Virginia CTE

Certified Nurse Aide (CNA) 2 (8362)

Developing Communication and Coordination Techniques CNA2.1	1 **Identify methods to develop client/resident/patient, family, and staff relationships.** CNA2.1.1
	2 **Define simple medical terminology.** CNA2.1.2
	3 **Report changes in body function to charge nurse, as required by Virginia Board of Nursing regulation.** CNA2.1.3
	4 **Answer the intercom.** CNA2.1.4
	5 **Place and receive telephone calls.** CNA2.1.5
	6 **Respond to the call signal.** CNA2.1.6
	7 **Develop awareness of personality strengths and weaknesses.** CNA2.1.7
	8 **Analyze personal health habits.** CNA2.1.8
	9 **Demonstrate successful work attitudes.** CNA2.1.9
Maintaining a Safe Environment CNA2.2	1 **Demonstrate body mechanics, as required by Virginia Board of Nursing regulation.** CNA2.2.1
	2 **Perform safety procedures related to client/resident/patient care.** CNA2.2.2
	3 **Use fire extinguishers.** CNA2.2.3
	4 **Follow Occupational Safety and Health Administration (OSHA) regulations and guidelines, as required by Virginia Board of Nursing regulation.** CNA2.2.4
Developing Basic Nursing Skills CNA2.3	1 **Make an unoccupied bed.** CNA2.3.1
	2 **Make an occupied bed.** CNA2.3.2
	3 **(Optional) Make a surgical bed.** CNA2.3.3
	4 **Position a client/resident/patient in bed, as required by Virginia Board of Nursing regulation.** CNA2.3.4

5 **Assist a client/resident/patient in maintaining body alignment.** CNA2.3.5

6 **Assure range of motion, as required by Virginia Board of Nursing regulation.** CNA2.3.6

7 **Adjust hospital bed.** CNA2.3.7

8 **Adjust side rails.** CNA2.3.8

9 **Place footboard, overbed cradle, or egg crate mattress on bed.** CNA2.3.9

10 **Place alternating pressure mattress on bed.** CNA2.3.10

11 **Assist with alternatives to restraints.** CNA2.3.11

12 **Apply heel and elbow protectors.** CNA2.3.12

13 **Apply and care for anti-embolic stockings, as required by Virginia Board of Nursing regulation.** CNA2.3.13

14 **Support a client/resident/patient with physical and psychological independence, as required by Virginia Board of Nursing regulation.** CNA2.3.14

15 **Assist a client/resident/patient with special needs in activities of daily living (ADL).** CNA2.3.15

16 **Provide clinical care across the lifespan for physically challenged clients/residents/patients, as required by Virginia Board of Nursing regulation.** CNA2.3.16

17 **Provide care for a client/resident/patient with impaired cognition, as required by Virginia Board of Nursing regulation.** CNA2.3.17

18 **Assist a client/resident/patient with a sensory impairment, as required by Virginia Board of Nursing regulation.** CNA2.3.18

19 **Demonstrate reality-orientation techniques.** CNA2.3.19

20 **Demonstrate principles of behavior management, as required by Virginia Board of Nursing regulation.** CNA2.3.20

21 **Support the teaching of self-care to a client/resident/patient.** CNA2.3.21

22 **Apply a cold compress.** CNA2.3.22

23 **Apply an ice bag.** CNA2.3.23

24 **Assist a client/resident/patient in sitting on side of bed.** CNA2.3.24

25 **Assist a client/resident/patient in ambulation, as required by Virginia Board of Nursing regulation.** CNA2.3.25

26 **Provide indwelling urinary catheter care.** CNA2.3.26

27 **Maintain a closed urinary drainage system.** CNA2.3.27

28 **Collect a clean-catch urine specimen.** CNA2.3.28

29 **Strain urine.** CNA2.3.29

30 **Collect a 24-hour urine specimen.** CNA2.3.30

31 **Assist a client/resident/patient with using a bedpan, as required by Virginia Board of Nursing Regulation.** CNA2.3.31

32 **Transfer a client/resident/patient to a bedside commode.** CNA2.3.32

33 **Assist a client/resident/patient with using a urinal.** CNA2.3.33

34 **Empty a closed urine drainage bag.** CNA2.3.34

35 **Clean a stoma and change a colostomy bag.** CNA2.3.35

36 **Assist an incontinent client/resident/patient, including brief applications.** CNA2.3.36

37 **Assist a client/resident/patient with toilet use.** CNA2.3.37

38 **Collect a stool specimen.** CNA2.3.38

39 **Provide perineal care.** CNA2.3.39

40 **Collect a sputum specimen.** CNA2.3.40

41 **Measure and record temperature, as required by Virginia Board of Nursing regulation.** CNA2.3.41

42 **Measure and record pulse (apical and radial) for one minute, as required by Virginia Board of Nursing regulation.** CNA2.3.42

43 **Measure and record blood pressure, as required by Virginia Board of Nursing regulation.** CNA2.3.43

44 **Measure and record height and weight, as required by Virginia Board of Nursing regulation.** CNA2.3.44

45 **Measure and record respiration for one minute, as required by Virginia Board of Nursing regulation.** CNA2.3.45

46 **Measure weight, using a wheelchair scale or an electronic bed scale.** CNA2.3.46

47 **Assist with applying and removing braces.** CNA2.3.47

48 **Assist with crutch walking.** CNA2.3.48

49 **Assist a client/resident/patient with walker and quad cane use.** CNA2.3.49

50 **Assist with dressing and undressing a client/resident/patient with weakness on an affected side.** CNA2.3.50

51 **Assist a client/resident/patient in standing.** CNA2.3.51

52 **Groom a client/resident/patient, including shaving/assisting with shaving, caring for/helping with hair, and cleaning/beautifying fingernails and toenails.** CNA2.3.52

53 **Perform a back rub.** CNA2.3.53

54 **Bathe a client/resident/patient, including giving/assisting with bed bath, partial bath, shower, tub bath, and whirlpool bath, as required by Virginia Board of Nursing regulation.** CNA2.3.54

55 **Provide skin care to prevent pressure ulcers, as required by Virginia Board of Nursing regulation.** CNA2.3.55

56 **Administer a sitz bath.** CNA2.3.56

57 **Perform oral hygiene, as required by Virginia Board of Nursing regulation.** CNA2.3.57

58 **Give denture care, as required by Virginia Board of Nursing regulation.** CNA2.3.58

59 **Perform transferring, positioning, and turning of a client/resident/patient, as required by Virginia Board of Nursing regulation.** CNA2.3.59

60 **Use assistive devices in transferring, eating, and dressing, as required by Virginia Board of Nursing regulation.** CNA2.3.60

61 **Transfer a client/resident/patient by wheelchair, as required by Virginia Board of Nursing regulation.** CNA2.3.61

62 **Transport a client/resident/patient by stretcher.** CNA2.3.62

63 **Assist with preparation for surgery.** CNA2.3.63

64 **Give a.m. care.** CNA2.3.64

65 **Give p.m. care.** CNA2.3.65

	66 Assist with physical examination. CNA2.3.66
Describing Admission, Transfer, and Discharge CNA2.4	1 Describe the admissions process. CNA2.4.1
	2 Prepare a client/resident/patient for transfer from a room and/or facility. CNA2.4.2
	3 Demonstrate the discharge of a client/resident/patient, including care of personal belongings. CNA2.4.3.
Assisting with Nutrition CNA2.5	1 Discuss the importance of nutrition, hydration, and elimination as it relates to a client/resident/patient. CNA2.5.1
	2 Describe the six main nutrients in a healthy diet. CNA2.5.2
	3 Explain how to use ChooseMyPlate as a guide for a healthy diet. CNA2.5.3
	4 Measure and record fluid and food intake and output, as required by Virginia Board of Nursing regulation. CNA2.5.4
	5 Identify general and special diets. CNA2.5.5
	6 Assist a client/resident/patient with menu selection. CNA2.5.6
	7 Assist a client/resident/patient with eating and hydration. CNA2.5.7
	8 Distribute nourishments. CNA2.5.8
	9 Distribute drinking water. CNA2.5.9
	10 Feed a client/resident/patient (all ages), as required by Virginia Board of Nursing regulation. CNA2.5.10
	11 Observe a client/resident/patient receiving intravenous (IV) fluids. CNA2.5.11
Opioid Abuse Prevention Education CNA2.6	1 Opioid Abuse Prevention Education PPT.pdf CNA2.6.1
	2 Opioid Resources for Teachers CNA2.6.2
Assisting with Dying and Death CNA2.7	1 (Optional) Identify ways to assist with care of a terminally ill client/resident/patient. CNA2.7.1
	2 (Optional) Care for a client/resident/patient when death is imminent, as required by Virginia Board of Nursing regulation. CNA2.7.2
	3 Perform postmortem care on a mannequin. CNA2.7.3
Explaining Legal and Regulatory Aspects of	1 Discuss the legal and regulatory aspects for a CNA. CNA2.8.1

Practice for the Certified Nurse Aide CNA2.8	2 **Describe the types and signs of abuse and inappropriate behaviors of a CNA.** CNA2.8.2
	3 **Discuss the role of the mandated reporter, as described in the Code of Virginia.** CNA2.8.3
	4 **List reasons why the Virginia Board of Nursing would begin disciplinary proceedings for a CNA.** CNA2.8.4
	5 **Identify the consequences of abuse, neglect, and exploitation.** CNA2.8.5
	6 **Discuss the responsibilities and requirements of CNAs, per Virginia Board of Nursing regulations.** CNA2.8.6
	7 **Discuss the responsibilities of employers of CNAs to the Virginia Board of Nursing.** CNA2.8.7
	8 **Describe the process of applying for the National Nurse Aide Assessment Program (NNAAP) exam.** CNA2.8.8
Describing the Opioid Crisis CNA2.9	1 **Describe the history and current state of the opioid crisis in the United States.** CNA2.9.1
	2 **Describe the history and current state of the opioid crisis in Virginia.** CNA2.9.2
	3 **Define the pharmacological components and common uses of opioids.** CNA2.9.3
Examining the Key Factors of Drug Addiction CNA2.10	1 **Examine the science of addiction.** CNA2.10.1
	2 **Explain prevention and early intervention strategies.** CNA2.10.2
	3 **Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).** CNA2.10.3
	4 **Describe the treatment models of addiction therapy.** CNA2.10.4
	5 **Describe the medication management antidote used to prevent fatal opioid overdoses.** CNA2.10.5
Understanding Pain Management Protocols CNA2.11	1 **Explain the science of physiological and mental pain.** CNA2.11.1
	2 **Describe the diagnostic tools used in developing pain management plans.** CNA2.11.2
	3 **Describe pain treatment options available to various populations of patients.** CNA2.11.3
	4 **Describe the effects of opioid dependency on the human body systems.** CNA2.11.4

	5	**Explain the mechanism and physical effects of opioids on the human body.** CNA2.11.5
	6	**Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication.** CNA2.11.6
	7	**Describe the withdrawal and tapering side effects of opioid use.** CNA2.11.7
	8	**Describe storage and disposal options for opioids.** CNA2.11.8
	9	**Explain community resources for education about opioid use.** CNA2.11.9
Working with Patients and Caregivers CNA2.12	1	**Describe key communication topics involving opioids for patients.** CNA2.12.1
	2	**Describe communication topics for caregivers and family members.** CNA2.12.2