



AMERICAN RIVER COLLEGE
4700 COLLEGE OAK DRIVE
SACRAMENTO, CA 95841-4217
www.arc.losrios.edu

AMERICAN RIVER COLLEGE DOES NOT DISCRIMINATE ON THE BASIS OF AGE, COLOR, CREED, DISABILITY, MARITAL STATUS, VETERAN STATUS, NATIONAL ORIGIN, RACE OR SEX.

CERTIFIED NURSE ASSISTANT (CNA) NURSE 100

COURSE OBJECTIVES

To instruct students in the holistic care and health needs of people older than 65 years of age who live in long-term care facilities. Students who successfully complete the course will receive a Certificate of Completion issued by the instructor. The course will also prepare the student to take the State of California competency examination for certification as nurse assistant.

COURSE UNITS: 6 Units

INTENDED STUDENT BODY

1. Persons seeking course work to prepare for state certification as a Certified Nurse Assistant (CNA)
2. Students enrolled at American River College must be age 18 or older
3. Persons who have not been convicted of any offense other than a minor traffic violation. If a person has been convicted, it is important to request clearance from the Department of Health Services (DHS) before the beginning of the first day of class. For further information, please contact the Department of Health Services, Licensing and Certification Program at 916-327-2445, or go to website at <http://www.dhs.ca.gov/publications/forms/l&c/l&c.htm>

MAJOR GOALS OF THE COURSE

This course is designed to fully prepare the student for the State of California competency examination and certification as a Certified Nurse Assistant (CNA). Goals are to provide:

1. Information on the provision of nursing care at the nurse assistant level with focus on safety, rehabilitation, infection control, documentation and elements of physical and psychosocial needs of adult residents/clients
2. Opportunity for supervised practice of skills to assist the patient with the activities of daily living
3. Student with a basic understanding of illness and the effect of illness on the adult individual and the family
4. Variety of teaching methods to assist the adult learner to learn the required "CNA units of instruction"

INSTRUCTIONAL STRATEGIES

Students will learn through lecture, demonstration, class discussions, small group study, media presentations, skill lab practice, and clinical experiences.

MAJOR UNITS OF INSTRUCTION

Introduction	Patient Care Skills and Procedures
Patient's Rights	Vital Signs
Interpersonal Skills	Nutrition
Safe Environment	Emergency Procedures
Prevention/Management of Catastrophic & Unusual Occurrences	Long Term Care Resident
Body Mechanics	Rehabilitative Nursing
Medical and Surgical Asepsis	Observation and Charting
Weights and Measures	Death And Dying

COURSE PREREQUISITES AND REQUIREMENTS

1. Mandatory orientation attendance is required to be eligible for class enrollment. (See website class schedule for date).
2. ESLW 040, ESLR 040, and ESLL 040; or ENGWR 51 and ENGRD 015; or placement by ARC Assessment Center
3. TB test within the last six months OR a chest X-ray within one year prior to entrance into NURSE 100
4. Physical exam within one year prior to entrance into NURSE 100
5. "Live Scan" electronic fingerprinting. Date and time will be arranged after class begins.

MANDATORY COURSE HOURS

To successfully complete NURSE 100 course objectives, the student will actively participate in:

1. 63 minimum hours of CNA course theory, **and**
2. 135 minimum hours of supervised clinical experience

AFTER SUCCESSFUL COMPLETION OF NURSE 100, the nurse assistant student is eligible to take the State of California competency exam for certification as a nurse assistant.