

# 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
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### 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
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### 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

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**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

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## **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

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**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

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**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

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**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

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**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

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**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