

CLINICAL PREPARATION FOR CERTIFIED NURSE AIDE

OBJECTIVES/RATIONALE

HSTE students preparing to become CNAs must get hands-on clinical experience. The students will participate in a minimum of 24 hours of clinical experience to qualify and take the TDHS examination for Nurse Aide.

TEKS 121.23 (c) 3E, 4A, 4B, 4C, 7H, 7I, 7K, 8A, 8B, 9A, 9B, 10A, 10B, 10C

TAKS ELA 1, 4
Mathematics 1, 2, 8, 10
Science 2

KEYPOINTS

1. See CNA page for Health Science Technology III to obtain guidelines for acquiring accreditation for TDHS Nurse Aide instruction program.
2. Once accreditation is obtained from the Texas Department of Human Services, arrange for clinical rotation in a Texas Department of Human Services certified community nursing home. A contract must be signed between the school district and the facility, with agreements regarding liability insurance, and the specific requirements of both parties (school and nursing home). These requirements must include:
 - a. role of the nursing home CNAs in regards to the students
 - b. role of the school's clinical instructor(s) in the nursing home
 - c. expectations regarding "hands-on" care and liability
 - d. role of the school in preparing the students for entry into the nursing home (e.g. lab experience and evaluation, and general safety requirements)
 - e. role of the nursing home when students are present
 - f. role of the nursing home during the CNA test
3. Students and their parents will sign an agreement before entering the clinical rotation. See Student Agreement for Health Science Technology Education form.
4. Students will arrive at whenever the morning care begins (e.g. 6:30 a.m. – 7:00 a.m.), and leave as the school schedule requires.
5. Students will find their own transportation to the facility.

6. Students are to come dressed in clean, pressed scrubs, wearing white athletic shoes, with name tag, watch with a second hand, hair worn short or tied back, nails short with only clear or no nail polish, one set of stud earrings, and no other piercing visible.
7. Students are to carry a black pen, small spiral notebook, and laminated clinical cards at all times.
8. Students will be assigned to work with a CNA employed by the facility. They are not to work independently, unless the CNA allows them to do so. They are to ask the employee whenever a question arises regarding patient care, and not make assumptions regarding care.
9. Students must have completed all classroom and laboratory preparation and practice before entry into the nursing home.
10. Students are expected to perform each of the CNA skills at least once during their clinical rotation. They are expected to be of assistance to their assigned facility CNA. At no time is the student to indicate or assume that their role is to only practice skills. Even if a student has perfected specific skills, they will be expected to perform them time and again as needed by the residents. This is to approximate a real work environment, and students are to become part of the health care team.
11. During their clinical rotation, students will perform at least one perineal care, one shower, and one weight of an ambulatory patient under the supervision of the instructor or facility CNA if student numbers are prohibitive (This can also include a complete bed bath and placing bedpan – although these can be approximated in the classroom, as well).
12. Students are required to notify their instructor before 6 a.m. if they are unable to attend clinical that day. If they fail to do this, they will be given a zero for the day.
13. Instructors should bring a bag of supplies to the clinical setting, to include:
 - a. Blood pressure cuffs (including a large cuff and pediatric cuff) and stethoscopes
 - b. Thermometer (electronic)
 - c. Alcohol Pads
 - d. Pre-packed nail care kits (clippers, alcohol pads, orange stick, file, cotton balls)
 - e. Nail polish remover
 - f. Gait beltAll other supplies should be obtained through the facility and charged to the patient according to facility policy.
14. If the facility has rehabilitation services, the students will rotate through these services, observing and practicing Range of Motion and ambulation of patients.

ACTIVITIES

- I. Perform nursing care on residents in the nursing home. Each student will be assigned to work with one other facility nurse aide.

- II. As students begin to familiarize themselves with residents, they will identify residents who will be suitable for testing purposes during the Nurse Aide Skill exam.

- III. Perform and be tested on the following skills in the clinical setting: Perineal care of male and female residents, weight of ambulatory resident, tub or shower bath with shampooing the hair, assisting resident with use of bedpan, and complete bed bath. Each of these skills should be demonstrated in the classroom lab. Complete bed and assisting resident with use of bedpan can be tested in the classroom lab, as well. The remaining skills cannot be adequately tested in a lab setting.

MATERIALS NEEDED

Student Agreement for Health Science Technology Education

Name tags for students

Work Prep grade sheet

Guidelines for Making Laminated Clinical Cards

Laminated Clinical Cards

Clinical Bag of supplies

Clinical Skills Check lists for Shower, Weight, Perineal Care – also can include

Complete Bed Bath, and Placing a Bedpan

ASSESSMENT

Clinical Grade: Students are graded on a 20 point/day scale. Points are deducted for punctuality, being dressed properly and ready to work (nails trimmed and clean, name tag in place, hair tied back, uniform cleaned and pressed, shoes clean and white, appropriate jewelry/watches), level of industry and initiative, quality of care administered (in line with the classroom and lab instruction, as well as thoroughness of care).

See 20 Point Clinical Grading Scale

Texas State CNA examination

ACCOMMODATIONS

For reinforcement, the students who have not passed the CNA on the first attempt, will focus on the skills that they missed on the exam and practice any other skills about which they feel insecure.

For enrichment, the students who have passed their CNA will participate in a two-week hospital rotation and experience being a CNA in a different health care setting.

REFLECTIONS

20-POINT CLINICAL GRADING SCALE

- Punctuality:**
- 1 point for being tardy once**
 - 2 points for being tardy twice**
 - 3 points for being tardy subsequent times**
 - 0 if absent – no call, no show**
 - Excused absence – acceptable**
- Dress:**
- 1 point for nails being trimmed**
 - 1 point for nails being clean**
 - 1 point for name tag in place**
 - 1 point for arriving at the site with hair tied back/ and neat**
 - 1 point for uniform clean**
 - 1 point for uniform pressed**
 - 1 point for shoes clean and white**
 - 1 point for appropriate jewelry – earrings, necklaces, etc.**
 - 1 point for having watch with second hand**
- Work:**
- 5 points for enthusiasm and initiative**
 - 5 points for quality of care administered**

STUDENT AGREEMENT FOR
HEALTH SCIENCE TECHNOLOGY CLINICAL ROTATION

Name

School Name

This agreement is to be strictly observed at all times during your clinical rotation.

During my clinical rotation:

1. I will make it my responsibility to know, understand, and adhere to the guidelines and procedures of each clinical rotation. This will protect the patient, co-workers, and me.
2. I will make every effort to be courteous, efficient, and Accurate in all the tasks to which I am assigned, and in all Contact with patients and workers.
3. I will not discuss any information about any patient, including diseases, diagnosis, prognosis, history, or treatment with anyone not authorized to receive such information. I will maintain total confidentiality of all professional information.
4. I will **notify my Health Science Technology Instructor immediately if I am unavoidably tardy or absent.** I understand that repeated absences will result in probation and ultimate dismissal from the clinical rotation.
4. I will adhere to the following dress and behavior code:
 - a. I will wear school designated scrubs. This Garment is to be clean, neatly pressed, and Appropriately buttoned at all times.
 - b. I will wear my name tag at all times
 - c. I will wear white athletic shoes with closed toes and white socks.
 - d. I will wear a watch with a second-hand or digital marker.
 - e. I will not wear jewelry in the clinical areas. (Girls may wear stud earrings only).
 - f. My hair will be of collar length or shorter, or neatly pulled back and secured. I understand that extreme hairstyles or hair colors are not acceptable.
 - g. I will use cosmetics only in moderation.

- h. I will not eat, drink, chew gum, or use tobacco While I am in the clinical area.
- i. I will keep my nails clean, neatly trimmed, and Wear only clear polish.
- j. I will not visit other units, nor will I leave the unit to which I am assigned unless authorized to do so.
- k. I will not discuss my private life while in the presence of patients.
- l. I will conform to any direction from the instructor immediately and without questions while in the clinical setting. Any questions will be discussed later and in private.
- m. Illnesses and procedures I have observed will not be discussed in the presence of patients.
- n. I will try to be cheerful and smile while in the presence of patients or will show appropriate behavior in the situation.
- o. I will report any accident that occurs in the clinical area and file the required incident report as directed by my supervisor.
- p. I will behave in a professional manner at all times while in the clinical area.
- q. I will respect and properly care for all equipment and supplies.
- r. I will not make personal telephone calls, nor answer the telephone in the clinical area unless directed to do so.
- s. I will make every effort to complete any assigned tasks for each rotation area.
- t. I will observe strict infection control measures.
- u. I will follow all facility safety rules.
- v. If I feel that I cannot meet the stipulations of this agreement, I will request a conference with my instructor at once.

I understand that if I break this agreement, disciplinary measures will be taken, and termination of my participation in this rotation (and possibly program) may result. If this occurs, I realize that I might lose credits.

Student Signature Date

Parent Signature Date

Instructor Signature Date

GUIDELINES FOR MAKING LAMINATED CLINICAL CARDS

1. You will be given two index cards and these guidelines.
2. Copy the information from this sheet to the cards.
3. These will be laminated and a ring placed through them to keep them together.
4. You can refer to these in the clinical setting, if you need assistance in remembering some of this information.

CARD ONE – FIRST SIDE

5 THINGS TO REMEMBER BEFORE LEAVING A ROOM

1. Side rails up, if required
2. Patient is comfortable and in good alignment.
3. Call bell is in place.
4. Wheels are locked on bed and room is safe.
5. Wash hands before leaving.

FLIP SIDE OF FIRST CARD

ABBREVIATIONS:

bid – twice a day

tid – three times a day

qid – four times a day

NPO – nothing by mouth

PO – by mouth

p (with a line over it) – after

a (with a line over it) – before

q(with a line over it)2h – every two hours

q(line over)3h – every three hours

q(line over)4h – every four hours

BRP – Bathroom Privileges

BRc (with a line over)BRP – Bedrest with Bathroom Privileges

VS or V/S – Vital Signs

TPR – Temperature, Pulse, and Respiration

c (with line) – with

s (with line) - without

prn – as needed

stat or STAT- immediately

B/P – Blood Pressure

Wt. – weight

Ht. – height

SECOND CARD – FIRST SIDE

CONVERSIONS

1cc = 1 cubic centimeter

30cc = 1 ounce = 1 oz.

240cc = 8 oz. = 1 cup

90cc = 3 oz.

120cc = 4 oz. = ½ cup

1000cc = 1 liter = 1 quart = 32 oz.

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

2.54cm = 1 inch

approximately 39 inches = 1 meter = close to 1 yard (36 inches)

3 feet = 1 yard

SECOND CARD = SECOND SIDE

VITAL SIGNS NORMS

T=TEMPERATURE

Oral temp. = 97.6 – 99.6 degrees F. (or 97 – 99)

3 Minutes

Rectal temp. = 98.6 – 100.6 degrees F. (or 98 – 100)

3 Minutes

Axillary temp. = 96.6 – 98.6 degrees F. (or 96 – 98)

10 Minutes

P=PULSE

60 – 100 beats per minute 90-100 gray area

Bradycardia <60 bpm

Tachycardia >100 bpm

Infant rate = 100 – 160 bpm

R=RESPIRATION

12 – 24 breaths per minute

B/P=BLOOD PRESSURE

Systolic = 100 – 140 (or 150) mm Hg.

Diastolic = 60 – 90 mm Hg.