

Certified Nurse Aide (CNA) 2 (8362)

Developing Communication and Coordination Techniques CNA2.1

- 1 Identify methods to develop client/resident/patient, family, and staff relationships. CNA2.1.1
- 2 Define simple medical terminology. CNA2.1.2
- 3 Report changes in body function to charge nurse, as required by Virginia Board of Nursing regulation. CNA2.1.3
- 4 Answer the intercom. CNA2.1.4
- 5 Place and receive telephone calls. CNA2.1.5
- 6 Respond to the call signal. CNA2.1.6
- 7 Develop awareness of personality strengths and weaknesses. CNA2.1.7
- 8 Analyze personal health habits. CNA2.1.8
- 9 Demonstrate successful work attitudes. CNA2.1.9

Maintaining a Safe Environment CNA2.2

- 1 Demonstrate body mechanics, as required by Virginia Board of Nursing regulation. CNA2.2.1
- 2 Perform safety procedures related to client/resident/patient care. CNA2.2.2
- 3 Use fire extinguishers. CNA2.2.3
- 4 Follow Occupational Safety and Health Administration (OSHA) regulations and guidelines, as required by Virginia Board of Nursing regulation. CNA2.2.4

Developing Basic Nursing Skills CNA2.3

- 1 Make an unoccupied bed. CNA2.3.1
- 2 Make an occupied bed. CNA2.3.2
- 3 (Optional) Make a surgical bed. CNA2.3.3
- 4 Position a client/resident/patient in bed, as required by Virginia Board of Nursing regulation. CNA2.3.4

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- 5 Assist a client/resident/patient in maintaining body alignment.** CNA2.3.5
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- 6 Assure range of motion, as required by Virginia Board of Nursing regulation.** CNA2.3.6
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- 7 Adjust hospital bed.** CNA2.3.7
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- 8 Adjust side rails.** CNA2.3.8
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- 9 Place footboard, overbed cradle, or egg crate mattress on bed.** CNA2.3.9
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- 10 Place alternating pressure mattress on bed.** CNA2.3.10
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- 11 Assist with alternatives to restraints.** CNA2.3.11
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- 12 Apply heel and elbow protectors.** CNA2.3.12
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- 13 Apply and care for anti-embolic stockings, as required by Virginia Board of Nursing regulation.** CNA2.3.13
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- 14 Support a client/resident/patient with physical and psychological independence, as required by Virginia Board of Nursing regulation.** CNA2.3.14
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- 15 Assist a client/resident/patient with special needs in activities of daily living (ADL).** CNA2.3.15
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- 16 Provide clinical care across the lifespan for physically challenged clients/residents/patients, as required by Virginia Board of Nursing regulation.** CNA2.3.16
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- 17 Provide care for a client/resident/patient with impaired cognition, as required by Virginia Board of Nursing regulation.** CNA2.3.17
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- 18 Assist a client/resident/patient with a sensory impairment, as required by Virginia Board of Nursing regulation.** CNA2.3.18
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- 19 Demonstrate reality-orientation techniques.** CNA2.3.19
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- 20 Demonstrate principles of behavior management, as required by Virginia Board of Nursing regulation.** CNA2.3.20
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- 21 Support the teaching of self-care to a client/resident/patient.** CNA2.3.21
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- 22 Apply a cold compress.** CNA2.3.22
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- 23 Apply an ice bag.** CNA2.3.23
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- 24 Assist a client/resident/patient in sitting on side of bed.** CNA2.3.24

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- 25 Assist a client/resident/patient in ambulation, as required by Virginia Board of Nursing regulation.** CNA2.3.25
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- 26 Provide indwelling urinary catheter care.** CNA2.3.26
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- 27 Maintain a closed urinary drainage system.** CNA2.3.27
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- 28 Collect a clean-catch urine specimen.** CNA2.3.28
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- 29 Strain urine.** CNA2.3.29
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- 30 Collect a 24-hour urine specimen.** CNA2.3.30
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- 31 Assist a client/resident/patient with using a bedpan, as required by Virginia Board of Nursing Regulation.** CNA2.3.31
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- 32 Transfer a client/resident/patient to a bedside commode.** CNA2.3.32
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- 33 Assist a client/resident/patient with using a urinal.** CNA2.3.33
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- 34 Empty a closed urine drainage bag.** CNA2.3.34
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- 35 Clean a stoma and change a colostomy bag.** CNA2.3.35
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- 36 Assist an incontinent client/resident/patient, including brief applications.** CNA2.3.36
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- 37 Assist a client/resident/patient with toilet use.** CNA2.3.37
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- 38 Collect a stool specimen.** CNA2.3.38
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- 39 Provide perineal care.** CNA2.3.39
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- 40 Collect a sputum specimen.** CNA2.3.40
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- 41 Measure and record temperature, as required by Virginia Board of Nursing regulation.** CNA2.3.41
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- 42 Measure and record pulse (apical and radial) for one minute, as required by Virginia Board of Nursing regulation.** CNA2.3.42
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- 43 Measure and record blood pressure, as required by Virginia Board of Nursing regulation.** CNA2.3.43
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- 44 Measure and record height and weight, as required by Virginia Board of Nursing regulation.** CNA2.3.44
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- 45 Measure and record respiration for one minute, as required by Virginia Board of Nursing regulation.** CNA2.3.45

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- 46 Measure weight, using a wheelchair scale or an electronic bed scale.** CNA2.3.46
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- 47 Assist with applying and removing braces.** CNA2.3.47
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- 48 Assist with crutch walking.** CNA2.3.48
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- 49 Assist a client/resident/patient with walker and quad cane use.** CNA2.3.49
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- 50 Assist with dressing and undressing a client/resident/patient with weakness on an affected side.** CNA2.3.50
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- 51 Assist a client/resident/patient in standing.** CNA2.3.51
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- 52 Groom a client/resident/patient, including shaving/assisting with shaving, caring for/helping with hair, and cleaning/beautifying fingernails and toenails.** CNA2.3.52
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- 53 Perform a back rub.** CNA2.3.53
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- 54 Bathe a client/resident/patient, including giving/assisting with bed bath, partial bath, shower, tub bath, and whirlpool bath, as required by Virginia Board of Nursing regulation.** CNA2.3.54
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- 55 Provide skin care to prevent pressure ulcers, as required by Virginia Board of Nursing regulation.** CNA2.3.55
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- 56 Administer a sitz bath.** CNA2.3.56
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- 57 Perform oral hygiene, as required by Virginia Board of Nursing regulation.** CNA2.3.57
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- 58 Give denture care, as required by Virginia Board of Nursing regulation.** CNA2.3.58
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- 59 Perform transferring, positioning, and turning of a client/resident/patient, as required by Virginia Board of Nursing regulation.** CNA2.3.59
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- 60 Use assistive devices in transferring, eating, and dressing, as required by Virginia Board of Nursing regulation.** CNA2.3.60
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- 61 Transfer a client/resident/patient by wheelchair, as required by Virginia Board of Nursing regulation.** CNA2.3.61
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- 62 Transport a client/resident/patient by stretcher.** CNA2.3.62
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- 63 Assist with preparation for surgery.** CNA2.3.63
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- 64 Give a.m. care.** CNA2.3.64
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- 65 Give p.m. care.** CNA2.3.65

66 Assist with physical examination. CNA2.3.66

Describing Admission, Transfer, and Discharge CNA2.4

- 1 Describe the admissions process.** CNA2.4.1
 - 2 Prepare a client/resident/patient for transfer from a room and/or facility.** CNA2.4.2
 - 3 Demonstrate the discharge of a client/resident/patient, including care of personal belongings.** CNA2.4.3.
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Assisting with Nutrition CNA2.5

- 1 Discuss the importance of nutrition, hydration, and elimination as it relates to a client/resident/patient.** CNA2.5.1
 - 2 Describe the six main nutrients in a healthy diet.** CNA2.5.2
 - 3 Explain how to use ChooseMyPlate as a guide for a healthy diet.** CNA2.5.3
 - 4 Measure and record fluid and food intake and output, as required by Virginia Board of Nursing regulation.** CNA2.5.4
 - 5 Identify general and special diets.** CNA2.5.5
 - 6 Assist a client/resident/patient with menu selection.** CNA2.5.6
 - 7 Assist a client/resident/patient with eating and hydration.** CNA2.5.7
 - 8 Distribute nourishments.** CNA2.5.8
 - 9 Distribute drinking water.** CNA2.5.9
 - 10 Feed a client/resident/patient (all ages), as required by Virginia Board of Nursing regulation.** CNA2.5.10
 - 11 Observe a client/resident/patient receiving intravenous (IV) fluids.** CNA2.5.11
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Opioid Abuse Prevention Education CNA2.6

- 1 Opioid Abuse Prevention Education PPT.pdf** CNA2.6.1
 - 2 Opioid Resources for Teachers** CNA2.6.2
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Assisting with Dying and Death CNA2.7

- 1 (Optional) Identify ways to assist with care of a terminally ill client/resident/patient.** CNA2.7.1
 - 2 (Optional) Care for a client/resident/patient when death is imminent, as required by Virginia Board of Nursing regulation.** CNA2.7.2
 - 3 Perform postmortem care on a mannequin.** CNA2.7.3
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Explaining Legal and Regulatory Aspects of

- 1 Discuss the legal and regulatory aspects for a CNA.** CNA2.8.1

Practice for the Certified Nurse Aide CNA2.8

- 2 Describe the types and signs of abuse and inappropriate behaviors of a CNA. CNA2.8.2
- 3 Discuss the role of the mandated reporter, as described in the Code of Virginia. CNA2.8.3
- 4 List reasons why the Virginia Board of Nursing would begin disciplinary proceedings for a CNA. CNA2.8.4
- 5 Identify the consequences of abuse, neglect, and exploitation. CNA2.8.5
- 6 Discuss the responsibilities and requirements of CNAs, per Virginia Board of Nursing regulations. CNA2.8.6
- 7 Discuss the responsibilities of employers of CNAs to the Virginia Board of Nursing. CNA2.8.7
- 8 Describe the process of applying for the National Nurse Aide Assessment Program (NNAAP) exam. CNA2.8.8

Describing the Opioid Crisis CNA2.9

- 1 Describe the history and current state of the opioid crisis in the United States. CNA2.9.1
- 2 Describe the history and current state of the opioid crisis in Virginia. CNA2.9.2
- 3 Define the pharmacological components and common uses of opioids. CNA2.9.3

Examining the Key Factors of Drug Addiction CNA2.10

- 1 Examine the science of addiction. CNA2.10.1
- 2 Explain prevention and early intervention strategies. CNA2.10.2
- 3 Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). CNA2.10.3
- 4 Describe the treatment models of addiction therapy. CNA2.10.4
- 5 Describe the medication management antidote used to prevent fatal opioid overdoses. CNA2.10.5

Understanding Pain Management Protocols CNA2.11

- 1 Explain the science of physiological and mental pain. CNA2.11.1
- 2 Describe the diagnostic tools used in developing pain management plans. CNA2.11.2
- 3 Describe pain treatment options available to various populations of patients. CNA2.11.3
- 4 Describe the effects of opioid dependency on the human body systems. CNA2.11.4

5 Explain the mechanism and physical effects of opioids on the human body. CNA2.11.5

6 Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication. CNA2.11.6

7 Describe the withdrawal and tapering side effects of opioid use. CNA2.11.7

8 Describe storage and disposal options for opioids. CNA2.11.8

9 Explain community resources for education about opioid use. CNA2.11.9

Working with Patients and Caregivers CNA2.12

1 Describe key communication topics involving opioids for patients. CNA2.12.1

2 Describe communication topics for caregivers and family members. CNA2.12.2
