

## California Code of Regulations: Certified Nurse Assistant Program

| Section/Title   | Corresponding pages from Nursing Assistant Care by Alvaro, Dugan, and Fuzy |
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| <b>Module 1, Introduction</b>   |  |
| A. Role and responsibilities of the CNA   | CH 2, pp. 7-8  |
| B. Title 22, Division 5, CA Code of Regulations overview                          | not included   |
| C. Requirements for nurse assistant certification                                 | CH 24, pp. 362-363   |
| D. Professionalism  | CH 2, pp. 8-11   |
| E. Ethics and confidentiality   | CH 3, pp. 17-21, 24-25   |
| <b>Module 2, Patients ' Rights</b>  |  |
|   | CH 3, pp. 16-27; throughout in special boxes                               |
| <b>Module 3, Interpersonal Skills</b>   |  |
| A. Communications   | CH 4, pp. 29-47  |
| B. Defense mechanisms   | CH 20, p. 319  |
| C. Sociocultural factors  | CH 4, pp. 30-31  |
| D. Attitudes toward illness and health care                                       | CH 8, p. 92; CH 11, p. 146   |
| E. Family interaction   | CH 8, pp. 100-101  |
| <b>Module 4, Prevention and Management of Catastrophe and Unusual Occurrences</b> |  |
| A. Emergency  | CH 7, pp. 79-91  |
| B. General safety rules   | CH 6, pp. 66-70, 74-78   |
| C. Fire and disaster plans  | CH 6, pp. 77-78  |
| D. Roles and procedures for CNAs  | CH 7, pp. 79-91  |
| E. Patient safety   | CH 6, pp. 66-78  |
| <b>Module 5, Body Mechanics</b>   |  |
| A. Basic rules of body mechanics  | CH 6, pp. 74-77; CH 10, pp. 126-127  |
| B. Transfer techniques  | CH 10, pp. 136-144   |
| C. Ambulation   | CH 21, pp. 326-330   |
| D. Proper use of body mechanics and positioning techniques                        | CH 10, pp. 126-127, 128-144  |
| <b>Module 6, Medical and Surgical Asepsis</b>                                     |  |
| A. Micro-organisms  | CH 5, p. 49  |
| B. Universal precautions for infection control                                    | CH 5, pp. 51-57  |
| C. Basic principles of asepsis  | CH 5, pp. 49-64  |
| <b>Module 7, Weights and Measures</b>   |  |
| A. The metric system  | CH 16, pp. 229-230   |
| B. Weight, length and liquid volume   | CH 11, pp. 146-150; CH 16, pp. 229-230                                     |
| C. Military time  | CH 4, pp. 38-39  |
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| <b>Module 8, Patient Care Skills</b>   |   |
| A. Bathing and medicinal baths which includes substances such as bran, oatmeal, starch sodium bicarbonate, epsom salts, pine products, tar, sulfur, potassium permanganate or salt | CH 13, pp. 169-178; supplemental handout  |
| B. Dressing  | CH 13, pp. 183-185  |
| C. Oral hygiene  | CH 13, pp. 185-189  |
| D. Hair care, hair shampoo, medicinal shampoo, nail care and shaving   | CH 13, pp. 175-176,178-183  |
| E. Prosthetic devices  | CH 18, pp. 273-274, 278-280; CH 13, pp. 187-189   |
| F. Skin care including prevention of decubitus ulcers  | CH 13, pp. 166.169  |
| G. Elimination needs   | CH 14, pp. 192-196, 199; CH 15, pp. 210-212   |
| H. Bowel and bladder retraining  | CH 14, pp. 207-208; CH 15, p. 219   |
| I. Weighing and measuring the patient  | CH 11, pp. 148-150  |
| <b>Module 9, Patient Care Procedures</b>   |   |
| A. Collection of specimens, including stool, urine and sputum  | CH 14, pp. 203-206; CH 15, p. 216; CH 18, p. 286  |
| B. Care of patients with tubing to include urinary, gastric, oxygen and intravenous. This care does not include inserting, suctioning, or changing the tubes.                      | CH 14, pp. 199-203; CH 15, pp. 217-219; CH 16, pp. 222-223; CH 17, pp. 265-266; CH 6, pp. 69-70; CH 22, pp. 339-343 |
| C. Intake and output   | CH 16, pp. 229-231  |
| D. Bedmaking   | CH 12, pp. 158-164  |
| E. Cleansing enemas and laxative suppositories   | CH 15, pp. 211, 213-216   |
| F. Admission, transfer and discharge   | CH 11, pp. 146-152  |
| G. Bandages and nonsterile dry dressings   | CH 17, pp. 264-265  |
| <b>Module 10, Vital signs</b>  |   |
| A. Purpose of vital signs  | CH 17, pp. 245-246  |
| B. Factors affecting vital signs   | CH 17, pp. 245-259  |
| C. Normal ranges   | CH 17, pp. 245-246  |
| D. Methods of measurement  | CH 17, pp. 245-259  |
| E. Temperature, pulse, respiration   | CH 17, pp. 246-258  |
| F. Blood pressure  | CH 17, pp. 255-258  |
| G. Abnormalities   | CH 17, pp. 245-259  |
| H. Recording   | CH 17, pp. 245-259  |
| <b>Module 11, Nutrition</b>  |   |
| A. Proper nutrition  | CH 16, pp. 221-226  |
| B. Feeding techniques  | CH 16, pp. 227-229, 231-237   |
| C. Diet therapy  | CH 16, pp. 238-241  |
| <b>Module 12, Emergency Procedures</b>   |   |
| A. Signs and symptoms of distress  | CH 7, pp. 80-90   |
| B. Immediate and temporary interventions   | CH 7, pp. 79-90   |
| C. Emergency codes   | CH 7, p. 80   |

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| <b>Module 13, Long-Term Care Patient</b>   |  |
| A. Needs of persons with developmental and mental disorders including mental retardation, Alzheimer's disease, cerebral palsy, epilepsy, dementia and mental illness | CH 18, pp. 274-280, 296-298; CH 19, pp. 300-315; CH 20, pp. 317-322            |
| B. Introduction to anatomy and physiology  | CH 9, pp. 106-125  |
| C. Physical and behavioral needs and changes   | CH 8, pp. 104-105; CH 9, pp. 106-125   |
| D. Community resources available   | CH 8, p. 105   |
| E. Psychological, social, and recreational needs   | CH 8, pp. 94-97, 99-100  |
| F. Common diseases and disorders including signs and symptoms  | CH 18, pp. 267-298; CH 19, pp. 300-315   |
| <b>Module 14, Rehabilitative Nursing</b>   |  |
| A. Promoting patients' potential   | CH 8, pp. 93-94; CH 21, pp. 325-326  |
| B. Devices and equipment   | CH 21, pp. 326-330; CH 10, pp. 136-144; CH 13, pp. 183-185; CH 16, pp. 232-233 |
| C. Activities of daily living  | CH 21, pp. 326-330; CH 13, pp. 165-166   |
| D. Family interactions   | Supplemental handout   |
| E. Complication of inactivity  | CH 8, pp. 99-100; CH 21, pp. 325-326   |
| F. Ambulation  | CH 21, pp. 326-330   |
| G. Range of motion   | CH 21, pp. 331-336   |
| <b>Module 15, Observation and Charting</b>   |  |
| A. Observation of patients and reporting responsibility  | CH 4, pp. 35-37  |
| B. Patient care plan   | CH 2, p. 13; CH 4, pp. 40-42   |
| C. Patient care documentation  | CH 4, pp. 37-40; throughout  |
| D. Legal issues of charting  | CH 4, pp. 37-40  |
| E. Medical terminology and abbreviations   | CH 4, p. 36; pp. 367-370   |
| <b>Module 16, Death and Dying</b>  |  |
| A. Stages of grief   | CH 23, p. 345  |
| B. Emotional and spiritual needs of the patient and family   | CH 23, pp. 345-346   |
| C. Rights of the dying patient   | CH 23, pp. 348-349   |
| D. Signs of approaching death  | CH 23, pp. 346-347   |
| E. Monitoring of the patient   | CH 23, pp. 347-348   |
| F. Postmortem care   | CH 23, pp. 349-350   |