

CAPS Clinical Experience: Certified Nursing Assistant

UNIT 1: Foundations of Nursing Assistant Practice

ESSENTIAL QUESTION

What are the foundational principles and skills necessary for a successful nursing assistant practice?

BIG IDEAS

- Understanding the Role and Responsibilities of a Nursing Assistant
- Developing Basic Nursing Skills and Techniques
- Practicing Professionalism and Ethical Conduct in Healthcare
- Understanding the standards set forth by the Kansas Department of Aging and Disability culminating in a certification exam at the end of the experience.

GUIDING QUESTIONS

Content

- What are the legal and ethical responsibilities of a nursing assistant in healthcare settings, including patient rights and confidentiality?
- What fundamental nursing skills and techniques are essential for providing quality patient care, including vital signs assessment, hygiene care, and mobility assistance?
- How can nursing assistants promote professionalism, empathy, and effective communication in their interactions with patients, families, and interdisciplinary healthcare teams?

Process

- How can students apply theoretical knowledge and practical skills to simulated patient care scenarios and role-playing exercises?
- What strategies can students employ to ensure patient safety, comfort, and dignity during caregiving activities?
- In what ways can students reflect on their experiences, seek feedback, and identify areas for improvement in nursing assistant practice?

Reflective

- How have your perceptions of the nursing assistant role evolved throughout your coursework and hands-on experiences?
- What insights have you gained from practicing professionalism and ethical conduct in healthcare settings, and how will you apply them in your future career?

FOCUS STANDARDS

Certified Nursing Assistant Course No. 14997

BENCHMARK 1: UNDERSTAND COMMUNICATING INFORMATION.

Competencies

- | # | DESCRIPTION |
|------|--|
| 1.1 | Observe and report resident data including significant changes in resident's condition (i.e. change in vital signs, changes in level of consciousness, changes to resident's baseline status). |
| 1.2 | Record observation (written) subjective and objective resident data using acceptable terminology and facility approved abbreviations. |
| 1.3 | Communicate with resident, staff and family within HIPPA guidelines. |
| 1.4 | Write reports concerning resident care and condition, accidents and incidents. |
| 1.5 | Check and understand current documentation of resident status and care. |
| 1.6 | Ability to prioritize / differentiate signals (i.e. bed or bathroom or shower) and respond timely. |
| 1.7 | Knowledge of "what" information a Certified Nursing Assistant is allowed to reinforce (i.e. Diet, activity, ambulation and discharge plans). |
| 1.8 | Knowledge of "what" information a CNA may assist with teaching (i.e. donning of Personal Protective Equipment). |
| 1.9 | Know resources available to reinforce / assist with resident education for questions outside a CNA scope of practice (combined duty A008 and A009). |
| 1.10 | Know facility's chain for reporting pests. |
| 1.11 | Communicate with limited English proficient resident. |
| 1.12 | Understand the principals involved in communicating with person experiencing varied disabilities. (i.e. blind, hearing, dementia, and unresponsive). |
| 1.13 | Communicate need for changes in care plan. |
| 1.14 | Calculate, report and record fluid intake and output. |
| 1.15 | Assist with unit admitting, transfer, and discharge procedures. |
| 1.16 | Instruct resident in use of body mechanics. |
| 1.17 | Communicate successful techniques with nursing supervisor and other staff members. |
| 1.18 | Observe, report, and record changes in resident's behavior pattern. |

BENCHMARK 2: PERFORM BASIC NURSING SKILLS

Competencies

#	DESCRIPTION
2.1	Understanding of isolation procedures and techniques.
2.2	Provide and promote clean, dry, wrinkle-free beds following standard precautions and the Blood-borne Pathogen Standards.
2.3	Maintained clean, neat, safe, and comfortable patient areas at all times.
2.4	Apply infection control measures whenever providing nursing care.
2.5	Assist with care of pressure ulcers.
2.6	Support and maintain urinary catheter drainage systems.
2.7	Provide safe and appropriate care to a resident with a colostomy/ileostomy following standard precautions and the Blood-borne pathogen standards.
2.8	Measure and interpret accurate 5 vital signs and height and weight.
2.9	Obtain and transport specimens appropriately, following standard precautions and facility policies and procedures.
2.10	Provide appropriate care to the dying person, including postmortem care, while maintaining person's dignity and following facility policies and procedures.
2.11	Provide care for resident receiving Oxygen treatment.
2.12	Perform and assist nursing staff in an emergency situation.
2.13	Recognize and understand common diseases, conditions and care of resident/patient.
2.14	Prioritize order of care for residents with various needs.

KEY LEARNING EXPERIENCES

- Classroom lectures and discussions on the roles, responsibilities, and legal considerations of nursing assistants in various healthcare settings.
- Skills lab sessions focusing on hands-on training in basic nursing skills, such as bathing, grooming, feeding, and transferring patients.
- Simulation exercises and role-playing scenarios simulating common patient care situations, emphasizing communication, empathy, and patient-centered care.
- CPR certification training provided by certified instructors, covering adult, child, and infant CPR techniques, as well as AED usage.
- Case studies and group discussions exploring ethical dilemmas, cultural considerations, and legal issues encountered in nursing assistant practice.
- Reflective journaling or debriefing sessions following clinical experiences, allowing students to process their emotions, challenges, and learning outcomes.
- Certification exam covering the required information from the Kansas Department of Aging and Disability.

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UNIT 2: Clinical Practicum in Long-Term Care Setting

ESSENTIAL QUESTION

BIG IDEAS

How do nursing assistants apply theoretical knowledge and skills in real-world healthcare environments?

- Applying Nursing Assistant Skills in Clinical Practice
- Providing Person-Centered Care to Diverse Patient Populations
- Collaborating with Interdisciplinary Healthcare Teams

GUIDING QUESTIONS

Content

- How do nursing assistants adapt their caregiving approaches to meet the unique needs and preferences of individual patients in long-term care settings?
- What strategies can nursing assistants use to promote patient comfort, independence, and quality of life while respecting their autonomy and dignity?
- How do nursing assistants communicate and collaborate effectively with nurses, therapists, social workers, and other healthcare professionals to ensure coordinated patient care?

Process

- How can students apply nursing assistant skills and techniques learned in the classroom and lab to real-world patient care situations during clinical practicum experiences?
- What opportunities do students have to observe and learn from experienced healthcare professionals, seeking mentorship and feedback to enhance their practice?
- In what ways do students engage in interdisciplinary teamwork and communication, advocating for patients' needs and contributing to care planning and implementation?

Reflective

- How have your clinical experiences shaped your understanding of patient-centered care and interdisciplinary collaboration in healthcare?
- What challenges have you encountered during your clinical practicum, and how have they

influenced your growth and development as a nursing assistant?

FOCUS STANDARDS

Certified Nursing Assistant Course No. 14997

BENCHMARK 3: UNDERSTAND PERSONAL CARE SKILLS

Competencies

- | # | DESCRIPTION |
|------|---|
| 3.1 | Assess body alignment of resident. |
| 3.2 | Give a resident a bed bath. |
| 3.3 | Place alternating pressure mattress on bed. |
| 3.4 | Apply heel and elbow protectors / hand rolls. |
| 3.5 | Assist resident in care of dentures. |
| 3.6 | Give back rub to resident. |
| 3.7 | Provide skin care to resident. |
| 3.8 | Assist resident in performing oral hygiene. |
| 3.9 | Administer oral hygiene for unconscious client. |
| 3.10 | Assist resident in using toilet or bedside commode. |
| 3.11 | Assist resident in using urinal. |
| 3.12 | Assist in resident using bedpan. |
| 3.13 | Assist resident with shaving, shampooing hair, personal grooming. |
| 3.14 | Give or assist resident with bath or shower. |
| 3.15 | Feed or assist resident with eating. |
| 3.16 | Identify general / therapeutic diet. |
| 3.17 | Assist resident in dressing and undressing. |
| 3.18 | Care for incontinent resident. |
| 3.19 | Administer Perineal Care. |
| 3.20 | Implement Nursing Measures to Promote Comfort, Rest and Sleep. |
| 3.21 | Provide Care for Hearing Aide, eye glasses/contacts. |
| 3.22 | Provide Assistance for Visually Impaired. |
| 3.23 | Provide care for resident with fever. |
| 3.24 | Provide care for the terminally ill resident. |
| 3.25 | Assist with preoperative and postoperative care. |

BENCHMARK 4: PERFORM BASIC RESTORATIVE SKILLS

Competencies

#	DESCRIPTION
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- 4.1 Orient visually impaired resident to environment.
- 4.2 Assist resident in sitting position.
- 4.3 Apply cold / warm compress / hot soak / ice bag.
- 4.4 Assist with whirlpool treatment / therapeutic bath (if not medicated) / or tepid bath.
- 4.5 Assist with dressing change.
- 4.6 Use transfer/safety belt properly and to assist with ambulation.
- 4.7 Assist resident with dangling standing & walking.
- 4.8 Assist resident using a walker, can, wheelchair.
- 4.9 Transfer resident to beside commode / from bed to shower.
- 4.10 Apply brace & splint.
- 4.11 Transport resident by wheelchair / stretcher / mechanical lift.
- 4.12 Move resident in bed using lift sheet.
- 4.13 Assist resident in remaining mobile with exercise / active & active assistive range of motion.
- 4.14 Assist resident with passive range of motion.
- 4.15 Knowledge of specific types of equipment as per facility policy & / or manufacturer's instructions.
- 4.16 Ability to move resident between stretcher & bed using 3 person transfer technique.
- 4.17 Assist resident in bladder & bowel training.
- 4.18 Knowledge of procedure for logrolling resident (i.e. facility policy & procedure).
- 4.19 Knowledge to apply arm sling as per manufacturer's instructions.

BENCHMARK 5: UNDERSTAND HOW TO PROVIDE MENTAL HEALTH AND SOCIAL SERVICE NEEDS.

Competencies

- | # | DESCRIPTION |
|-----|--|
| 5.1 | Provide care to resident with different levels of cognitive function. |
| 5.2 | Provide emotional and spiritual support/care for residents and their families. |
| 5.3 | Assist resident in following recreation/activity plan. |

BENCHMARK 6: UNDERSTAND PROVIDING RESIDENT'S RIGHTS

Competencies

- | # | DESCRIPTION |
|-----|--|
| 6.1 | Maintain residents right to privacy, confidentiality and care of residents' belongings along with demonstrating professional ethics and behaviors. |
| 6.2 | Provide safe and appropriate care, keeping resident and resident's property free from any type of mistreatment, abuse or neglect at all times. |
| 6.3 | Maintain resident's right to quality care and assist resident in making personal choices at all times. |
| 6.4 | Demonstrate an understanding of how to assist with validation for dementia patients. |

KEY LEARNING EXPERIENCES

- Clinical rotations at local long-term care communities, providing hands-on experience in assisting residents with activities of daily living, mobility, and personal care.
- Preceptorship opportunities where students shadow experienced nursing assistants, observing their workflows, communication styles, and clinical decision-making processes.
- Interdisciplinary team meetings and case conferences, allowing students to participate in care planning discussions and contribute insights from a nursing assistant perspective.
- Reflective journaling or debriefing sessions after clinical shifts, encouraging students to reflect on their experiences, challenges, and learning outcomes.
- Completion of required clinical competencies and documentation, demonstrating proficiency in essential nursing assistant skills and adherence to professional standards.
- Patient advocacy projects or initiatives aimed at improving the quality of care and patient experience within long-term care facilities, such as implementing personalized care plans or organizing recreational activities.
- Preparation for the Kansas State CNA Exam, including review sessions, practice tests, and study groups facilitated by instructors and peers.

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UNIT 3: Professional Skills Development through Career Exploration

ESSENTIAL QUESTION

What are key professional skills needed to prepare future professionals in a career they are exploring?

BIG IDEAS

- **Holistic Skill Development:** Prioritize a diverse set of skills beyond technical expertise and including an entrepreneurial mindset.
- **Experiential Learning:** Hands-on experiences, internships, apprenticeships, and project-based learning opportunities provide career exploration opportunities.
- **Mentorship and Networking:** Facilitate mentorship programs and networking events to connect young professionals with experienced individuals in their field.

GUIDING QUESTIONS

Content

- What are effective communication strategies and tools used in specific professions?
- Why are critical thinking, problem-solving and adaptability important?
- How can professional skill development bridge the gap between theoretical knowledge and practical application and enhance understanding of future career opportunities?
- How can mentors offer guidance, advice, and valuable insight most effectively?

Process

- How can students learn about their current strengths and opportunities for development?
- How can experiential learning opportunities holistically create opportunities to practice professional skills?

Reflective

- How does professional skill development foster lifelong learning and development?
- How can I take these skills and transfer them to post secondary and future career opportunities?

FOCUS STANDARDS

CTE Professionalism Standards

- 1.1 Act as a responsible and contributing citizen and employee.
- 1.2 Apply appropriate academic and technical skills.
- 1.4 Communicate clearly, effectively and with reason.
- 1.5 Consider the environmental, social and economic impacts of decisions.
- 1.6 Demonstrate creativity and innovation.
- 1.7 Employ valid and reliable research strategies.
- 1.8 Utilize critical thinking to make sense of problems and persevere in solving them.
- 1.9 Model integrity, ethical leadership and effective management.
- 1.10 Plan education and career path aligned to personal goals.
- 1.11 Use technology to enhance productivity.
- 1.12 Work productively in teams while using cultural/global competence.

CAPS Professional Profile

Skills: Communication, Collaboration, Time Management, Conflict Resolution, Critical Thinking, Interpersonal Relationship, Creativity, Leadership

Attributes: Adaptability, Curiosity, Self-awareness, Drive, Confidence, Enthusiasm, Resourcefulness, Integrity, Empathy

Actions: Networking, Interviewing, Goal Setting, Professional Manner

KEY LEARNING EXPERIENCES

- Experiential learning opportunities such as project presentations, apprenticeships, client projects and internships.
- Interview opportunities with community members.
- Mentorship events where students are connected to professionals in their chosen careers.
- Development of digital portfolios and resume building that are industry standard and can grow with students.
- Professional development workshops or seminars covering topics such as resume writing, interview preparation, workplace etiquette, and career planning.
- Career exploration activities, including informational interviews with healthcare professionals, job shadowing opportunities, and visits to local healthcare facilities.
- Participation in professional networking events, job fairs, or career expos to connect with potential employers and explore job openings in the healthcare sector.
- Development of a personalized career action plan outlining short-term and long-term goals, strategies for skill enhancement.