

West Los Angeles College(WLAC)
Certified Nurse Assistant –SPRING 2015, Section 1908
Class Schedule (54 hrs of theory, 109 of clinical)

Topics/ Module	Hours	Theory/Clinical	Reading/Assignments
September 01, 2015 (Tuesday) Session 1 6:45pm – 9:15pm Introduction (Module 1) (2hrs) A. Role and responsibilities B. Title 22 C. Requirements for certification D. Professionalism E. Ethics and confidentiality Patient Rights (Module 2) (.5hr) A. Title 22	2.5 hrs	Theory	Orientation Chapter 1,2,3 and Student Han
September 03, 2015 (Thursday) Session 2 6:45pm – 9:15pm Patient Rights (Module 2)(2.5hr) B. Health & safety code C. Code of Federal Regulations	2.5hrs	Theory	Chapter 2,4, 8
September 08,2015 (Tuesday) Session 3 6:45pm-9:15pm Interpersonal Skills (Module 3) (2.5 hrs) A. Communication B. Defense mechanisms C. Sociocultural factors D. Attitudes toward illness/healthcare E. Family interaction	2.5 hrs	Theory	Chapters 5,6,7,8
September 10, 2015 (Thursday) Session 4 6:45pm-9:15pm Interpersonal Skills (Module 3) (2.5 hrs) continued	2.5 hrs	Theory	Chapters 5,6,7,8
September 12, 2015	5hrs	Theory	Quiz#1 (module 1&2)

<p>(Saturday) Session 5 8:00am-1:00pm Prevention/Mgmt of Catastrophe (Module 4 & 12) (2.5hrs) A. Emergency B. General safety rules C. Fire and disaster plans D. Roles and procedures for CNA E. Patient safety Body Mechanics (Module 5) (2.5 hrs) A. Basic body mechanics B. Transfer techniques C. Ambulation D. Proper body mechanics/positioning</p>			<p>Chapter 12, 51 Chapters 16,17</p>
<p>September 15, 2015 (Tuesday) Session 6 6:45pm-9:15pm Medical and Surgical Asepsis (Module 6) (2.5hr) A. Microorganisms</p>	2.5hrs	Theory	<p>Quiz#2 (module 3&4) Chapter 15</p>

<p>September 17, 2015 (Thursday) Session 7 6:45pm-9:15pm Medical and Surgical Asepsis (Module 6) (1.5hrs)</p> <ul style="list-style-type: none"> B. Universal precautions C. Principles of asepsis <p>Emergency Procedures (Module 12) (1hr)</p> <ul style="list-style-type: none"> A. Signs and symptoms of distress 	2.5hrs	Theory	<p>Chapter 15</p> <p>Chapter 12, 51</p>
<p>September 19, 2015 (Saturday) Session 8 8:00am-1:00pm Emergency Procedures (Module 12) (1hr)</p> <ul style="list-style-type: none"> A. Immediate and temporary interventions B. Emergency codes <p>Rehabilitative Nursing (Module 14)(2hr)</p> <ul style="list-style-type: none"> A. Promoting patient potential B. Devices and equipment C. ADLs D. Family interactions E. Ambulation F. ROM(active & passive) G. Complications of Inactivity <p>Patient Care Skills (Module 8) (2hrs)</p> <ul style="list-style-type: none"> A. Bathing/medicinal baths 	5hrs	Theory	<p>Chapter 12,51</p> <p>Quiz# 3 (module 5&6)</p> <p>Chapter 27,38,39,44,45,46,47,50</p> <p>Chapter 8,11,17,18,19,20,21,22,23,24,25,26,27,28,39,44</p>
<p>September 22, 2015 (Tuesday)</p>	2.5hrs	Theory	<p>Quiz #4 (module 12&14)</p>

6:45pm-9:15pm Session 9 Patient Care Skills (Module 8)(2.5hrs) Dressing/undressing patients, perineal care, grooming			Chapter 8,11,17,18,19,20,21,22,28,39,44
September 24, 2015 (Thursday) Session 10 6:45pm-9:15pm Patient Care Skills (Module 8) (2.5hrs) C. Oral Hygiene D. Hair care, shampoo, medicinal shampoo, nail care, shaving	2.5hrs	Theory	Chapter 8,11,17,18,19,20,21,22,28,39,44
September 26, 2015 (Saturday) Session 11 8:00am-1:00pm Patient Care Skills (Module 8)(5hrs) E. Prosthetic Devices F. Skin care/decubitus ulcers G. Elimination needs	5hrs	Theory	Chapter 8,11,17,18,19,20,21,22,28,39,44
September 29, 2015 (Tuesday) Session 12 6:45pm-9:15pm Patient Care Skills (Module 8) (2.5hrs) H. Bowel and bladder retraining I. Weight and measuring patients	2.5hrs	Theory	Chapter 6,7,12, 13, 14,15,16, 17 Quiz#5 (module 8)
October 01,2015 (Thursday) J. Bowel Elimination(Module 8) K. Bladder Elimination (Module 8)	2.5hrs	Theory	Chapters
October 03, 2015 (Saturday) Clinical Shift 1) 7:00am – 11:00am 12:00noon 4:00pm Facility Tour Medical Surgical Asepsis (Module 6)	8.0 hrs	Clinical	

<ol style="list-style-type: none"> 1. Hand washing 2. Proper handling of linen 3. Universal precautions (gloving, gowning, apply mask) 4. Double bagging trash/waste 			
<p>October 04, 2015 (Sunday)</p> <p>Clinical Shift 2 07:00am-11:00am. 12.00noon- 4pm</p> <p>Practices all previously learned skills plus:</p> <p style="padding-left: 40px;">Emergency Procedures & Prevention of Catastrophe (Module 4/12) (2hrs)</p> <ol style="list-style-type: none"> a. Applying postural supports b. Applying soft wrist/ankle restraint c. Heimlich maneuver for the conscious resident d. Heimlich maneuver for the unconscious resident e. Positioning of call light f. Demonstrates fire/disaster procedures g. Handles O2 safely h. Use of fire extinguisher <p style="padding-left: 40px;">Resident's Rights (Module 2) (1hrs)</p> <ol style="list-style-type: none"> 1. Knocks on door before entering 2. Pulls privacy curtains during personal care 3. Keeps resident information confidential 	8.0 hrs	Clinical	

<p>4. Treats resident with respect and dignity 5. Encourages resident to make choices 6. Explains procedure to resident</p> <p>Body Mechanics (Module 5) (4hrs)</p> <p>1. Use of gait belt 2. Helping the helpless resident up to the head of the bed with two assistants 3. Turning and positioning the resident (supine, side-lying, use of lift sheet) 4. Assisting transfer from bed to chair or wheelchair 5. Assisting transfer from chair or wheelchair to bed 6. Mechanical lift</p> <p>Rehabilitative/Restorative Care (Module 14) (1hr)</p> <p>7. Range of motion</p>				
<p>October 06, 2015 (Tuesday) Session 13 6:45pm-9:15pm Patient Care Skills (Module 8) (.5hrs)</p> <p>1. Restraint management 2. Alternatives to restraints</p> <p>Observation and Charting (Module 15) (2hrs)</p> <p>A. Observation of patients and reporting responsibilities B. Patient care plan, Kardex</p>	2.5hrs	Theory	<p>Chapter 8,11,17,18,19,20,21,28,39,44</p> <p>Chapters 6,7</p>	

<p>October 10, 2015 (Saturday) Clinical shift 3 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Rehabilitative/Restorative Care (Module 14) (7hrs)</p> <ol style="list-style-type: none"> 1. Assisted ambulation of resident with gait belt 2. Assistant the resident to ambulate with walker 3. Assisting the resident to ambulate with cane 4. Rehabilitative devices <p>Patient Care Skills (Module 8) (1hr)</p> <ol style="list-style-type: none"> 1. Back rub 	8.0 hrs	Clinical	
<p>October 11, 2015 (Sunday) (Clinical Shift 4) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Patient Care Skills (Module 8)</p> <ol style="list-style-type: none"> 2. Bed bath/partial bath 3. Tub bath 4. Shower 	8.0 hrs	Clinical	

<p>October 13, 2015 (Tuesday) Session 14 6:45pm-9:15pm Observation and Charting (Module 15) (0.5hrs)</p> <ul style="list-style-type: none"> C. Patient care documentation D. Legal issues of charting E. Medical terminology and abbreviations F. 24-Hour Clock G. Measurements <p>Weights and Measures (Module 7) (0.5hrs)</p> <ul style="list-style-type: none"> A. Metric system, B. Weight, length, and liquid volume <p>Death and Dying (Module 16) (.5hrs)</p> <ul style="list-style-type: none"> A. Stages of grief B. Rights of dying person,emotional/spiritual needs of patient & family C. Hospice care D. Rights of dying patient <ul style="list-style-type: none"> a. DNR b. NCB c. POLST d. AdvanceDirectives/DPAHC E. Signs of approaching death F. Monitoring the person G. Postmortem care <p>Patient Care Procedures (Module 9) (1.0 hrs)</p> <ul style="list-style-type: none"> A. Collection of specimens including stool, urine, and sputum B. Care of patient with tubing, gastric, oxygen, urinary, condom catheters, ,managing patients on bedpan/bedside commode, IV, G-T tubes, drainage care C. I and O measurement 	2.5hrs	Theory	<p>MIDTERM</p> <p>Chapter 6,7</p> <p>Chapter 6,29</p> <p>Chapter 52</p> <p>Chapter 14,29,30,31,32,33,34, 37</p>
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<p>October 17, 2015 (Saturday) (Clinical Shift 5) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Patient Care Skills (Module 8)</p> <ol style="list-style-type: none"> 5. Assisting with oral hygiene 6. Mouth care of the unconscious resident 7. Denture care 8. Nail Care 	8.0 hrs	Clinical	
<p>October 18, 2015 (Sunday) (Clinical Shift 6) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Patient Care Skills (Module 8)</p> <ol style="list-style-type: none"> 9. Combing the resident’s hair 10. Shampoo of bedridden resident 11. Shampoo with shower or tub bath 12. Medicinal shampoo 	8.0 hrs	Clinical	
<p>October 20, 2015 (Tuesday) 6:45pm-9:15pm Session 15 Patient Care Procedures (Module 9 (1.5)</p> <ol style="list-style-type: none"> D. Bed making; patient’s unit; operating equipment E. Cleansing enemas, laxative suppositories <p>Long Term Care (Module 13) (1.0)</p>	2.5hrs	Theory	<p>Quiz #6 (module 15)</p> <p>Chapter 14,29,30,31,32,33,34,37</p> <p>Chapter 8,11,18,22,23,25,27,28,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100</p>
<p>October 24, 2015 (Saturday) (Clinical Shift 7) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p>	8hrs	Clinical	

<p>Patient Care Skills (Module 8)</p> <ul style="list-style-type: none"> 13. Shaving – electric shaver 14. Shaving – razor blade 15. Dressing and undressing the resident <p>Changing the clothes of resident with IV</p>			
<p>October 25, 2015 (Sunday) (Clinical Shift 8) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Patient Care Skills (Module 8)</p> <ul style="list-style-type: none"> 16. Assist in the use of the urinal 17. Assist in the use of the bedpan 18. Assisting the resident to commode/toilet 19. Bladder retraining 20. Bowel retraining 	8hrs	Clinical	
<p>October 27, 2015 (Tuesday) 6:45pm-(:15pm Session 16 Patient Care Procedures (Module 9) (2hrs)</p> <ul style="list-style-type: none"> F. Admission, transfer, discharge G. Bandages, non-sterile dry dressing application of non-legend topical ointments to intact skin <p>Vital Signs (Module 10) (.5hr)</p> <ul style="list-style-type: none"> A. Purpose of vital signs B.Factors affecting vital signs C. VSs- Normal ranges D.Methods of measurement E.Temperature, pulse, respirations F.Blood pressure G. O2 Saturation H. Pain Scale 	2.5hrs	Theory	<p>Quiz #7 (module 9)</p> <p>Chapter 14,29,30,31,32,33,34,37</p> <p>Chapter 26,28</p> <p>Quiz #8 (module 10)</p>
<p>October 31, 2015 (Saturday)</p>	8hrs	Clinical	

<p>(Clinical Shift 9) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Patient Care Skills (Module 8) (4hrs)</p> <ol style="list-style-type: none"> 21. Perineal care 22. Artificial limbs 23. Splints 24. Applying a behind-the-ear hearing aid 25. Removing a behind-the-ear hearing aid 26. Removing, cleaning, and reinserting an artificial eye <p>Resident Care Procedures (Module 9) (4hrs)</p> <ol style="list-style-type: none"> 1. Collect and identify specimen (Sputum, urine – clean catch, urine – routine UA, stool), occupied bed making 			
<p>November 01, 2015 (Sunday) Clinical Shift 10) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Resident Care Procedures (Module 9)</p> <ol style="list-style-type: none"> 2. Unoccupied bed making 3. Administering the commercially prepared cleansing enema 4. Administering enemas – tap water soap suds <p>Administering laxative suppository</p>	8hrs	Clinical	
<p>November 03, 2015 (Tuesday) 6:45pm-9:15pm Session 17</p> <p>Vital Signs (Module 10) (2hrs)</p> <ol style="list-style-type: none"> I. Abnormalities J. Recording <p>K .Practice B/P Simulations L. Community resources (Module 13)</p>	2.5hrs	Theory	<p>Quiz #9 (module 7 & 16)</p> <p>Chapter 26, 28</p>

<p>Nutrition(Module 11) A.Proper nutrition B.Feeding techniques C.Diet therapy</p>			<p>Chapters 24,25</p> <p>Quiz # 10 (module 11 & 13)</p>
<p>November 05, 2015 (Thursday)</p>	<p>2.5 hrs</p>	<p>Make-Up Session</p>	
<p>November 07 2015 (Saturday) (Clinical Shift 11) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Resident Care Procedures (Module 9)</p> <ol style="list-style-type: none"> 7. Empty urinary bags 8. Care of resident with tubing (O2, IV, Gastrostomy, Nasogastric, Urinary catheter) 9. Antiembolic hose, elastic stockings (TED Hose) ointments 	<p>8hrs</p>	<p>Clinical</p>	
<p>November 08,, 2015 (Sunday) (Clinical Shift 12) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p> <p>Observation and Charting (Module 15) (4hrs)</p> <ol style="list-style-type: none"> 1. Reports appropriate information to charge nurse 2. Documents V/S, ADLs, timely/correctly 3. Documents changes in resident’s body functions/behavior 4. Participates in resident care planning 	<p>8hrs</p>	<p>Clinical</p>	

<p>Weights and Measures (Module 7) (1hr)</p> <ol style="list-style-type: none"> 1. Measuring oral intake 2. Measuring urinary output 3. Measuring the height of resident in bed 			
<ol style="list-style-type: none"> 4. Weighing the resident in bed 5. Measuring and weighing the resident using and upright scale <p>Nutrition (Module 11) (3hrs)</p> <ol style="list-style-type: none"> 1. Feeding the helpless resident 2. Assisting the resident who can feed self 			
<p>November 10,, 2015 (Tuesday) 6:45pm-9:15pm Session 18</p>	2.5 hrs	Theory	FINAL EXAM
<p>November 14, 2015 (Saturday) (Clinical Shift 13) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus: Resident Care procedures (Module 9) 9 2hrs)</p> <ol style="list-style-type: none"> 3. Admitting the resident 4. Transferring the resident 5. Discharging the resident 6. Application of non-sterile dressing 7. Application of non-legend topical <p>Vital Signs (Module 10) (6hrs)</p> <ol style="list-style-type: none"> 1. Measure and record vital signs 2. Temperature(oral, axillary, tympanic) 3. Pulse (radial, apical) 4. Respirations 5. Blood pressure 6. Pain 	8 hrs	Clinical	
<p>November 15,2015 (Sunday) (Clinical Shift 14) 7:00am – 11:00am 12:00noon 4:00pm</p> <p>Practices all previously learned skills plus:</p>	8hrs	Clinical	

<p>7.Nutrition (Module 11) (3hrs) 8. Feeding the helpless resident 9. Assisting the resident who can feed self 10. Verifying that resident has been given correct diet tray 11. Use of feeding assistance devices Long Term Care Resident (module 13) (5hrs)</p>			
<p>November 21, 2015 (Saturday)</p>	<p>8hrs</p>	<p>Skills Lab</p>	
<p>November 22, 2015 (Sunday)</p>	<p>8hrs</p>	<p>Skills Lab</p>	