

Fort Hays Tech Northwest Certified Nurse Aide (CNA) Course

Class Schedule with Student Assignments

Start Date: Monday, January 13, 2025

End Date: Monday, March 24, 2025

Provisional End Date (for road closures during course): Monday, March 31, 2025

PART I

Date	Class Time	Lab Time	Course Topics	Didactic Hours	Lab Hours	Total Hours
1/13/2025	3:00 – 6:00	6:00 – 7:00	Unit 1 Introduction Unit 2 – Residents of an Adult Care Home <ul style="list-style-type: none"> • Reading: Chapter 6 • Workbook Assignment: Fill In the Blanks 1 – 14 Pg. 26 Unit 3 – Roles and Responsibilities of CNA <ul style="list-style-type: none"> • Reading: Chapter 1 • Workbook Assignment: Multiple Choice 26 – 64 PP. 2 - 4 • Discussion: On Moodle, describe the nurse aide’s role and scope of responsibility in delivering resident care. Identify who is responsible for the actions of the Nurse Aide Unit 4 – Meeting the Resident Needs: Communications <ul style="list-style-type: none"> • Reading: Chapters 6 and 7 • Workbook Assignment: N/A • Discussion: In Lab, describe attitudes and behaviors that enhance communication among trainees, residents, resident’s family and staff. (Role play and scenarios) 	3.0	1.0	4.0
1/14/2025	3:00 – 5:30	5:30 – 7:00	Unit 5 – Meeting Resident Needs: Infection Prevention/Control <ul style="list-style-type: none"> • Reading: Chapter 14 • Workbook Assignment: Matching 103 – 115 Pg 66 	2.5	1.5	

			<ul style="list-style-type: none"> • Familiarize yourself with skills check-off on pages 234, 235, 236, 237, 238 • Discussion: On Moodle, describe practices that reduce the transfer of infections (including standard precautions in resident’s living area, bathroom and when handling soiled articles). • Demonstration: In Lab, demonstrate effective handwashing techniques; Properly remove and dispose of gloves <p>Unit 6 – Meeting the Resident Needs: Mobility</p> <ul style="list-style-type: none"> • Reading: Chapter 15 • Workbook Assignment: Fill In the Blanks 1 – 17 pg. 71 • Familiarize self with skills check-off sheets on pages 254-258; 261-262. • Demonstration: In Lab, demonstrate safe transfers, with transfer belt using safe body mechanics for personal and resident safety. <p>Unit 7 – Meeting the Resident Needs: Personal Living Space</p> <ul style="list-style-type: none"> • Reading: Chapter 16 and 17 • Workbook Assignment: Fill In the Blanks 1 – 7 pg. 82 and Fill in the Blanks 1 – 3 pg. 87 • Familiarize self with skills check-off sheet on page 386 • Demonstration: In lab, demonstrate bedmaking 			4.0
1/20/2025	3:00 – 5:00	5:00 – 7:00	<p>Unit 8 – Meeting the Resident Needs: Safety</p> <ul style="list-style-type: none"> • Reading: Chapters 11 and 12 • Workbook Assignment: Matching 64 – 77 pg. 53 • Discussion: On Moodle, describe safety precautions to avoid resident injuries. <p>Unit 9 – Meeting the Resident Needs: Personal Care/Grooming</p> <ul style="list-style-type: none"> • Reading: Chapters 18 and 19 • Workbook Assignment: Circle the Best Answer 14 – 30 pp 90 – 99 • Familiarize self with skills checkoffs on pages 276-282-290; 295-304; 307-310 • Demonstration: In lab, demonstrate assisting with bathing; assisting with dressing, assisting with grooming 	2.0	2.0	4.0

			Unit 10 – Meeting the Resident Needs: Nutrition/Fluids <ul style="list-style-type: none"> • Reading: Chapter 20 • Workbook Assignment: Fill In the Blanks 1 – 12 pg. 100 • Familiarize self with skills check-off sheets on pages 314-318 • Demonstration: In lab, demonstrate techniques used to assist a resident with eating and promoting fluid intake 			
1/21/2025	3:00 – 5:00	5:00 – 7:00	Unit 11 – Meeting the Resident Needs: Elimination <ul style="list-style-type: none"> • Reading: Chapter 22 • Workbook Assignment: Crossword on page 11 and Circle the Best Answer 18 - 32 • Discussion: On Moodle, discuss the safety and privacy needed while using toilet, commode, bedpan or urinal. • Demonstration: In lab, demonstrate perineal care. Unit 12 – Measuring and Recording Vital Signs <ul style="list-style-type: none"> • Reading: Chapter 27 • Workbook Assignment: Circle the Best Answer 20 – 36 pp 142-143 and 40-45 pp 143-144 • Familiarize yourself with skills check off sheets on pages 356-366 • Demonstration: In lab, demonstrate accurate measurement and recording of vital signs including temperature, pulse, respirations, blood pressure, height and weight. 	2.0	2.0	4.0
1/27/2025	3:00 – 4:00	4:00 – 7:00	Midterm Exam Putting Skills together – Skills Competency Checkoff	1.0	3.0	4.0
1/28/2025	3p – 8p		Topside Clinical Experience		Clinical	5.0
2/03/2025	3p – 8p		Topside Clinical Experience		Clinical	5.0
2/04/2025	3p – 8p		Topside Clinical Experience		Clinical	5.0
2/10/2025	3p – 8p		Topside Clinical Experience		Clinical	5.0
			TOTAL CLASS HOURS = 20 TOTAL CLINICAL HOURS = 20			
PART 2						
Date	Class Time	Lab Time	Course Topics	Didactic Hours	Lab Hours	Total Hours

2/11/2025	3:00 – 4:00	4:00 – 5:00	Unit 13 – The Resident’s Care Plan <ul style="list-style-type: none"> • Reading: Chapter 5 • Workbook Assignment: Fill In the Blanks 42 – 47 pp 24-25 • Familiarize yourself with skills check-off sheets on pages 387 • Discussion: On Moodle, discuss three interventions for the Optional Learning Exercise, page 25 either #48 or #49 • Demonstration: 	1.0	1.0	
	5:00 – 6:00	6:00 – 7:00	Unit 14 – Observing, Reporting and Documenting <ul style="list-style-type: none"> • Reading: Chapter 5 and 2 • Workbook Assignment: Circle the Best Answer 76-84 pg. 11 • Familiarize yourself with skills check-off sheets on pages 387 -392 • Discussion: On Moodle, discuss resident rights as they apply to observing, reporting and documentation. • Demonstration: In Lab, work together to create a care plan that promotes resident rights, including the right to dignity, privacy, and freedom from abuse, neglect and exploitation (three scenarios will be available during the lab – student teams choose 1). 	1.0	1.0	
						4.0
Date	Class Time	Lab Time	Course Topics	Didactic Hours	Lab Hours	Total Hours
2/17/2025	3:00 – 4:00	5:30 – 7:00	Unit 15 – Physical Changes Accompanying Aging <ul style="list-style-type: none"> • Reading: Chapters 8, 9 and 33 • Workbook Assignment: Fill In the Blanks: Key Terms 1 – 15 pg. 33; Circle the Best Answer 18-43 pp. 170-172 • Discussion: On Moodle, describe attitudes and behaviors that promote a resident’s independence. • Demonstration: N/A 	1.0	0.0	
	4:00 – 5:00		Unit 16 – Sexuality in Aging <ul style="list-style-type: none"> • Reading: Chapter 10 • Workbook Assignment: Fill In the Blanks 21 – 30 pg. 49 	1.0	0.0	

	5:00 – 5:30		<ul style="list-style-type: none"> • Discussion: N/A • Demonstration: N/A <p>Unit 17 – Meeting Resident Needs: Comfort and Rest</p> <ul style="list-style-type: none"> • Reading: Chapter 25 • Workbook Assignment: Circle the Best Answer 19 – 43 pp. 131-133 • Discussion: On Moodle, share your personal experience with pain and discuss the following: (1) What experience have you had with pain? (2) How would you rank your pain? (3) How did your family or friends respond to your pain? • Demonstration: In Lab, form small groups and formulate a plan to address a resident’s pain based on the scenario provided to you in lab. 	0.5	1.5	4.0
Date	Class Time	Lab Time	Course Topics	Didactic Hours	Lab Hours	Total Hours
2/18/2025	3:00 – 4:00	4:00 – 5:00	<p>Unit 18 – Meeting Resident Needs: End of Life Care</p> <ul style="list-style-type: none"> • Reading: Chapter 45 • Workbook Assignment: Circle the Best Answer 9 – 28 pp 220-221 • Discussion: On Moodle, discuss your own understanding feelings about DNR orders. • Demonstration: /NA 	1.0		
	5:00 – 6:00	6:00 – 7:00	<p>Unit 19 – Meeting Resident Needs: Restoring Nutrition and Elimination</p> <ul style="list-style-type: none"> • Reading: Chapters 20, 22 and 23 • Workbook Assignment: Circle the Best Answer 13 – 63 pp. 100 - 63 • Discussion: N/A • Demonstration: In lab, form small groups and complete Workbook Labeling on pp. 106-107. Food models will be provided for you to assist with creating plates for discussion. 	1.5	1.5	

			<ul style="list-style-type: none"> • Demonstration: In lab, break into pairs and work on the Independent Learning Activity on page 118 of your workbook. 			4.0
2/24/2025	3:00 – 4:00	4:00 – 7:00	<p>Unit 20 – Meeting Resident Needs: Maintaining and Restoring Mobility</p> <ul style="list-style-type: none"> • Reading: Chapters 15 and 42 • Workbook Assignment: Fill In the Blanks, Key Terms 1 – 6 pg. 209. Familiarize yourself with skills checkoff sheets on pages 349-350 • Discussion: On Moodle, discuss the importance of personal body mechanics and describe the devices needed for resident transfers and mobility. • Demonstration: In lab, break into small groups of 4 and practice patient transfers using appropriate equipment and body mechanics as described in Chapter 15 	1.0	3.0	4.0
2/25/2025	3:00 – 5:00	5:00 – 6:00	<p>Unit 21 – Meeting Resident Needs: Dementia and Problem Behaviors</p> <ul style="list-style-type: none"> • Reading: Chapter 40 • Workbook Assignment: Fill In the Blanks 31 – 44 pp. 201-202 • Discussion: On Moodle, discuss a way to communicate with a person with dementia-related behaviors. • Demonstration: In the lab, break into small groups and work on scenario that is presented to you. Report-out to the large group. 	2.0	1.0	4.0
	6:00 – 6:30	6:30 – 7:00	<p>Unit 22 – Additional Resident Care Procedures</p> <ul style="list-style-type: none"> • Reading: Chapter 7, Chapter 12, Chapter 17, 31 • Workbook Assignment: Familiarize self with skills checklists on pages 229; 230; 265-273 • Discussion: On Moodle, discuss the importance of cultural and religious awareness when caring for residents. 	0.5	0.5	

			<ul style="list-style-type: none"> Demonstration: Bed making, wound care, personal hearing/vision devices; applying gait belts 			
3/03/2025	3:00 – 3:30	3:30 – 4:00	Unit 23 – Meeting Resident and Family Needs: Admission, Transfer and Discharge <ul style="list-style-type: none"> Reading: Chapter 30 Workbook Assignment: Circle the Best Answer 4-13pg 157 Discussion: N/A Demonstration: N/A 	0.5	0.5	5.0
	4:00 – 5:00	5:00 – 7:00	Unit 24 – First Aid in the Adult Care Home <ul style="list-style-type: none"> Reading: Chapter 44 Workbook Assignment: Familiarize self with competency checklists on pages 226 – 227. Discussion: In Lab Demonstration: In Lab 	1.0	2.0	
	7:00 – 8:00		Unit 25 – Working as a CNA – Practice Final <ul style="list-style-type: none"> Reading: Chapter 46 Workbook Assignment: Familiarize self with competency checklists if you haven't already. Discussion: On Moodle, discuss your plans to seek employment after the class is successfully completed. Demonstration: Mock Competency Check Off – Resident Care – areas that need to work on. 	1.0	0.0	
			TOTAL DIDACTIC/CLASS HOURS			25
3/4/2025	4p – 9p		Topside Clinical Experience		Clinical	5.0
3/10/2025	4p – 9p		Topside Clinical Experience		Clinical	5.0
3/11/2025	4p – 9p		Topside Clinical Experience		Clinical	5.0
3/17/2025	4p – 9p		Topside Clinical Experience		Clinical	5.0
3/18/2025	4p – 9p		Topside Clinical Experience		Clinical	5.0
TBD	TBD		Final Exam	2.0	TOTAL:	25
			TOTAL CLASS HOURS: 25		TOTAL CLINICAL HOURS: 25	