

## Pierson High School Nurse Assistant Program



This rigorous program starts in the fall semester of your senior

year. If you are interested please contact your school counselor in the fall semester of your junior year to start the admission process!

To help you better understand this course, it is important that you understand what a Certified Nursing Assistant (C.N.A.) is and what they do. There are different levels of nurses. Each level has its own education requirements and responsibilities. The C.N.A. is an entry level nursing position but one of the most important roles of the nursing team. The C.N.A. gives the essential care to their residents in nursing homes who can no longer perform these activities. This includes such responsibilities as bathing, dressing, grooming, feeding, toileting, and assisting with their mobility. It also includes ensuring their safety, socialization, and comfort while promoting their independence, dignity, cultural practices and respecting their rights.

The C.N.A. takes direction from a supervising nurse who assigns the necessary duties. The C.N.A. is responsible for recognizing and reporting changes in the resident's physical or mental condition. The C.N.A. will also perform basic nursing skills like taking and recording temperature, pulse, respirations and blood pressure. They measure weight and height. They promote nutrition and measure how much food and fluids their residents take in and keep track of bowel and bladder function to make sure there are no problems with elimination. Certified nursing assistants provide care to

those residents with drains and tubes, help with diagnostic tests and provide specific care for the patient going to and coming back from surgery. They demonstrate learned ways to prevent the spread of infection, such as when they change a clean dressing. The C.N.A will make sure the resident's room and the facility is maintained to promote safety, a pleasant atmosphere and when needed, patient privacy. CNAs must know how to interact with a person who is physically or mentally ill, and with people of all ages with age specific and medically specific needs. Some people require special devices to help them perform their daily activities which require the C.N.A. to know how to operate and care for such devices. At times emergencies may arise and they will need to perform first aid or cardiopulmonary resuscitation (CPR), and at times residents will pass away. Performing the duties at end of life require those special caring qualities that great C.N.A.s possess, as well as the special knowledge they have learned to provide comforting care for the resident and the family. Certified nursing assistants welcome residents into the facility and help get them settled in. They participate in the transferring and discharging of residents as well. A certified nursing assistant does not only work in nursing homes but that is where the C.N.A. student will learn to put everything they learn in the lecture and the lab together. There are CNAs who work in hospitals where they take care of patients or in homes where they take care of clients. No matter where the C.N.A. works, their primary focus is helping with the basic needs of the patient, client, or resident. Being a C.N.A. is very rewarding, but it can also be very demanding. Learning to manage your time efficiently, communicating well, understanding your role on the nursing team and learning to care for yourself helps to manage the stressors of the job. Our program is designed to provide the knowledge necessary to know how to be a nursing assistant and to pass the test required by the Arizona State Board of Nursing to become "certified" and earn the title of C.N.A.

### **So what is an LNA?**

In July, 2016 The Arizona State Board of Nursing began offering two types of nurse assistant credentials. These are:

1. Certified Nursing Assistant, designated as “CNA” or Registry CNA and
2. Licensed Nursing Assistant, designated as “LNA”

The Registry CNA replaces the “old” CNA. A Registry CNA applicant needs to only meet the minimum federal requirements for CNA certification and will be issued a certificate after completing the program and passing the CNA tests. Registry CNAs are required to practice 8 hours every two years to renew their certificate. A criminal background check is NOT required and certification is free.

The LNA has requirements that are almost identical to the “old” CNA. The LNA must complete a criminal background check, has a higher level of oversight by the Arizona State Board of Nursing and the LNA is required to practice a minimum of 160 hours within the last two years to renew their license. They have to pay a licensing fee and fingerprint fee of \$100.00 total. (This fee is paid for by our program)

So basically the Register CNA and the LNA get the same education, take the same tests and have the same job responsibilities, but they have a different level of oversight from the Board. Also, when the LNA goes to renew their license in two years they must have worked more hours and will have to pay another license fee of \$50.00

Because the LNA concept is new, most everyone still calls our program CNA. Throughout this handbook CNA and LNA are being used interchangeably except where it specifically applies to one or the other as in the application process.

### **Our mission:**

To graduate LNA students who aspire to become health care professionals by providing rigorous academics and skill training that is necessary to successfully pass the Arizona State Board of Nursing LNA requirements-ensuring safe and responsible care to the residents they will serve.

### **Our vision**

Our LNA students will contribute quality and compassionate care to the lives of those they touch-modeling professionalism as part of their commitment to excellence and to the health care professions.

**Our values include:**

*Student Success:* Helping students make goals that reflect what they wish to accomplish and helping them meet their goals. We foster a “can do” attitude and positive learning environment.

*Integrity:* Providing experiences that build character, leadership, and accountability.

*Service:* Assisting our students in meeting the required 20 hours per year of community service they need to graduate. This requirements helps build a strong sense of community and citizenship.

*Safety:* Promoting a work safe environment starts in our classroom. From a slippery floor to a disease causing microorganism or lifting a patient, our students learn to identify and divert unsafe situations.

*Responsibility:* Understanding that it is the students who must take the state exam and work as competent C.N.A.'s, so must the students be accountable for their learning success. While we provide the necessary academics and skill training, students must be proactive in asking questions, seeking clarification and using their time wisely. Completing assignments on time and participating in class is expected.

**Our goals** are focused on what will get our students through the nursing assistant course successfully. They include:

1. Our students will have a clear understanding of the course content and goals to be achieved.
2. All students will participate in a multi-focused learning environment that encompasses many types of learning styles.

3. Students will be able to demonstrate proficient understanding of area content.
4. Students will demonstrate competent, safe, compassionate, and respectful care.
5. Students will demonstrate professionalism, recognized by their residents, other members of the health care team, the school and by the community.
6. Students will feel supported as they gain the knowledge and confidence to practice their C.N.A. role.
7. Students will enjoy learning and experience recognition while building their leadership and professional skills through our student organization, HOSA.

**Our objectives** help guide our students to meet the program's goals:

- a. Students will receive a copy of the course syllabus and learning goals for each content area at the start of the program.
- b. Students will integrate knowledge from the lecture, lab and clinical setting. Every day there will be variations of book work, projects, hands-on and real life experiences designed to be learned in either individual or group situations.
- c. Students will pass all quizzes and exams with 75% or better grades. They will perform all required skills with 80% or better proficiency without missing any of the established important steps.
- d. Students will be evaluated by observation and will accumulate the required points to pass with an "A" or "B" or "C+" in the clinical aspect of the program. These requirements are outlined in their clinical syllabus, which include the student's ability to demonstrate the Scope of Practice and the standards of care established by the Arizona State Board of Nursing.

- e. Students will dress, communicate and model behaviors that are consistent with the professional expectations of the role of C.N.A. while in attendance.
- f. Students can expect their instructors to provide a curriculum and learning experience each day that nurtures their growth and professionally guides them towards their success.
- g. Students will be a participating member of HOSA from the start of the program.

**Our program's outcomes:**

Our students receive a certificate that verifies they have successfully completed our state approved 218 hour nursing assistant program and have the knowledge and basic skills to pass the Arizona State Certification Exam. It is our greatest desire that our students use all the skills and training we have to offer to become gainfully employed and/or continue on to higher education.

**Course Description:**

The Pierson High School nurse assistant training program; Nursing Advanced, is designed to provide 218 hours of instruction by a registered nurse. The program includes 125 hours of lecture, 53 hours of skills lab and 40 hours of clinical time. The lecture is done in a classroom setting where students learn the theory behind the responsibilities and actions of the nursing assistant. \* Due to the COVID virus, on-line distance learning may be utilized for some areas of content and training. The lab is designed to mimic a resident's room in a nursing home where cooperative learning is the main method of teaching. Here students team up so that together they can work towards their shared goal of learning a necessary skill- such as transferring a patient to the wheelchair. In the process, they build upon interpersonal skills like cooperation, problem solving, conflict management and team building. Students are individually accountable for the work they learn as part of the team. Through this type of learning, the student will formulate a

deeper understanding of what they learn in the lecture. The clinical setting is in an actual nursing home where they learn and interact in a supervised “real world” experience. Students engage in hands-on training where they perform those skills for which they have been taught or certain skills that are achieved directly with the clinical instructor’s supervision. Our students will also gain the advantage of being a part of our student organization, HOSA-Future Health Professionals, which offers students ways to challenge their knowledge while building on their skill level and leadership qualities. Our program and our nurse instructors have met the qualifications required by the Arizona State Board of Nursing to provide this training to our students. This program is JTED enhanced, as our district became part of Pima JTED in November, 2017

**The prerequisites** required for the nursing assistant course is as follows:

The first semester will be spent preparing for the nursing assistant program by enrolling in Nursing Services I, a one credit course. The second semester, students enroll in Nursing Services II which incorporates the nurse assistant program, a program designed to meet the qualifications required by the Arizona State Board of Nursing to become a Certified Nursing Assistant.

Our Nurse Assistant training program starts and ends **within** semester 2 of Nursing Services II. It officially starts January 4th and ends May 6, 2021. Nursing Services II is designed to run concurrently with the Nurse Assistant program but ends on the last day of school, May 21, 2021. The student’s semester grade will be based on grades earned in both the Nurse Assistant part of the semester and for the grades earned for the hours they are in the Nursing Services II portion. It is possible to pass the semester with a “D” or a “C” but NOT pass the Nurse Assistant class. They must pass the Nurse Assistant portion with a \*75% or better to qualify as a Nurse Assistant eligible to take the Arizona State Board of Nursing’s C.N.A. exam.

The start and end dates for each semester are set by the Nogales Unified School District. During the nurse assistant program there will be five clinical

days for the students to attend. Four will usually be on Wednesday from 12:15 PM to 8:15 PM and four will usually be on Fridays from 12:15 to 8:15 PM. The first clinical will be March 1, 2023. Clinical rotations start on week nine of the program and will finish April 9<sup>th</sup>. Students will be transported to and from the clinical site (Santa Rita Nursing Home in Green Valley, AZ) and are expected to be on the bus that leaves Nogales High School at 11:30 AM. Students will be dropped off at the Nogales High School office in the evenings at approximately: 9:15 PM.

Please refer to the Curriculum Calendar for the specific topics covered and at what times.

Upon Completion of the nursing assistant training program students will continue to study and practice during the Nursing Services II class. Students will be scheduled to take the Certification exam which usually takes place the second week of May.

### **Program Admission Policy:**

Students must meet the admission requirements to apply to the program. To comply with the policy of the Arizona State Board of Nursing's instructor to student ratio, **only 20 students will be chosen**. Those students chosen to be in the program must then meet specific requirements in order to successfully complete the program.

### ***Admission Requirements:***

- a. Be able to clear a criminal background check/Fingerprints will be submitted to the Arizona State Board of Nursing upon completion of program (See Notification of Board Requirements near the end of the handbook for complete admission requirements)
- b. Meet requirements of immigration status
- c. Provide government issued picture ID such as a US Passport with signature (card not accepted) Arizona Driver's License or Arizona ID (Valid Id's may be expired)

- d. Provide copy of Birth Certificate
- e. Provide social security number
- f. Obtain CPR Healthcare Provider certification through the American Heart Association and First Aid Certification these are offered during Nursing Services I and paid for by the program
- g. Be able to read, write and speak English at an 8<sup>th</sup> grade level and be proficient at 8<sup>th</sup> grade math evidenced by school grades
- h. Be a Senior and be 17 years of age in your senior year
- i. Complete a school physical (health Screening) by your healthcare provider
- j. Be able to participate in strenuous activities and lift 25 pounds and push or pull 50 pounds\*indicated on your physical exam
- k. Shot Record with proof of MMR, Hepatitis B, and Tetanus and vaccinations
- l. Have proof of Negative TB Mantoux test or negative chest X-ray within the current year (Recommend that test is done by early December-contact your doctor/clinic). TB Vaccination will be accepted.
- m. Flu Shot is highly recommended. If flu shot is declined a mask must be worn in clinical at all times or according to Nursing home's policy
- n. COVID Testing Requirements outlined by clinical site (see Santa Rita Nursing Home Contractor's COVID Policy)
- o. Submit to a drug and alcohol test (arranged and paid for by school)
- p. Have recommendation from your school counselor \*
- q. Attendance record that shows student as not missed more than 5 school days per school year
- r. Students has maintained a GPA of 3.2 or better
- s. Write letter to lead instructor as to why you want to be in the nurse assistant program\*
- t. Attend Parent Night in the fall with your parent or guardian to learn more about the program (If applying at the end of your junior year must have letter of support from your parent)\*

- u. Complete and submit application packet prior to start of program (get from counselor and submit to instructor no later than December 15th )\*
- v. Pay \$100.00 program fee required for Semester 1 enrollment. See Fees and Financial Aid policy for items covered, necessity waiver of fee, and refund policy (Fees Policy Below)

**Why Be a Nurse Assistant??**

1. High Demand for nurse assistants
2. Be a professional at an early age
3. Emotionally rewarding career
4. Exposure to other health careers
5. Flexible schedule
6. Variety of places to work (Nursing homes, hospitals, home health, hospice, clinics)
7. May be a prerequisite for entering into a nursing program
8. Certified or licensed nursing assistance have preference in jobs over those without such credentials
9. Taking the course in high school saves you time and money instead of taking it as a postgraduate adult
10. OK-you know you love to wear the scrubs!

**Admission Requirements/Costs for Program 2022-2023**

Student Pays For:	Program Supplies to student:
(pricing represents low end market prices- students may purchase more expensive items-encouraged to shop around)	
Entrance Fee \$100.00	One set of Navy colored scrubs
Watch with second hand \$7.00	N.A. book and workbook

Basic White Tennis shoes \$15.00	Gait Belt
TB Skin Test /vaccinations Depends on insurance plan or co-pay usually\$15.00-\$30.00 AHCCCS plans may cover 100% if under 18 and live in Santa Cruz county. If over 18 may charge \$5-\$15.00 Co-pay No insurance: TB skin Test \$15.00 MMR \$115.00; Flu Shot \$25.00 Hepatitis B series \$125.00 per shot =\$375.00	Blood pressure cuff w/stethoscope  COVID Testing if done at Nogales High School on Free Testing days (arrangements made prior with Ms. Hatton and Mr. Colgate, NHS Principal)
Binder/notebook paper/pen \$8.00	Name tag
*additional scrubs may be Purchased outside of program and worn on class and lab days \$28.00	DPS Fingerprint card
HOSA Dues \$20.00*	LNA fingerprinting
	LNA application Fee
	AZBN State Test Fee
	L.N.A. Pin
	CPR and First Aid Certification fee
	Drug screen

The \$20.00 HOSA dues are for the HOSA State and National membership fees. This fee may be partially covered through monies received to run the program but mostly through student fundraising to avoid a direct out-of-pocket expense.