

Chester County High School
Nursing Ed
Ginger McPherson, RN
Breakdown of Hours/Pacing Guide
2019-2020

Classroom time 8:00-10:00 am- Clinical time is 7:30-9:30

Week 1 Introduction to class, class policies. Explanation of required forms to be completed such as physical, Hepatitis B, TB, parent forms, WBL packets and forms, D&S Diversified sign-up for CNA, discussion for requirements of clinical and expectations, Give skill handouts and discuss checklist of skills required.

10 hours classroom

Week 2 Infection control, OSHA bloodborne pathogens, Standard Precautions, Related skills of handwashing and Isolation gowning and gloving

7 hours classroom, 3 hours clinical classroom

Week 3 Safety procedures- resident safety, fire safety, use of body mechanics- moving a resident, confidentiality and provisions for privacy

10 hours classroom

Week 4 CPR certification, emergency procedures, basic first aid, bed baths-showering-partial bed bath, feeding a dependent resident

5 hours classroom, 5 hours classroom clinical

Week 5 Communication (verbal and nonverbal), responding to residents, modifying behavior in response to resident behavior, age & multicultural needs, Interpersonal skills

10 hours classroom

Week 6 Promoting resident's rights, making personal choices, reinforcing behavior consistent with resident's dignity, use family as a source of emotional support, respecting resident's rights, OBRA, Abuse and Abuse Registry, Mistreatment & Neglect- when to report

Skills- (restraints training) avoiding the need for restraints, oral care, hair and Nail care, Denture care

5 hours classroom, 5 hours clinical classroom

At this time, the students will have completed the mandatory 16 hours before starting clinicals.

Week 7 Exercise & aging- developmental tasks associated with aging, continue bed baths, proper skin care and decubitus ulcers/prevention, ROM, transfers, positioning and turning in bed and wheelchair

5 hours classroom, 5 hours clinical classroom

Week 8 Ambulation, assisting with food and fluids, Related skills- Feeding a dependent resident check offs, feeding techniques, I&O, meal calculations

5 hours classroom, 5 hours clinical classroom

Week 9 Practice feeding skills, review bed making, bedbaths, vital signs and related skills, documentation of skills

10 hours clinical classroom

Clinical weeks are marked with asterisk- clinical days will be 3-5 days per week (7:30-9:30am)

***Week 10** Begin clinical rotation, scavenger hunt, orientation to facility, passing trays, patient assignment, meet and greet resident- practice communication, become familiar with care plans and plan of care, unoccupied beds
Clinical hours 6-10 hours (rest of hours in classroom if needed for practice)

***Week 11-** Medical Terminology and clinical hours
Classroom hours 4, clinical hours 6

***Week 12-** Demonstrate proper documentation in charting, clinicals
Classroom 4 hours, clinicals 6 hours

***Week 13** Clinicals 6-10 hours , focus on dressing a resident, bed baths, feeding a dependent resident.
Clinicals 10 hours

***Week 14** Mathematical Functions and recording (I & O), height and weight, Death and dying and postmortem care
Classroom 4 hours, clinical 6 hours

***Week 15** Clinical hours and classroom skills (back rub, perineal/incontinent care), positioning
Classroom 4 hours, Clinical 6 hours

Week 16 Changes in aging process, developmental tasks associated with aging, recognizing abnormal changes in body functioning and reporting to instructor, Reality orientation, Confusion and dementia- addressing unique needs and behaviors, communication with the cognitively impaired and understanding behavior with appropriate responses and methods to reduce effects of cognitive impairment.
Classroom hours 10

***Week 17** clinical hours 10

Week 18 wrap up before Christmas break

Week 19 First week back for New Year. Review of skills. ROM upper and lower extremities and discuss importance of exercise, caring for resident environment, maintain care and security of personal possessions
10 hours classroom

***Week 20** Clinicals- 10 hours

***Week 21** Ambulation skills- checkoff, ambulation with walker, transfer bed to wheelchair, ROM, Bowel elimination and training programs with related skills (bedpan and output, toileting, perineal care)
Classroom clinical 6 hours, clinical hours 4

***Week 22** Clinical hours 10

***Week 23** Clinical hours 10

Week 24 Intake and output, administration of enema, oxygen therapy, pulse oximeter, catheter care, emptying urinary drainage bag
Classroom clinical 10 hours

Week 25 Rehabilitation- personal choices, increasing independence, Providing assistance in participation in groups and activities, restorative care, self care according to ability, assistive devices, care of prosthetics/orthotics, communication with family/visitors, resolving grievances and disputes, human sexuality and the elderly
10 hours classroom

Week 26 Vital signs skills review, axillary and oral temperatures, blood pressure
Classroom hours 10

Week 27 Skills check offs in classroom
Classroom clinical 10 hours

Week 28
Hair Care, Nail Care, Height Weight check offs, D&S Diversified Vocab and Test
Classroom clinical 4 hours, classroom hours 6

Week 29 Human Growth and development, Review and prepare for CNA exam written and skills testing, HOSA State competitions

Week 30 Review and prepare for CNA test

Week 31 Interviewing techniques, cultural differences

Week 32 Admitting, Transfers, and discharges--- CNA Exam

Week 33 Job Resumes, Job applications- fill out in class

Week 34 Explore career opportunities- compare and contrast

Week 35 WBL packets- complete and update, reports from each student on career research

Week 36 Seniors dismissed

Graduation date ___5-20-2019_____

Total classroom hours will vary on number of students and pace of check offs with each skill