Virginia CTE

# Nurse Aide 1 (8360 - 36 weeks)

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**A Demonstrating Personal Qualities and Abilities** NA1.1

1 Demonstrate creativity and innovation. NA1.1.1

2 Demonstrate critical thinking and problem solving. NA1.1.2

3 Demonstrate initiative and self-direction. NA1.1.3

4 Demonstrate integrity. NA1.1.4

5 Demonstrate work ethic. NA1.1.5

**B Demonstrating Interpersonal Skills** NA1.2

6 Demonstrate conflict-resolution skills. NA1.2.6

7 Demonstrate listening and speaking skills. NA1.2.7

8 Demonstrate respect for diversity. NA1.2.8

9 Demonstrate customer service skills. NA1.2.9

10 Collaborate with team members. NA1.2.10

**C Demonstrating Professional Competencies** NA1.3

11 Demonstrate big-picture thinking. NA1.3.11

12 Demonstrate career- and life-management skills. NA1.3.12

13 Demonstrate continuous learning and adaptability. NA1.3.13

14 Manage time and resources. NA1.3.14

15 Demonstrate information-literacy skills. NA1.3.15

16 Demonstrate an understanding of information security. NA1.3.16

17 Maintain working knowledge of current information-technology (IT) systems. NA1.3.17

18 Demonstrate proficiency with technologies, tools, and machines common to a specific occupation. NA1.3.18

19 Apply mathematical skills to job-specific tasks. NA1.3.19

20 Demonstrate professionalism. NA1.3.20

21 Demonstrate reading and writing skills. NA1.3.21

22 Demonstrate workplace safety. NA1.3.22

**D Examining All Aspects of an Industry** NA1.4

23 Examine aspects of planning within an industry/organization. NA1.4.23

24 Examine aspects of management within an industry/organization. NA1.4.24

25 Examine aspects of financial responsibility within an industry/organization. NA1.4.25

26 Examine technical and production skills required of workers within an industry/organization. NA1.4.26

27 Examine principles of technology that underlie an industry/organization. NA1.4.27

28 Examine labor issues related to an industry/organization. NA1.4.28

29 Examine community issues related to an industry/organization. NA1.4.29

30 Examine health, safety, and environmental issues related to an industry/organization. NA1.4.30

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**E Addressing Elements of Student Life** NA1.5

31 Identify the purposes and goals of the student organization. NA1.5.31

32 Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult. NA1.5.32

33 Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects. NA1.5.33

34 Identify Internet safety issues and procedures for complying with acceptable use standards. NA1.5.34

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**F Exploring Work-Based Learning** NA1.6

35 Identify the types of work-based learning (WBL) opportunities. NA1.6.35

36 Reflect on lessons learned during the WBL experience. NA1.6.36

37 Explore career opportunities related to the WBL experience. NA1.6.37

38 Participate in a WBL experience, when appropriate. NA1.6.38

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**G Becoming Oriented to the Nurse Aide Program** NA1.7

39 Describe the legal aspects of the nurse aide program. NA1.7.39

40 Explain nurse aide certification requirements and responsibilities. NA1.7.40

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**H Relating to the Healthcare System** NA1.8

41 Identify the professional qualities of a certified nurse aide (CNA). NA1.8.41

42 Develop awareness of personality strengths and weaknesses. NA1.8.42

43 Demonstrate successful work attitudes and teamwork. NA1.8.43

44 Identify the CNA scope of practice, as required by Virginia Board of Nursing regulation. NA1.8.44

45 Identify healthcare career options. NA1.8.45

46 Differentiate functions among nursing personnel. NA1.8.46

47 Identify interdisciplinary members of the healthcare team. NA1.8.47

48 Identify the major types and functions of healthcare institutions. NA1.8.48

48 Identify examples of ethical nursing behavior and patients' rights. NA1.8.49

50 Determine the legal responsibilities of a CNA, as required by Virginia Board of Nursing regulation. NA1.8.50

51 Maintain care and security of the client's/resident's/patient's personal possessions, as required by Virginia Board of Nursing regulation. NA1.8.51

52 Identify the rights of clients/residents/patients. NA1.8.52

53 Demonstrate respect for client/resident/patient rights, as required by Virginia Board of Nursing regulation. NA1.8.53

54 Promote a client's/resident's/patient's rights to be free from abuse, mistreatment, and neglect, as required by Virginia Board of Nursing regulation. NA1.8.54

55 Assist in resolving grievances and disputes, as required by Virginia Board of Nursing regulation. NA1.8.55

56 Assist client/resident/patient and family groups with participation in activities, as required by Virginia Board of Nursing regulation. NA1.8.56

57 Identify activities for clients/residents/patients receiving long-term care. NA1.8.57

## I Communicating in the Healthcare Environment NA1.9

58 Demonstrate proficient communication skills, as required by Virginia Board of Nursing regulation. NA1.9.58

59 Demonstrate interpersonal skills, as required by Virginia Board of Nursing regulation. NA1.9.59

60 Recognize barriers to communication. NA1.9.60

61 Identify the role of the CNA's four senses in communication. NA1.9.61

62 Describe the documents that are used by the healthcare team to communicate information and needs of a client/resident/patient. NA1.9.62

63 Report objective and subjective information related to a specific task identified in a client's/resident's/patient's person-centered nursing care plan. NA1.9.63

64 Demonstrate end-of-shift communication by giving an end-of-shift report and documenting with 100 percent accuracy on a client's/resident's/patient's activities of daily living (ADL) record. NA1.9.64

65 Demonstrate telephone communication. NA1.9.65

66 Demonstrate communicating with a hearing-impaired client/resident/patient. NA1.9.66

67 Demonstrate communicating with a visually impaired client/resident/patient. NA1.9.67

68 Describe the characteristics of cognitive impairment. NA1.9.68

69 Identify potential causes of cognitive impairment in clients/residents/patients. NA1.9.69

70 Explain why communication challenges must be overcome. NA1.9.70

71 Discuss communication with families. NA1.9.71

72 Demonstrate communication with members of the healthcare team. NA1.9.72

73 Discuss important interpersonal skills for a CNA. NA1.9.73

74 Identify stressors for a CNA and the resources a CNA may use to deal with stress. NA1.9.74

75 Explore religious, ethnic and cultural diversity, as required by Virginia Board of Nursing regulation. NA1.9.75

76 Provide religious, ethnic, and culturally sensitive care, as required by Virginia Board of Nursing regulation. NA1.9.76

77 Manage conflict with clients/residents/patients and coworkers, as required by Virginia Board of Nursing regulation. NA1.9.77

## J Understanding Infection Control and Medical Asepsis NA1.10

78 Maintain a client's/resident's/patient's environment, as required by Virginia Board of Nursing regulation. NA1.10.78

79 Match major pathogenic microorganisms to their related disease or infection. NA1.10.79

80 Describe how infections spread. NA1.10.80

81 List the symptoms of an infection. NA1.10.81

82 Explain principles of infection control, as required by Virginia Board of Nursing regulation. NA1.10.82

83 Demonstrate proper hand-washing technique. NA1.10.83

84 Demonstrate infection-control measures, as required by Virginia Board of Nursing regulation. NA1.10.84

85 Don and remove gown, mask, and gloves. NA1.10.85

86 Demonstrate double-bagging technique. NA1.10.86

87 Demonstrate safety procedures in various healthcare scenarios, as required by Virginia Board of Nursing regulation. NA1.10.87

88 Clean instruments and supplies. NA1.10.88

89 Dispose of soiled material. NA1.10.89

## K Understanding Body Systems and Disorders NA1.11

90 Define simple medical terminology. NA1.11.90

91 Identify anatomical structures. NA1.11.91

92 Identify body cavities and the organs within these cavities. NA1.11.92

93 Identify parts and functions of the cell. NA1.11.93

94 Identify tissues within the body. NA1.11.94

95 Identify major structures and functions of the integumentary system. NA1.11.95

96 Identify major disorders of the integumentary system. NA1.11.96

97 Identify major structures and functions of the endocrine system. NA1.11.97

98 Identify major disorders of the endocrine system. NA1.11.98

99 Identify major structures and functions of the circulatory system. NA1.11.99

100 Identify major disorders of the circulatory system. NA1.11.100

101 Identify major structures and functions of the musculoskeletal system. NA1.11.101

102 Identify major structures and functions of the gastrointestinal system, including the oral cavity. NA1.11.102

103 Identify major disorders of the gastrointestinal system. NA1.11.103

104 Identify major disorders of the oral cavity. NA1.11.104

105 Identify major structures and functions of the reproductive system. NA1.11.105

106 Identify major disorders of the reproductive system. NA1.11.106

107 Identify major structures and functions of the urinary system. NA1.11.107

108 Identify major disorders of the urinary system. NA1.11.108

109 Identify major structures and functions of the respiratory system. NA1.11.109

110 Identify major disorders of the respiratory system. NA1.11.110

111 Identify major structures and functions of the nervous system. NA1.11.111

112 Identify major disorders of the nervous system, including Alzheimer's disease and other dementias. NA1.11.112

113 Identify major structures and functions of the sensory system. NA1.11.113

114 Identify major parts of the eye and ear. NA1.11.114

115 Identify major disorders of the eye, ear, and other sensory organs. NA1.11.115

116 Describe the major stages of growth and developmental abilities. NA1.11.116

117 Describe the effects of the normal aging process on major body systems. NA1.11.117

118 Identify psychosocial changes associated with the aging process. NA1.11.118

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## L Understanding Individual Needs: Mental Health NA1.12

119 Identify basic client/resident/patient needs. NA1.12.119

120 Identify defense and coping mechanisms. NA1.12.120

121 Describe signs and symptoms of mental illness. NA1.12.121

122 Identify the guidelines for the management of client/resident/patient behavior across the lifespan. NA1.12.122

123 Describe inappropriate behaviors of a client/resident/patient. NA1.12.123

124 Describe the roles of a CNA and the family in providing emotional support for the client/resident/patient. NA1.12.124

125 Provide care to the aged and disabled. NA1.12.125

**M Exploring Death and Dying** NA1.13

126 Identify needs related to death and dying, as required by Virginia Board of Nursing regulation. NA1.13.126

127 Discuss care measures related to death and dying. NA1.13.127

**N Promoting Community Health and First Aid** NA1.14

128 Demonstrate the basic steps a CNA should take in any emergency. NA1.14.128

129 Discuss CNA actions for emergencies. NA1.14.129

**O Maintaining a Safe Environment** NA1.15

130 Identify proper body mechanics, as required by Virginia Board of Nursing regulation. NA1.15.130

131 Identify safety procedures related to client/resident/patient care, as required by Virginia Board of Nursing regulation. NA1.15.131

132 Describe the use of fire extinguishers. NA1.15.132

133 Identify Occupational Safety and Health Administration (OSHA) regulations and guidelines, as required by Virginia Board of Nursing regulation. NA1.15.133