

# Certified Nurse Aide 1

Healthcare Fundamentals



**OKLAHOMA**  
**CareerTech**

# Note to the Instructor

- > This presentation was originally created in 2010. The content is included here unchanged.
- > Please review this content and update it as appropriate prior to use.



# The Healthcare Industry

## > Healthcare settings

- Hospital: provides care for major illnesses and injuries, may be specialized
- Doctor's office or clinic: provides care for minor acute illnesses, maintenance care, preventive care
- Rehabilitation/convalescent care facility: provides care for people who are recovering from illness or injury but do not need hospital, may be called "sub acute care"

# The Healthcare Industry

## > Healthcare settings

- Long term care facility: provides care for people who cannot care for themselves due to chronic illness, injury, old age; may be called “nursing home”
- Home health agency: provides the same type of care you might receive in a long term care facility, but care is provided in the patient’s home
- Hospice: provides care for people who are dying

# The Healthcare Industry

## > Healthcare settings

- Most CNAs work in long term care facilities
- Because the people who are being cared for live in the facility, they are called “residents”

# Types of Teams in the Workplace

## Team Members

- Resident's family
- Physician
- Nursing staff (RNs, LPNs, CNAs)
- Physical therapist
- Occupational therapist
- Speech therapist
- Respiratory therapist
- Social worker
- Dietician
- Facility administrator
- Activity coordinator
- Resident advocate (ombudsman)
- Spiritual counselor
- Other medical professionals
- Maintenance and housekeeping



# Functioning as a Member of the Healthcare Team

- > Everyone on the healthcare team is important
- > The resident relies on the team for everything
- > Each resident has a care plan that outlines what they need from the team members
- > CNA may be asked to help plan the resident's care
- > CNA functions as the eyes, ears, and hands of the healthcare team

# Functioning as a Member of the Healthcare Team

- > Observe the resident, inform the nurse of changes, communicate with the resident and family, and provide hands-on care
- > Daily care
  - Bathing, grooming, and dressing
  - Eating
  - Elimination
  - Transferring and ambulating
  - Communication



# Functioning as a Member of the Healthcare Team

## Resident comfort

- > Help create a home-like environment
- > Communicate with the resident and family
- > Give emotional support
- > Gain the resident's trust

## Resident safety

- Use proper infection control techniques
- Maintain a clean, safe environment
- Perform all procedures correctly
- Observe the resident for changes in condition and report to the nurse
- Accurately measure vital signs, weight, and intake/output
- Assist the nurse during procedures if needed)



# Exhibit Professional Work Habits

> Professional behavior means:

- Follow legal and ethical behavior
- Maintain your certification
- Adhere to your job description
- Present a positive, professional image

# Exhibit Professional Work Habits

>To maintain CNA certification, you must:

- Take two hours of in-service training every month
- Work as a CNA for at least one eight-hour shift every 24 months
- Have a performance review at least once every 12 months, and have the opportunity to get training on areas that need improvement
- Avoid verified complaints or allegations (can lose your certification in all 50 states)

# Exhibit Professional Work Habits

- > Your job description lists the tasks you are expected to perform
- > Never do something that was not covered in your training and is not listed in your job description
- > A professional image is very important – not only your outer appearance, but your inner well-being



# Exhibit Professional Work Habits

## > Use proper hygiene

- Bathe daily
- Brush your teeth regularly
- Use deodorant every day
- Avoid strongly-scented lotions and perfumes
- Keep fingernails clean and free of chipped polish

# Exhibit Professional Work Habits

## > Dress appropriately

- Wear a uniform or follow your facility's dress code
- Clothing and shoes should be clean and fit properly
- Make sure you don't show too much skin when you lean over and your underwear is not visible
- Wear your ID every day
- Keep hair, makeup, and jewelry simple
- Follow your facility's rules about jewelry, tattoos, and fingernails

# Exhibit Professional Work Habits

## > Act appropriately

- Show respect to residents, their families, and other team members
- Do not use rough language or joke about residents
- Always act as if the residents' families and your supervisor can hear everything you say

# Exhibit Professional Work Habits

## > Inner well-being

- Take care of yourself physically
- You cannot meet anyone else's needs if you are not meeting your own
- Take care of your emotions; being a CNA can be emotionally demanding
- It's good to talk to someone, but do not discuss residents with your friends or family
- Take pride in what you do; your job is important





# Human Anatomy and Physiology

- > All living things are made of cells
- > Cells are microscopic structural units that group together to form tissues
- > Tissues combine to perform a certain function and form organs
- > Organs are combined into body systems

# Human Anatomy and Physiology

## > Integumentary system protects the body

- Skin is the largest organ in the body, the first line of defense against infection, prevents germs from entering the body
- Hair protects the skin and other organs
- Fingernails and toenails protect the tips of the fingers and toes
- Oil glands help the skin stay moist and smooth
- Sweat glands help keep the body cool

# Human Anatomy and Physiology

- > Musculoskeletal system provides structure
  - Bones provide a frame for the body
  - Joints connect bones and allow for movement
  - Muscles make movement possible by contracting and relaxing
  - Ligaments connect bones to other bones and provide support for joints
  - Tendons connect muscle to bones
  - Cartilage provides a cushion for joints

# Human Anatomy and Physiology

- > Nervous system is the body's means of communication
  - Brain sends and receives messages and interprets the messages it receives
  - Spinal cord carries messages between the brain and the nerves
  - Nerves transmit messages between the brain and other parts of the body

# Human Anatomy and Physiology

## > Endocrine system regulates bodily functions

- Pituitary gland makes hormones that control many other glands
- Thyroid controls the way the body uses food and affects growth and development
- Adrenal glands affect the metabolism, body's reaction to stress, immune system
- Pancreas produces insulin and glucagon to keep the body supplied with fuel

# Human Anatomy and Physiology

> Reproductive system allows us to have children

- Male

- ✓ Testes produce testosterone
- ✓ Scrotum contains the testes
- ✓ Prostate produces semen which mixes with sperm
- ✓ Penis is used to urinate and ejaculate

# Human Anatomy and Physiology

> Reproductive system allows us to have children

- Female

- ✓ Ovaries produce estrogen, progesterone, and ova
- ✓ Fallopian tubes carry ova from the ovaries to the uterus
- ✓ Uterus is a muscular sac where fertilized ova can develop into a fetus
- ✓ Vagina is the canal that leads from the uterus to the outside of the body
- ✓ Breasts produce milk for infants

# Human Anatomy and Physiology

## > Urinary system removes waste products

- Kidneys filter waste products from blood and produce urine
- Ureters carry urine from the kidneys to the bladder
- Urinary bladder stores urine
- Urethra carries urine from the bladder to the outside of the body



# Human Anatomy and Physiology

> Gastrointestinal system takes in food, processes food, and gets rid of waste

- Mouth takes in food and mixes it with saliva
- Esophagus connects the mouth to the stomach
- Stomach contains the food and fluids where they are mixed with digestive juices and sent to the small intestine
- Small intestine absorbs nutrients and moves food to the large intestine

# Human Anatomy and Physiology

> Gastrointestinal system takes in food, processes food, and gets rid of waste

- Large intestine absorbs water
- Rectum temporarily stores waste
- Anus is an opening where waste is expelled
- Liver produces bile which helps break down food
- Gall bladder stores bile and sends it to the small intestine when needed

# Human Anatomy and Physiology

- > Circulatory system delivers oxygen and fuel
  - Heart pumps blood through the body
  - Blood is a fluid that carries oxygen and fuel to all cells and carries away waste products
  - Blood vessels are tubes that transport blood

# Human Anatomy and Physiology

- > Respiratory system provides oxygen to the body
  - Mouth and nose take in air
  - Trachea connects the mouth and nose to the lungs
  - Lungs move oxygen from the air into the blood so it can be distributed throughout the body, and expel carbon dioxide



# Questions?

