

Certified Nurse Assistant



The mission of the Certified Nurse Assistant program is to train compassionate, competent Certified Nursing Assistants with the knowledge and skills necessary to support successful long-term employment in a variety of health care settings. To offer a course that will provide a career pathway for people who want to begin in the healthcare profession.

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Length of Course: 230 clock hours, 38 training days

Enrollment: Ongoing

Training Hours: Monday through Friday:

- 8:00 a.m. to 2:30 p.m., classroom
- 2:30 p.m. to 3:30 p.m., skills practice
- 6:15 a.m. to 12:15 p.m., clinical

Certificate Level: State of Alaska Certified Nursing Assistant

Prerequisites:

AVTEC application, interview with the Allied Health Department Admissions Recruiter, High School Diploma or GED, TABE testing on reading must be a minimum of 10th grade level and math must be a minimum of 8th grade level.

TABE tests scores for this program must be:

Reading	579
Combined Math	552

A current background check and two fingerprint cards, photo ID, two photos (passport size), a negative TB test within the past six months and proof of immunizations: Hepatitis B, MMR - Measles, Mumps & Rubella shots or blood tests showing immunity.

Physical requirements of the occupation are the ability to lift 50 lbs.

For an application or information, contact the Admissions Recruiter at the Allied Health Department, 1251 Muldoon Road, Suite 113, Anchorage, Alaska 99504, by telephone at (907) 334-2230, by fax at (907) 334-2237, or contact the main admissions office at (800) 478-5389.

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This training is offered in the Anchorage area. In addition, a Certified Nurse Assistant Reciprocity Course is available. Contact Admissions for more information on this training.

Nationwide there is a shortage of nurses and nursing assistants. As the people of Alaska age over the next 10 years, this shortage is expected to increase. All over our State, healthcare facilities are constantly looking for qualified, skilled, care givers. In response to those needs, AVTEC partnered with Providence Health System in Alaska to develop a Certified Nurse Assistant (CNA) program, which is located in Anchorage. We operate two classes simultaneously, one in the classroom and one in clinical, for new Nurse Assistants. They run for eight weeks throughout the year.



The Certified Nurse Assistant program is an intensive, fast paced course that includes 230 hour of classroom, lab skills practice and clinical experience. The first four weeks are classroom and lab skills, including Basic Life Support. Classes are Monday through Friday, from 8:00 a.m. to 2:30 p.m. A one-hour skills practice session is available each day following class and is highly recommended.

The next four weeks of clinical experience are devoted to patient care at one of nursing or assisted living homes in Anchorage. Clinical rotation is from 6:15 a.m. to 12:15 p.m. The first week students care for one person, the second and third week two people, and the fourth week three people. Besides clinical skills, students learn organization and time management while caring for patients.

Program Requirements

To achieve a **Certified Nurse Assistant** certificate, students must complete the following requirements.

Classroom/Skills Lab

Contact Hours: 114

Study skills, Introduction to healthcare, patient bill of rights, legal issues, body structure and function, vital signs, oral/denture care, personal care, bed baths, body mechanics, dressing and undressing with IV, lifespan growth & development, occult blood testing, elimination, special procedures, grief & loss, medical terminology, therapies, PT, OT, RT, medical abbreviations, care of surgical patient, vision & hearing problems, mental health disorders, CNA role in healthcare, Maslow's hierarchy of needs, ethical standards, communication, preventing infection, comfort, rest, and sleep, the patient unit and bed making, skin care, range of motion, turning and positioning, sexuality, care of elderly/elder abuse, nutrition, transfers & ambulation, safety/restraints, confusion & dementia, activity therapy,

rehabilitation, death & dying, common health problems, basic emergency care.

Basic Life Support Provider (BLSP)

Contact Hours: eight

One and two person CPR, infant and pediatric CPR, and Automated External Defibrillator.

Clinical Rotation

Contact Hours: 108

The Clinical Rotation is the culmination of the knowledge learned in the classroom/skills lab, and is devoted to patient care at one of nursing homes or assisted living homes in Anchorage. Clinical rotation is from 6:15 a.m. to 12:15 p.m. The first week students care for one person, the second and third week two people, and the fourth week three people.