

## Certified Nursing Assistants (CNAs)<sup>™</sup>

### Course Outline



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#### What Modules are covered?

##### Module 1 - Adult Patient Care

- 1) Categories of Basic Human Needs
- 2) Articles of Equipment required in Patient Care
- 3) Guidelines for Bed-Making
- 4) Terminal Cleaning of the Patient Care Unit

##### Module 2 - Advanced Principles of Patient Hygiene

- 1) Determine Purposes for giving a Patient a Bath
- 2) Mouth Care
- 3) Benefits of Back Massage
- 4) Personal Care and the Adult Patient

##### Module 3 - Environmental Health and the Practical Nurse

- 1) Environmental Health and impact on the Practice Nurse
- 2) Patient Care Environment - Safety Measures

##### Module 4 - Health and Safety for Healthcare Professionals

- 1) Body Mechanics
- 2) Prevention of Transmission of Pathogens

##### Module 5 - Positioning and Ambulating the Adult Patient

- 1) Positioning the Adult Patient
- 2) Common Positions used when Ambulating the Patient
- 3) Techniques and Actions in Ambulating the Adult Patient

##### Module 6 - Active and Passive Range of Motion Exercise

- 1) The Effects of Immobility
- 2) Exercise for the Immobile Patient

##### Module 7 - Diet Therapy

- 1) Factors Influencing Diet
- 2) Reasons for the Therapeutic Diet
- 3) Standard Hospital Diets
- 4) The Role of the Nurse in Diet Therapy

##### Module 8 - The Physical Examination

- 1) The Function of the Physical Examination
- 2) The Function of the Practical Nurse during the Physical Examination
- 3) Positioning of Patient during the Physical Examination
- 4) Body Systems Examined and Evaluated

##### Module 9 - Specimen Collection

- 1) Throat Cultures
- 2) Types of Specimen Collection

##### Module 10 - The Physical Assessment

- 1) Physical Examination - Function and Facts
- 2) Appearance and Behavior Examination
- 3) Components of the Physical Examination
- 4) Cardiovascular, Respiratory, Gastrointestinal and Genitourinary Systems
- 5) Musculoskeletal System and the Integumentary Systems

##### Module 11 - Measuring Vital Signs

- 1) Vital Signs measurement of a Patient
- 2) Method for taking temperature, pulse and Respiration rate
- 3) Vital Signs Blood Pressure Readings

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