

# Certified Nurse Aide (CNA) 1 (8360)

## Becoming Oriented to the Nurse Aide Program CNA1.1

- 1 Describe the legal aspects of the nurse aide program. CNA1.1.1
- 2 Explain nurse aide certification requirements and responsibilities. CNA1.1.2

## Relating to the Healthcare System CNA1.2

- 1 Identify the professional qualities of a certified nurse aide (CNA). CNA1.2.1
- 2 Develop awareness of personality strengths and weaknesses. CNA1.2.2
- 3 Demonstrate successful work attitudes and teamwork. CNA1.2.3
- 4 Identify the CNA scope of practice, as required by Virginia Board of Nursing regulation. CNA1.2.4
- 5 Identify healthcare career options. CNA1.2.5
- 6 Differentiate functions among nursing personnel. CNA1.2.6
- 7 Identify interdisciplinary members of the healthcare team. CNA1.2.7
- 8 Identify the major types and functions of healthcare institutions. CNA1.2.8
- 9 Identify examples of ethical nursing behavior and patients' rights. CNA1.2.9
- 10 Determine the legal responsibilities of a CNA, as required by Virginia Board of Nursing regulation. CNA1.2.10
- 11 Maintain care and security of the client's/resident's/patient's personal possessions, as required by Virginia Board of Nursing regulation. CNA1.2.11
- 12 Identify the rights of clients/residents/patients. CNA1.2.12
- 13 Demonstrate respect for client/resident/patient rights, as required by Virginia Board of Nursing regulation. CNA1.2.13
- 14 Promote a client's/resident's/patient's rights to be free from abuse, mistreatment, and neglect, as required by Virginia Board of Nursing regulation. CNA1.2.14

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**15 Assist in resolving grievances and disputes, as required by Virginia Board of Nursing regulation. CNA1.2.15**

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**16 Assist client/resident/patient and family groups with participation in activities, as required by Virginia Board of Nursing regulation. CNA1.2.16**

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**17 Identify activities for clients/residents/patients receiving long-term care. CNA1.2.17**

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**Communicating in the  
Healthcare  
Environment CNA1.3**

**1 Demonstrate proficient communication skills, as required by Virginia Board of Nursing regulation. CNA1.3.1**

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**2 Demonstrate interpersonal skills, as required by Virginia Board of Nursing regulation. CNA1.3.2**

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**3 Recognize barriers to communication. CNA1.3.3**

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**4 Identify the role of the CNA's four senses in communication. CNA1.3.4**

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**5 Describe the documents that are used by the healthcare team to communicate information and needs of a client/resident/patient. CNA1.3.5**

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**6 Report objective and subjective information related to a specific task identified in a client's/resident's/patient's person-centered nursing care plan. CNA1.3.6**

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**7 Demonstrate end-of-shift communication by giving an end-of-shift report and documenting with 100 percent accuracy on a client's/resident's/patient's activities of daily living (ADL) record. CNA1.3.7**

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**8 Demonstrate telephone communication. CNA1.3.8**

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**9 Demonstrate communicating with a hearing-impaired client/resident/patient. CNA1.3.9**

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**10 Demonstrate communicating with a visually impaired client/resident/patient. CNA1.3.10**

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**11 Describe the characteristics of cognitive impairment. CNA1.3.11**

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**12 Identify potential causes of cognitive impairment in clients/residents/patients. CNA1.3.12**

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**13 Explain why communication challenges must be overcome. CNA1.3.13**

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**14 Discuss communication with families. CNA1.3.14**

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**15 Demonstrate communication with members of the healthcare team. CNA1.3.15**

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**16 Discuss important interpersonal skills for a CNA. CNA1.3.16**

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**17 Identify stressors for a CNA and the resources a CNA may use to deal with stress.** CNA1.3.17

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**18 Explore religious, ethnic and cultural diversity, as required by Virginia Board of Nursing regulation.** CNA1.3.18

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**19 Provide religious, ethnic, and culturally sensitive care, as required by Virginia Board of Nursing regulation.** CNA1.3.19

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**20 Manage conflict with clients/residents/patients and coworkers, as required by Virginia Board of Nursing regulation.** CNA1.3.20

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**Understanding Infection Control and Medical Asepsis** CNA1.4

**1 Maintain a client's/resident's/patient's environment, as required by Virginia Board of Nursing regulation.** CNA1.4.1

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**2 Match major pathogenic microorganisms to their related disease or infection.** CNA1.4.2

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**3 Describe how infections spread.** CNA1.4.3

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**4 List the symptoms of an infection.** CNA1.4.4

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**5 Explain principles of infection control, as required by Virginia Board of Nursing regulation.** CNA1.4.5

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**6 Demonstrate proper hand-washing technique.** CNA1.4.6

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**7 Demonstrate infection-control measures, as required by Virginia Board of Nursing regulation.** CNA1.4.7

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**8 Don and remove gown, mask, and gloves.** CNA1.4.8

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**9 Demonstrate double-bagging technique.** CNA1.4.9

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**10 Demonstrate safety procedures in various healthcare scenarios, as required by Virginia Board of Nursing regulation.** CNA1.4.10

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**11 Clean instruments and supplies.** CNA1.4.11

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**12 Dispose of soiled material.** CNA1.4.12

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**Understanding Body Systems and Disorders** CNA1.5

**1 Define simple medical terminology.** CNA1.5.1

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**2 Identify anatomical structures.** CNA1.5.2

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**3 Identify body cavities and the organs within these cavities.** CNA1.5.3

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**4 Identify parts and functions of the cell.** CNA1.5.4

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- 5 Identify tissues within the body.** CNA1.5.5
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- 6 Identify major structures and functions of the integumentary system.** CNA1.5.6
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- 7 Identify major disorders of the integumentary system.** CNA1.5.7
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- 8 Identify major structures and functions of the endocrine system.** CNA1.5.8
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- 9 Identify major disorders of the endocrine system.** CNA1.5.9
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- 10 Identify major structures and functions of the circulatory system.** CNA1.5.10
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- 11 Identify major disorders of the circulatory system.** CNA1.5.11
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- 12 Identify major structures and functions of the musculoskeletal system.** CNA1.5.12
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- 13 Identify major structures and functions of the gastrointestinal system, including the oral cavity.** CNA1.5.13
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- 14 Identify major disorders of the gastrointestinal system.** CNA1.5.14
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- 15 Identify major disorders of the oral cavity.** CNA1.5.15
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- 16 Identify major structures and functions of the reproductive system.** CNA1.5.16
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- 17 Identify major disorders of the reproductive system.** CNA1.5.17
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- 18 Identify major structures and functions of the urinary system.** CNA1.5.18
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- 19 Identify major disorders of the urinary system.** CNA1.5.19
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- 20 Identify major structures and functions of the respiratory system.** CNA1.5.20
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- 21 Identify major disorders of the respiratory system.** CNA1.5.21
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- 22 Identify major structures and functions of the nervous system.** CNA1.5.22
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- 23 Identify major disorders of the nervous system, including Alzheimer's disease and other dementias.** CNA1.5.23
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- 24 Identify major structures and functions of the sensory system.** CNA1.5.24
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- 25 Identify major parts of the eye and ear.** CNA1.5.25
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- 26 Identify major disorders of the eye, ear, and other sensory organs.** CNA1.5.26
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- 27 Describe the major stages of growth and developmental abilities.** CNA1.5.27
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- 28 Describe the effects of the normal aging process on major body systems.** CNA1.5.28

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**29 Identify psychosocial changes associated with the aging process. CNA1.5.29**

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**Understanding Individual Needs: Mental Health CNA1.6**

- 1 Identify basic client/resident/patient needs. CNA1.6.1**
  - 2 Identify defense and coping mechanisms. CNA1.6.2**
  - 3 Describe signs and symptoms of mental illness. CNA1.6.3**
  - 4 Identify the guidelines for the management of client/resident/patient behavior across the lifespan. CNA1.6.4**
  - 5 Describe inappropriate behaviors of a client/resident/patient. CNA1.6.5**
  - 6 Describe the roles of a CNA and the family in providing emotional support for the client/resident/patient. CNA1.6.6**
  - 7 Provide care to the aged and disabled. CNA1.6.7**
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**Exploring Death and Dying CNA1.7**

- 1 Identify needs related to death and dying, as required by Virginia Board of Nursing regulation. CNA1.7.1**
  - 2 Discuss care measures related to death and dying. CNA1.7.2**
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**Promoting Community Health and First Aid CNA1.8**

- 1 Demonstrate the basic steps a CNA should take in any emergency. CNA1.8.1**
  - 2 Discuss CNA actions for emergencies. CNA1.8.2**
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**Maintaining a Safe Environment CNA1.9**

- 1 Identify proper body mechanics, as required by Virginia Board of Nursing regulation. CNA1.9.1**
  - 2 Identify safety procedures related to client/resident/patient care, as required by Virginia Board of Nursing regulation. CNA1.9.2**
  - 3 Describe the use of fire extinguishers. CNA1.9.3**
  - 4 Identify Occupational Safety and Health Administration (OSHA) regulations and guidelines, as required by Virginia Board of Nursing regulation. CNA1.9.4**
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