



Introduction: This course is organized differently from many courses you may have taken. We organized the course around the “residents” of a fictitious nursing home and titled the film we developed: *The Residents*. In this way, the course is organized around care that nurse aides and nurses provide for these “patients”. Here is a general overview of each of the ten sections in the course:

	<p>Section 1: Orientation <i>An introduction to the course, as well as some initial information on health care, the long-term care environment, the role of the nurse aide, and the physical changes in older adults.</i></p>
	<p>Section 2: Lily Lewis <i>We meet Lily Lewis a young woman who faces an enormous personal challenge and Marisa, a new CNA. We also meet the members of Lily’s family and health care team and learn about topics such as: admissions, emergency care, vital signs, infection control, positioning and rehabilitative and restorative care.</i></p>
	<p>Section 3: Frank Grafton <i>You will meet both Frank Grafton a wonderful man who is in poor health, and his daughter Beth who cares dearly for her father. You will see how Frank’s team helps him confront cancer, COPD, and poor cardiovascular health, as they help him live the best life that he possibly can.</i></p>
	<p>Section 4: Helen Franco – <i>Not all residents are as gentle and kind as Frank Grafton. In Section 4, you will meet Helen, a resident who has faced many personal challenges in her life. As you see Helen’s team care for her, you will learn about: the immune system, HIV/AIDS, bathing, grooming, personal protective equipment, restraints and residents’ rights</i></p>
	<p>Section 5: Martha Vance – <i>As you now know, many residents will struggle with chronic health issues, which may become more complex over time. In Section 5, you will meet Martha and her partner Ceily, and learn about: obesity, diabetes, pressure injuries, activities for daily living, and see the way the team responds to Martha’s changing health needs.</i></p>

	<p>Section 6: Dr. Timothy Lerner – In Section 6, you will meet Dr. Timothy Lerner, and his wife Simone as they share their days in an assisted living facility. However, Timothy’s health takes a drastic turn for the worse, and he and Simone must adjust to a new reality. This section includes information about the nervous system, and important care measures for residents who are disabled.</p>
	<p>Section 7: Stuart Boone – Section 7 will introduce you to Mr. Stuart Boone and his family as they face Alzheimer’s disease together. This section will show you the progression of the disease, and the important care measures that the health care team must enact in order to give Stuart the best quality of life possible. You will also see how the health care professionals work with Stuart’s family as his disease progresses.</p>
	<p>Section 8: Michelle Gilmore – Some of your residents may have developmental disabilities in addition to other complex health conditions. In Section 8, you will meet Michelle Gilmore and her brother. You will see how the team cares for a patient with kidney failure and see how the nursing home grapples with an extreme violation of residents’ rights.</p>
	<p>Section 9: Beth Grafton – In Section 9, you will get to know Beth Grafton (Frank’s daughter) a little better as she and her husband try to start a family.</p>
	<p>Section 10: Preparing for the Test – The final section of the course is devoted to helping you prepare for your state certification exam.</p>

Recommendations for Success:

Learning new material online can be a great way to gain new insight and knowledge. The following strategies will help you get the most out of your online course experience.

- 1. If you do not understand something, re-do the activity:** Some of this material is complex. If you finish an activity and you do not understand the content, take the time to re-do the activity in order to make sure you understand the content. Each lesson in this syllabus has some basic questions attached to it so that you can check your understanding of the content. Be sure to use these questions to test yourself to see if you understood the material. If not, be sure to re-do the portion(s) of the lesson that you did not quite understand the first time.
- 2. Take notes:** You will retain more material faster if you take notes. Have a notebook beside you as you watch the videos and complete the activities. Be sure to take notes on EVERY video and activity. This will make studying for the exam easier (as you will have a notebook filled with information) and it will help you learn the material more effectively.
- 3. Talk to a family member or friend about what you are learning:** Take some time each day to talk to a friend or family member about what you are learning. The act of describing a new piece of content will help you remember it, and your friends and family will be excited to hear about content like: clinical care measures, medicine, laws and ethics, and the job that you are preparing to do!
- 4. Take a break if you need it:** If you find yourself “zoning out”, and unable to remember a video that you just watched or an activity that you just completed. Take a break. Go for a walk, get a glass of water, talk to a friend for a few minutes. You do not need to do hours-upon-hours of course work. You will be a more effective student if you take breaks from time-to-time.
- 5. Use active studying techniques:** You will need to learn a variety of skills, such as, handwashing, making an unoccupied bed, and positioning a resident in bed, in order to become a nurse aide. These skills are placed into the course as documents for you to review and study. In order to prepare yourself for your skills practice, take some time to study these techniques ahead of time using principles of “active studying”. Here are some suggestions for active studying:
 - a. Read each step in the procedure out loud:** The act of reading each step out loud will help you remember each step.
 - b. Write each step of the procedure down by hand on a sheet of scrap paper:** The act of writing down each step out loud will help you remember each step.
 - c. Visualize yourself performing each step of the procedure:** As you read each step out loud, close your eyes and visualize yourself performing that step. The act of visualizing yourself performing the step will help you remember the procedure.
 - d. Practice with a friend:** Once your instructor has taught you the procedure, practice performing the procedure with a classmate or friend. Use the document to guide you, and get comfortable performing each step of the procedure.

Note: You should spend 30-minutes studying each procedure in this course before you practice the skill with your instructor.

The following document outlines your course syllabus. Please use this syllabus as a guide to help you complete the course in a timely manner. You should have both a notebook and this course syllabus available as you move through the activities in this course.

Section 1: Course Orientation

Overview: Section 1 has nine lessons. The following outline displays the lesson title, the approximate time each lesson should take and 1-3 guiding questions to help you check your understanding of the general lesson topics after you have finished the lesson.

Lesson 1: Welcome to the Course

- What is the course structure?
- What kinds of assets are in the course?
- Who are the virtual faculty in the course?

Lesson 2: Your Role

- Why is the role of the nurse aide so important to residents and their families?
- What makes a person a great CNA? Why?
- How will you take notes in this course? What format will you use?

Lesson 3: Issues of Aging

- What do you want for yourself (or a loved one) as you age? Why?
- What kinds of changes (physical, psychological, social) occur as we age? How do these changes affect us?
- What do these changes mean for the role of the CNA and for your patients?

Lesson 4: Communication

- What is Maslow's Hierarchy of Needs? Why is this important for residential nursing care?
- What is HIPPA? Why is this law so important?
- What are some best practices for communicating with residents and their families? Why are these techniques considered best practices?

Lesson 5: Legal and Ethical Responsibilities

- What are the primary legal and ethical responsibilities of a nurse aide?
- What is the Resident's Bill of Rights? Why are these rights so important?
- What is elder abuse?

Lesson 6: The Healthcare Team

- What are some of the most common roles in long-term nursing care?
- How do members of the healthcare team and interdisciplinary team work together to help residents?

Lesson 7: Your Workplace

- What are the purposes and goals of long-term residential nursing care?
- What should you and your colleagues do in an emergency situation? Why?

Lesson 8: Test Preparation

- What is the format of the multiple-choice test for CNA certification?
- How much of the content from Section 1 did you learn?
- What do you still need to study or review?

Lesson 9: The Final Word

- What are your major takeaways from Section 1?

Section 2: Lily Lewis

Overview: Section 2 has nine lessons.

Lesson 1: Admissions

- What goes on during the resident admissions process? Why is a resident's admissions so important? What is the role of the nurse aide during admissions?
- What are delegation guidelines? What is the role of the CNA in following delegation guidelines?
- How do you make an unoccupied bed?

Lesson 2: Vital Signs and the Physical Exam

- What are the four vital signs? What do the four vital signs measure? Why are these measurements important?
- How do you take a resident's temperature, pulse, respiration rate and blood pressure?
- What are normal (and abnormal) ranges for each vital sign? What should a nurse aide do if one or more of a resident's vital signs are in the abnormal range?

Lesson 3: Overview of Injuries, Surgery and the Musculoskeletal System

- What is the musculoskeletal system? What are the signs, symptoms, and treatments for common musculoskeletal disorders?
- What are the essential principles of emergency care? What is the role of the nurse aide in emergency care? What are the "ABC's" of emergency care?

Lesson 4: Wound Care and Infection Control, Part 1

- What are the types of wounds? What are the basic principles for wound care?
- What is an infection? Why is an infection so dangerous? What are the common signs and symptoms of an infection?
- How can CNAs work to prevent infections in long-term residential nursing care? How do health care providers wash their hands?

Lesson 5: Infection Control, Part 2

- How can CNAs work to prevent infections in long-term residential nursing care?
- What is the blood borne pathogen standard? What are the common signs and symptoms of an infection?
- How does a nurse aide put on and take off gloves?

Lesson 6: Positioning, Rehabilitative and Restorative Care

- What is rehabilitative and restorative care? Why is this kind of care important?
- What are the basic principles of positioning a resident in bed? What are the common positions healthcare providers use with residents in bed? How do you position a resident in bed?
- What are range of motion exercises?

Lesson 7: Bed Baths, Transfers and Discharges

- What is a bed bath? Why is a bed bath important?
- What are the basic principles of resident transfers? How do you transfer a resident?
- What happens during a resident's discharge from the facility? What is the nurse aide's role in resident discharge?

Lesson 8: Test Preparation

- How much content from Sections 1 and 2 did you learn?
- What content do you need to review?

Lesson 9: Review of Section 2

- What are your major takeaways from Section 2?

Section 3: Frank Grafton

Overview: Section 3 has ten lessons.

Lesson 1: The Care Plan & Documentation

- What is the nursing process? Why is the nursing process important?
- What are the core principles of reporting and recording information? Why is reporting and recording information so important in long-term residential nursing care?

Lesson 2: Reporting and Recording Subjective and Objective Information

- What is subjective information? What is objective information? Why are subjective and objective information important to health care providers?
- What are the core principles of reporting and recording information? What is the nurse aide's role in reporting and recording information?
- Why is the physical exam important? What happens during the physical exam?

Lesson 3: Respiratory Support

- What is the respiratory system? Why is the respiratory system important?
- What are common disorders of the respiratory system? What is the role of the nurse aide in treating residents with disorders of the respiratory system?
- What is oxygen therapy? What is the role of the nurse aide in supporting oxygen therapy?

Lesson 4: Supporting Cardiovascular Care

- What are the cardiovascular and circulatory systems? What are common disorders of the cardiovascular and circulatory systems?
- What is the role of the CNA in treating residents with disorders of the cardiovascular and circulatory systems?
- How do you apply elastic stockings to a resident?

Lesson 5: Supporting Care for Cancer

- What is cancer? What does cancer do to a person's cells?
- What is the chain of infection? How can a nurse aide break the chain of infection?
- What are the different types of isolation precautions? When do health care providers use isolation precautions?

Lesson 6: Care for a Bedridden Patient

- What are some of the core principles of taking care of a bedridden patient?
- How do nurse aides assist residents with sputum specimens?
- How do nurse aides assist residents with oral hygiene and denture care?
- How do nurse aides assist residents with bedpans, commodes and urinals?

Lesson 7: Hospice and Palliative Care

- What is hospice care? What is palliative care?
- What are the five stages of grief?
- What is the role of the nurse aide in caring for patients on IV therapy and those patients with chest tubes?

Lesson 8: Emergency Care and End of Life

- What is a DNR order and why is it important?
- What is a heart attack? What is the role of the CNA in a medical emergency?
- What is the role of the nurse aide with post-mortem care? How can nurse aides help the family of the resident?

Lesson 9: Test Preparation

- How much content from Sections 1-3 did you learn?
- What content do you need to review?

Lesson 10: Review of Section 3

- What are your major takeaways from Section 3?

Section 4: Helen Franco

Overview: Section 4 has nine lessons.

Lesson 1: Working with Challenging Patients

- What is mental health? What is mental illness?
- What are some common mental health disorders?
- What are some ways you can work with challenging patients?

Lesson 2: Living with HIV

- How can healthcare providers address discrimination in a healthcare facility? How do health care professionals help resolve conflicts in residential facilities?
- What is the immune system? What are HIV and AIDS? How do these diseases affect the immune system? What is the blood borne pathogen standard?
- What is PPE? How do healthcare providers use PPE? Why do healthcare providers use PPE?

Lesson 3: Grooming

- How does a nurse aide assist a resident in bathing? (Tub/Shower)
- How does a nurse aide assist a resident with grooming and hair care?

Lesson 4: The Compromised Immune System

- How does a resident with a weakened immune system feel? Why is having a weakened immune system so dangerous for a resident?
- What are common signs and symptoms of pain?
- How can a nurse aide help care for a resident with a weakened immune system? How can a nurse help care for a resident in pain?

Lesson 5: The Infection Cycle and Facility Based Infection Prevention and Control

- What is the infection cycle? How can nurse aides help break the chain of infection?
- What do the terms: clean, dirty, medical asepsis, and sterile mean?
- How should healthcare providers dispose of sharps? Why?

Lesson 6: Helen's Manic Episode

- How does mental illness impact a resident's behavior and state of mind?
- What are some ways that a nurse aide can work with a resident who has mental illness?

Lesson 7: Restraints and Residents' Rights

- What are restraints? When (and why) do healthcare providers sometimes use restraints?
- What are the dangers of restraints?
- What rights do residents have when they are in restraints? What is the role of the nurse aide in caring for residents in restraints?

Lesson 8: Test Preparation

- How much content from Sections 1-4 did you learn?
- What content do you need to review?

Lesson 9: Review of Section 4

- What are your major takeaways from Section 4?

Section 5: Martha Vance

Overview: Section 5 has ten lessons.

Lesson 1: Introduction to Diabetes and Obesity

- What is the endocrine system? What are some of the most common endocrine system disorders? How do healthcare providers help care for people with endocrine system disorders?
- What is diabetes? What health problems often accompany diabetes?
- What is obesity? What health problems often accompany obesity?

Lesson 2: Digestive System and Blood Glucose Management

- What is the digestive system? What are some common disorders of the digestive system?
- What are hyper- and hypoglycemia? Why is it important to help people with diabetes manage their blood sugar?

Lesson 3: Mealtimes, Special Diets and Nutrition

- What are the basic principles of nutrition? What are the "My Plate" guidelines? Why is good nutrition important for residents?

- What kind of diet does someone with diabetes need in order to stay healthy?
- How does a nurse aide monitor a resident's intake and output? Why is this monitoring intake and output important?
- Why is mealtime important?

Lesson 4: Foot Care, Exercise and Range of Motion

- What should a nurse aide do to help care for residents' feet? How is the foot care of someone with diabetes different from a resident without diabetes? Why?
- Why is exercise important for residents? How can a nurse aide help encourage residents to exercise?
- What are range of motion exercises? Why are these exercises important? How can a nurse aide help residents perform range of motion exercises?

Lesson 5: Working with Residents with Hearing and Visual Impairments

- Why are falls in residential nursing care so dangerous? How can nurse aides prevent falls? How can a nurse aide help a resident who falls?
- What are some core principles of working with residents who have a visual impairment? What should a nurse aide pay close attention to when working with a resident with a visual impairment?
- What are some core principles of working with residents who have a hearing impairment? What should a nurse aide pay close attention to when working with a resident with a hearing impairment?
- How can nurse aides prevent accidents before they occur?

Lesson 6: Pressure Ulcers

- What are pressure ulcers (or pressure injuries or decubitus ulcers?) How do pressure ulcers form? Where do pressure ulcers form?
- What can nurse aides do to prevent pressure ulcers?
- How do healthcare providers care for pressure ulcers once these injuries occur?

Lesson 7: Morning, Afternoon and Night

- What are AM, PM and evening care? What role does the nurse aide play in AM, PM and evening care?
- What are mechanical lifts? When do CNAs use these lifts? What role does the nurse aide play in operating a mechanical lift?
- What is the difference between chronic and acute illness?

Lesson 8: Revisiting the Care Plan

- What is "shingles"? Why is this condition dangerous? How can a nurse aide help care for a resident with shingles?
- What role does a nurse aide play in helping a resident meet the goals on his or her care plan?

Lesson 9: Test Preparation

- How much content from Sections 1-5 did you learn?
- What content do you need to review?

Lesson 10: Review of Section 5

- What are your major takeaways from Section 5?

Section 6: Timothy Lerner

Overview: Section 6 has nine lessons.

Lesson 1: Assisted Living and Resident Sexuality

- What is assisted living? How is it different from long-term residential nursing care?
- What rights do residents have in expressing their sexuality? What is the role of the nurse aide in helping residents express their sexuality?

Lesson 2: Timothy's Stroke and Change in Condition

- What is the nervous system? What are some common disorders of the nervous system? What is the role of the nurse aide in helping to care for residents with nervous system disorders?
- What is the nurse aide's role in the admissions process?

Lesson 3: Working with a Depressed Patient

- What is depression? How does a depressed person act? What role can the nurse aide play in caring for residents who are depressed?
- How does a nurse aide make an occupied bed?

Lesson 4: ADL: Toileting, Bathing and Catheter Care

- Why is toileting, urination and bowel elimination so important?
- What kinds of equipment do health care providers use to aid residents in toileting, urination and bowel elimination?
- What is the role of the nurse aide in supporting residents/ urination and bowel elimination?

Lesson 5: ADL: Skin and Nail Care

- How is the skin of older adults different from the skin of younger adults? How can a nurse aide help care for the skin of residents?
- How are the nails of older adults different from the nails of younger adults? How can a nurse aide help care for the nails of residents?
- Why are backrubs helpful for residents? How can a nurse aide give a resident a back rub?

Lesson 6: Mealtimes

- Why are mealtimes important?
- What is the role of the nurse aide during mealtimes?
- How does a nurse aide serve meal trays and feed residents who cannot feed themselves?
- How does a nurse aide prevent aspiration? How does a nurse aide preform the Heimlich maneuver?

Lesson 7: Rehabilitative and Restorative Care

- What is rehabilitative and restorative care?
- How does a nurse aide help a resident get dressed and undressed?
- How does a nurse aide support ambulation with a gait belt?
- What are some best practices for cross-cultural communication?

Lesson 8: Test Preparation

- How much content from Sections 1-6 did you learn?
- What content do you need to review?

Lesson 9: Review of Section 6 (Approximate time: 8 minutes)

- What are your major takeaways from Section 6?

Section 7: Stuart Boone

Overview: Section 7 has ten lessons.

Lesson 1: Introduction to Dementia and Alzheimer’s Disease

- What is dementia? What is Alzheimer’s disease? How are these conditions similar? How are these conditions different?
- How can a nurse aide help care for a resident with mild Alzheimer’s disease?

Lesson 2: Care for Moderate Alzheimer’s Disease, Part 1

- What are the characteristics of moderate Alzheimer’s disease?
- What is wandering? Why is wandering dangerous for residents with Alzheimer’s disease?
- How can a nurse aide communicate with a resident who has moderate Alzheimer’s disease?

Lesson 3: Care for Moderate Alzheimer’s Disease, Part 2

- What is sexual aggression?
- What should a nurse aide do if a resident becomes sexually aggressive?

Lesson 4: Care for Moderate Alzheimer’s Disease, Part 3

- What are best practices for nurse aides when working with residents who have moderate Alzheimer’s disease? What are some best practices for communicating with residents who have moderate Alzheimer’s disease?

Lesson 5: Care for Severe Alzheimer’s Disease, Part 1

- What are the characteristics of severe Alzheimer’s disease?
- What is Sundowning (or Sundowner’s syndrome?) How should a nurse aide work with a resident who is Sundowning? Why?
- What are best practices for using restraints with residents? Why are these practices considered best practices?
- How should a nurse aide reposition a person in a chair? Why?

Lesson 6: Care for Severe Alzheimer’s Disease, Part 2

- What are some best practices for caring for an unresponsive patient? How should a nurse aide care for an unresponsive patient? Why?
- What are feeding tubes? What is the nurse aide’s role in caring for residents with feeding tubes?
- Why are range of motion exercises important for unresponsive patients?

Lesson 7: Additional Care Measures for the Bladder and the Bowels

- Why is bowel elimination so important? How can nurse aides help care for residents’ bowel elimination needs? What can happen if a resident does not regularly empty his or her bowels?
- How can nurse aides help residents who are incontinent? What is a bowel or bladder training program? What is the role of the nurse aide in supporting a bowel or bladder training program?

Lesson 8: Death

- What are the signs and symptoms of death?
- What are the five stages of grief? What does grief look like for residents and families?
- What is the nurse aide's role in helping residents and their families manage death and dying?

Lesson 9: Test Preparation

- How much content from Sections 1-7 did you learn?
- What content do you need to review?

Lesson 10: Review of Section 7

- What are your major takeaways from Section 7?

Section 8: Michelle Gilmore

Overview: Section 8 has eight lessons.

Lesson 1: Introduction to Developmental Disabilities

- What are “developmental disabilities”? What are some of the most common developmental disabilities? How should a nurse aide help care for a resident with a developmental disability?
- What are best practices that health care providers use to promote rest and sleep?

Lesson 2: The Urinary System

- What is the urinary system? What are some common urinary system disorders? What is the role of the nurse aide in caring for residents with disorders of the urinary system?
- How does a nurse aide measure and record urinary output? How does a nurse aide collect urine specimens? How does a nurse aide empty a urinary drainage bag?
- What are diarrhea and bacterial infections? How can a nurse aide help prevent these conditions?
- How does a nurse aide double bag infectious waste?

Lesson 3: Dialysis

- What is kidney disease? What is dialysis? What is the role of the nurse aide in caring for a resident on dialysis?

Lesson 4: Suspected Abuse

- What are the definitions of neglect and abuse?
- What should a nurse aide do if he or she suspects neglect or abuse?

Lesson 5: Reporting Abuse

- What happens if there is a report of neglect or abuse in a health care setting?
- Who is the Ombudsman? What role does this person play?
- What are the legal requirements in terms of reporting suspected neglect and /or abuse?
- What are the consequences if a nurse aide is found to have neglected or abused a resident?

Lesson 6: Test Preparation, Part 1

- How much content from Sections 1-8 did you learn?
- What content do you need to review?

Lesson 7: Test Preparation, Part 2

- How much content from Sections 1-8 did you learn?
- What content do you need to review?

Lesson 8: Review of Section 8

- What are your major takeaways from Section 8?

Section 9: Beth Grafton

Overview: Section 9 has two lessons.

Lesson 1: Introduction to the Reproductive System

- What is the reproductive system? What are common diseases/disorders of the reproductive system? Why are STDs common in residential nursing care facilities?
- Why do many older men have an enlarged prostate? What happens to older men who have an enlarged prostate? Why?

Lesson 2: Shift Change, Wound Care, and Infection Control

- How can a nurse aide spot a resident who is in pain? How can a nurse aide help a resident who is in pain?
- What are best practices for conducting smooth and effective shift changes in healthcare?
- What are the different types of wounds?
- What are the signs and symptoms of an infection?

Section 10: Test Preparation

Overview: Section 10 has three lessons.

Lesson 1: Welcome to Section 10

- What is the purpose of Section 10 of this course?
- How will you prepare for the CNA exam?
- What should you bring with you on the day of the test?

Lesson 2: Practice Test 10A

- Which test-taking strategies have been most helpful for you? Which test taking strategies will you use when you take the exam? Why?
- What areas of the course content do you still need to study? How will you study this course content?

Lesson 3: Preparing for “Clinicals”

- How will you prepare for the skills portion of your CNA exam? Who can help you prepare for the skills portion of the CNA exam?
- What final questions do you have about the nurse aide certification exam?

Appendix

Sample Skills Training Schedule

Bold with asterisk* = Required state skill
Bold with double asterisk = Includes two required state skills**

Skills Practice Session #1:

- Making an Unoccupied Bed – Introduced in Section 2, Lesson 1
- Using an Electronic Thermometer to Measure a Person's Temperature—Introduced in Section 2, Lesson 2
- **Measuring a Person's Radial Pulse* – Introduced in Section 2, Lesson 2**
- **Measuring a Person's Respirations*— Introduced in Section 2, Lesson 2**
- Measuring a Person's Blood Pressure— Introduced in Section 2, Lesson 2
- **Hand Washing* – Introduced in Section 2, Lesson 4**
- Moving a Person to the Side of the Bed (One Nurse Assistant) – Introduced in Section 2, Lesson 6
- Moving a Person to the Side of the Bed (Two Nurse Assistants) – Introduced in Section 2, Lesson 6
- Moving a Person Up in Bed (One Nurse Assistant) – Introduced in Section 2, Lesson 6
- Moving a Person Up in Bed Using a Draw Sheet (Two Nurse Assistants— Introduced in Section 2, Lesson 6
- Moving a Person Up in Bed Using a Draw Sheet (One Nurse Assistant)— Introduced in Section 2, Lesson 6
- Lifting a Person's Head and Shoulders Off the Bed – Introduced in Section 2, Lesson 6
- **Turning a Person onto Their Side* – Introduced in Section 2, Lesson 6**
- **Transferring a Person from the Bed to a Chair (One or Two Nursing Assistants)* – Introduced in Section 2, Lesson 7**
- Transferring a Person from the Chair to a Bed (One or Two Nursing Assistants) – Introduced in Section 2, Lesson 7
- **Helping a Person to Walk* – Introduced in Section 2, Lesson 7**

Skills Practice Session #2:

- **Helping a Person with a Complete Bed Bath (Partial Bed Bath)* – Introduced in Section 2, Lesson 7**
- **Measuring a Person's Weight and Height Using an Upright Scale* – Introduced in Section 3, Lesson 2**
- **Helping a Person to Put on Compression Stockings* – Introduced in Section 3, Lesson 4**
- **Using Personal Protective Equipment (PPE) - Gown, Mask, Eyewear, Gloves* – Introduced in Section 3, Lesson 5**
- **Brushing and Flossing a Person's Teeth* – Introduced in Section 3, Lesson 6**
- Providing Mouth Care for the Unconscious Person – Introduced in Section 3, Lesson 6
- **Providing Denture Care* – Introduced in Section 3, Lesson 6**
- **Helping a Person to Use a Bedpan* – Introduced in Section 3, Lesson 6**

Skills Practice Session #3:

- Shampooing a Person's Hair in Bed – Introduced in Section 4, Lesson 3
- Helping a Man to Shave – Introduced in Section 4, Lesson 3
- **Helping a Person to Eat*** – Introduced in Section 5, Lesson 3
- **Helping a Person with Passive Range-of-Motion Exercises**** – Introduced in Section 5, Lesson 4
- **Providing Foot Care*** - Introduced in Section 5, Lesson 4
- Making an Occupied Bed – Introduced in Section 6, Lesson 3
- **Providing Perineal Care***– Introduced in Section 6, Lesson 4
- **Providing Catheter Care*** – Introduced in Section 6, Lesson 4
- Helping a Man to Use a Urinal – Introduced in Section 6, Lesson 4

Skills Practice Session #4

- Giving a Backrub – Introduced in Section 6, Lesson 5
- Providing Hand and Nail Care – Introduced in Section 6, Lesson 5
- Helping a Person to Eat – Introduced in Section 6, Lesson 6
- Caring for an Adult Who is Choking – Introduced in 6.6
- **Helping a Person to Change Clothes***– Introduced in Section 6, Lesson 7
- **Measuring Urine Output***– Introduced in Section 8, Lesson 2

With any Additional Time:

Use this time to give students the chance to practice their skills that they are unsure of and to answer any final questions on the course.