases or conditions that may interfere with the normal eating process (e.g., aspiration, dysphagia). 12.2.6

CARE OF COMPLEX NEEDS 13.0

1 Mental Health and Illness 13.1

1 Define common symptoms of mental health illnesses. 13.1.1

2 Describe the role of the nursing assistant in caring for people with mental illness. 13.1.2

3 Describe indicators of suicide risk, immediate interventions, and reporting guidelines. 13.1.3

4 Describe the differences between dementia, developmental disability, and mental illness. 13.1.4

2 Cognitive Disorders 13.2

1 Describe the levels of care that cognitive disorders require. 13.2.1

2 Describe how to implement a care plan to assist a resident with cognitive needs. 13.2.2

Describe key methods of de-escalation in aggressive situations. 13.2.3

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4 Describe interventions for behaviors (e.g., wandering, hoarding, sun downing, hallucinations). 13.2.4

5 Describe how reality orientation, validation therapy, and reminiscence are used in caregiving. 13.2.5

3 Safety in Caring for Residents with Complex Needs 13.3

1 Identify potential safety risks related to residents with complex needs. 13.3.1

2 Follow safety protocols for identified risks for residents with complex needs. 13.3.2

REHABILITATION AND RESTORATIVE CARE 14.0

1 Rehabilitation and Restorative Care 14.1

1 Identify the goals of rehabilitation and restorative care. 14.1.1

2 Describe the role of the resident's family as part of the rehabilitation team. 14.1.2

3 Describe how physical and mental deficits (i.e., disability) can impact a person's ability to perform activities of daily living (ADL). 14.1.3

4 Describe safety considerations for ambulating a person with the use of assistive devices (e.g., cane, crutches, gait belt, walker). 14.1.4

5 Describe application and removal of established prosthesis, orthotics, immobilizers, braces, and postural support. 14.1.5

END OF LIFE CARE 15.0

1 Death and the Grief Process 15.1

1 Describe factors affecting attitudes toward death (e.g., age, culture, religion, degree of illness). 15.1.1

2 Describe the grieving process. 15.1.2

3 Describe strategies for meeting the physical, psychological, social, and spiritual needs of a dying person. 15.1.3

4 List the rights and choices of the dying person. 15.1.4

5 Describe needs unique to the loved ones in the life of the dying person. 15.1.5

6 Identify the goal of hospice care and palliative care. 15.1.6

7 Describe legal and ethical issues surrounding death. 15.1.7

8 List the signs of dying and imminent death. 15.1.8

PROFESSIONAL DEVELOPMENT 16.0

1 Professional Development 16.1

1 Define the purpose of the Idaho CNA Registry. 16.1.1

2 Create a plan for personal stress management and selfcare (i.e., how to cope/deal effectively with residents and others in the workplace). 16.1.2

3 Describe how professionalism impacts residents, family, and coworkers. 16.1.3

4 Describe the CNA certification, testing, and renewal process. 16.1.4

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BC **tructure and Function of Body Systems** 17.1

1. Identify basic structure, function, and terminology associated with the following body systems: 17.1.1
    1. cardiovascular 17.1.1.1
    2. respiratory 17.1.1.2
    3. nervous 17.1.1.3
    4. gastrointestinal 17.1.1.4
    5. urinary 17.1.1.5
    6. reproductive 17.1.1.6
    7. integumentary 17.1.1.7
    8. musculoskeletal 17.1.1.8
    9. endocrine 17.1.1.9
    10. immune 17.1.1.10
2. Identify accepted abbreviations found in the healthcare setting. 17.1.2
3. Describe the effects of cancer on the immune system. 17.1.3
4. Compare disease and disorder of each body system and normal age-related changes. 17.1.4
5. Describe nursing assistant observations related to each body system and when to report to the supervising nurse. 17.1.5
6. Describe nursing assistant measures to prevent diseases and care for clients with diseases or disorders of each body system. 17.1.6