

**NURSING ASSISTANT  
CERTIFIED (NAC)**  
**Pierce County Careers Connection**  
**Dual Credit Articulation Agreement**  
**(Clover Park Technical College)**

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**Upon completion of high school courses equivalent to the following competencies:**

- **Basic Technical Skills**
  - Taking and recording vital signs
  - Measuring and recording height and weight
  - Caring for resident's environment
  - Recognizing abnormal changes in body functioning & the importance of reporting changes to a supervisor
- **Personal Care Skills**
  - Bathing
  - Grooming, including mouth care
  - Dressing
  - Toileting
  - Assisting with eating & hydration
  - Measures & records fluid & food intake & output of client
  - Proper feeding techniques
  - Identifies/demonstrates principles of health/sanitation in the food service
  - Skin care
  - Transfers, positioning and turning
- **Mental Health and Social Service Needs**
  - Modifying aide's behavior in response to residents' behavior
  - Awareness of developmental tasks associated with the aging process
  - How to respond to resident behavior
  - Allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity
  - Using resident's family as a source of emotional support
- **Basic Restorative Services**
  - Training the resident in self care according to the resident's ability
  - Use of assistive devices in transferring, ambulation, eating and dressing
  - Maintenance of range of motion
  - Proper turning and positioning in bed or chair
  - Bowel and bladder training
- **Care and use of prosthetic and orthotic devices**
- **Promoting residents' independence/respecting resident rights**
  - Providing privacy and maintenance of confidentiality
  - Promoting the residents right to make personal choices to accommodate their needs
  - Giving assistance in resolving grievances & disputes
  - Providing needed assistance in getting to & participating in resident & family groups & other activities
  - Maintaining care and security of resident's personal possessions
  - Promoting the resident's right to be free from abuse, mistreatment & neglect & the need to report any such treatment to appropriate facility staff
- **Communication and Interpersonal Skills**
  - Reports clients concerns
  - Read, write, speak, and understand English at the level necessary for performing duties.
  - Listen and respond to verbal and nonverbal communication in an appropriate manner.
  - Recognize how one's own behavior influences client's behavior and know resources for obtaining assistance in understanding client's behavior.
  - Make adjustments for client's physical or mental limitations.
  - Use terminology accepted in the nursing facility to record and report observations and pertinent information.
  - Record and report observations, actions, and information accurately and timely.
  - Demonstrate ability to explain policies and procedures before and during care of the client.
- **Infection Control**
  - AIDS Education
  - Use principles of medical asepsis and demonstrate infection control techniques and universal precautions.
  - Explain how disease causing microorganisms are spread; list ways that HIV and Hepatitis B can spread from one person to another.
  - Demonstrate knowledge of cleaning agents and methods which destroy microorganisms on surfaces.
- **Safety/Emergency Procedures**
  - CPR training including Heimlich maneuver
  - Provide adequate ventilation, warmth, light and quiet measures.
  - Use measures that promote comfort, rest and sleep.
  - Promote clean, orderly, and safe environment and equipment for the client.
  - Identify and utilizes measures for accident prevention.
  - Identify and demonstrate principals of body mechanics.
  - Demonstrate proper use of protective devices in care of client.
  - Demonstrate knowledge of fire and disaster procedures.
  - Identify and demonstrate principles of health and sanitation in the service of food.
  - Demonstrate the proper use and storage of cleaning agents and other potentially hazardous materials.
  - Recognize abnormal changes in body functions and the importance of reporting changes to a supervisor.

- Death/Dying Client and Family
  - Caring for resident when death is imminent
- Rules and Regulations Knowledge
  - Demonstrates knowledge of and is responsive to laws and regulations including Client Abuse and Neglect, Client Complaint Procedures, Workers right to know and the Uniform Disciplinary Act.
  - Respects client's property and does not take resident property for own or other's use or benefit. Does not solicit, accept or borrow money or property from the resident
- Care of the Cognitively Impaired
  - Techniques for addressing the unique needs and behaviors of individuals with dementia (Alzheimer's and others)
  - Communicating with cognitively impaired residents
  - Understanding the behavior of cognitively impaired residents
  - Appropriate responses to the behavior of cognitively impaired residents
  - Methods of reducing effects of cognitive impairments

#### Skill Sets

- The minimum skills types taught include the skills outlined in the Washington Nursing Assistant Candidate Handbook Current edition
- Students must return demonstrate all skills taught and evidence of skills demonstrated must be maintained in files

#### Clinical Training Hours:

- Requirements for clinical hours per WAC 246-841-490 state law

Curriculum content must meet State and Federal requirements:  
42CFR483.152  
WAC 246-841-400 & 246-841-490

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**A student earning a "C" grade or better may earn college credit at one of the following colleges:**

<u>College</u>	<u>Course</u>	<u>Credits</u>
Clover Park Technical College	NAC 108 (Nursing Assistant Theory)	5
	NAC 111 (Nursing Skills Fundamentals)	2
	NAC 114 (Unit Based Clinical Experience)	<u>2</u>
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