



LNA Program Syllabus 8 Hour Blended Class

Pathway **to Becoming** A Nursing Assistant

By Kerri Dutton & Shelly Robinson

Day One: Module 1, 2 & 3: Introduction to Healthcare, Infection Control & Measuring and Recording Vital Signs

Skills Practiced:

- Handwashing
 - Communication
 - Beginning & ending steps (knocking on door, providing privacy, use of call bell)
 - Restraints
 - Blood pressure
 - Temperature/Pulse/Respirations (TPR)
 - Use of cane & walker
 - Transfer techniques with gait belt
 - One and two person transfers
 - Repositioning
 - Mechanical lift
 - Body Mechanics
 - Personal protective equipment (PPE)
 - Pain
 - Documentation
 - Clean environment
 - Review of care plan and reporting to and from the Nurse
 - Reading a care plan
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Day Two: Test #1. Module 4 & 5: Providing Basic Care

Video: Clinical Skills 101

Skills Practiced:

- Bed position / pads on the floor
 - Linen Handling
 - Feeding
 - Bed bath
 - Bath mitts
 - Oral care
 - Denture care
 - Backrub
 - Shave
 - Nail care
 - Hair care
 - Dressing a patient
 - Occupied bed
 - Open bed
 - Closed bed
 - Documenting meal intake
 - I & O sheets
 - Measuring height & weight
 - Ostomy care
 - Bedpan
 - Commode / toilet
 - Catheter care
 - Use of urinal
 - Measuring urinary output
 - Applying attends / briefs
 - Feeding
 - Active range of motion
 - Passive range of motion
 - Positioning
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Day Three: Test #2. Module 6 & 7: Emergencies and Safety & Special Needs

Videos: Care of Cardiac Patient, Care of the Respiratory Patient, Dementia

Skills Practiced:

- Oxygen equipment
- Care of a resident with dementia
- Heimlich Maneuver
- Nasal cannula / mask
- First Aid
- Preventing Falls

Day Four: Module 8 & 9: Death and Dying, Self care for Nursing Assistants, Preparation for Employment, Professionalism, Licensure Process

Skills Practiced:

- Postmortem care

Day Five: Test #3. Review all Modules, Practice Scenarios

The textbook has been completed by this day. On this day, the instructor will spend time discussing employment. They will review the interview checklist and discuss proper attire for an interview. Mock interviews will be held with critiques to prepare the student for the hiring process. The instructor will continue to stress the importance of professionalism, showing up on time and as scheduled, having back up plans for childcare and other commitments, stressing flexibility and willingness to work a variety of schedules including weekends and holidays. Students will be reminded that there are no snow days in healthcare. Instructor will review the licensure process and discuss contact hours and required working hours to maintain their license. Review for the state exam and what to expect on the day of the exam. Prepare for clinical by discussing clinical guidelines, facility specifics and practicing clinical scenarios.

- Mock Interviews
- Write/review Resumes

Day Six: Test #4.

Skills Practiced: All lab skills checklists must be completed.

ALL students take the Final Exam together

Days Seven - Fourteen: Clinical.

The clinical portion of this training is 60 hours. Students will be paired up into groups on their first day of clinical and given an assignment of one resident per group. By the end of clinical each student should have an assignment of up to four residents per person, as well as responsible for answering call lights on the floor. Students are being evaluated during their time in the entire program, but especially in the clinical setting. The instructor is observing the student's attendance patterns, their ability to be a team player, their clinical competence, their participation level, safety, trustworthiness, attitude and level of professionalism.

Day Fifteen: Day Twenty-Two: Mock State Exam and celebration.

Skills Practiced: All that are included on State Exam. See Excel guide for success!
All clinical skills must be completed on the checklist.

Throughout the program students will have an opportunity to practice and demonstrate skills that are essential to the performance of the Nursing Assistant in a variety of job settings. All skills will be completed on their skills checklist prior to going into the clinical setting.