

Curriculum Content for Certified Nursing Assistant (CNA) 2 Restorative Care Training Programs

Policy Summary, Statement of Purpose and Intent

This policy provides standards and guidance for developing and implementing a CNA 2-Restorative Care Training Program. The core curriculum content is the foundation of every level 2 nursing assistant training program. A program will submit to the Board the core curriculum and the curriculum content for the CNA 2–Restorative Care Training for approval.

CNA 2 training is available to a CNA 1 to prepare for a role in one or more of the Board-approved category areas. A CNA 2 training program will include a Board-approved standardized curriculum and competency evaluation. A CNA 2-Restorative Care Training Program shall consist of knowledge, skills, and abilities at a greater depth than a level 1 training program.

It is understood that a CNA 2-Restorative Care will: (1) hold a current, unencumbered Oregon CNA 1 certificate; (2) be listed by name on the CNA Registry; and (3) assist licensed nursing personnel in the provision of nursing care. A CNA 2-Restorative Care must be regularly supervised by a licensed nurse and all skills and tasks are to be performed at the direction of the licensed nurse. The CNA 2-Restorative Care will be able to provide opportunities for optimal client independence and support behaviors that promote positive healing. A CNA 2-Restorative Care will be able to demonstrate to peers the correct methods and model behavior needed to address client care needs on an individualized basis.

It shall be the policy of the Oregon State Board of Nursing that all approved CNA 2-Restorative Care Training Programs shall provide the core curriculum content in addition to the following curriculum content and competency evaluation (Each content area has been awarded a relative evaluation weight.).

Curriculum

At least 16 hours of classroom/lab and 16 hours of clinical instruction that incorporates throughout the training, the concepts of safety and preventing complications, communicating client responses to the nurse, and documenting/recording outcomes of client care:

I. Domain: Activities of Daily Living (ADL)

- (A) Outcomes and clinical competencies. By the end of the course, the CNA 2-Restorative Care will be able to:
 - (1) Reinforce client performance of ADL functional steps, giving attention to optimal client independence;
 - (2) Communicate to the nurse needed care plan changes; and
 - (3) Demonstrate proficient use of adaptive/assistive and therapeutic devices to achieve optimal independence in performing ADLs.
- (B) Evaluation (Weight: 30%):
 - (1) Knowledge post-test; and
 - (2) Return demonstration on new skills including using communication to encourage optimal independence of client.
- (C) Curriculum Content:
 - (1) Task segmentation;
 - (2) Promoting and maintaining optimal independence and function by teaching students about:
 - (a) Reinforcement vs. teaching;
 - (b) Motivational techniques;
 - (c) Positive reinforcement vs. negative reinforcement;

- (d) Stressing ability vs. disability;
 - (e) Providing structured environment;
 - (f) Teaching task segmentation by breaking down tasks into small, doable steps; and
- (3) Use of adaptive, assistive and therapeutic equipment to promote and maintain optimal independence and function:
- (a) Abductor wedges;
 - (b) Arm troughs;
 - (c) Built up eating utensils;
 - (d) Electric toothbrush;
 - (e) Half tray;
 - (f) Hand rolls;
 - (g) Long handled bath sponge;
 - (h) Long handled brush and comb;
 - (i) Long handled shoehorn;
 - (j) Nosey cups;
 - (k) Plate guard;
 - (l) Plates with lips;
 - (m) Sock aids;
 - (n) Toilet paper holder; and
 - (o) Raised toilet seats.

II. Domain: Promoting Nutrition and Hydration

- (A) Outcomes and clinical competencies. By the end of the course, the CNA 2-Restorative Care will be able to:
- (1) Discuss nutrition, physiology, and complications associated with eating.
 - (2) Demonstrate proficiency in techniques and skills associated with eating.
- (B) Evaluation (Weight: 15%):
- (1) Knowledge post-test; and
 - (2) Return demonstration on new skills.
- (C) Curriculum Content:
- (1) Anatomy and physiology;
 - (2) Swallowing problems;
 - (3) Adaptive equipment;
 - (4) Behavioral challenges, i.e., spitting, clamping jaw, etc;
 - (5) Jaw support;
 - (6) Musculoskeletal ability of client;
 - (7) Implications for/importance of therapeutic positioning;
 - (8) Textural requirements of client.

III. Domain: Promoting Mobility

- (A) Outcomes and clinical competencies. By the end of the course, the CNA 2-Restorative Care will be able to:
- (1) Adapt range of motion for specific conditions;
 - (2) Perform range of motion safely for clients with complex medical problems as specified in care plan, i.e., fragile skin, at risk for pathological fractures, spascity, contractures;
 - (3) Demonstrate proficiency in the use of adaptive/assistive and therapeutic devices to achieve optimal independence in mobility;
 - (4) Demonstrate proficiency in therapeutic exercise; and
 - (5) Identify, take steps to correct, and communicate positioning issues utilizing restorative knowledge base.
- (B) Evaluation (Weight: 30%):

- (1) Knowledge post-test; and
- (2) Return competency demonstration in the lab setting on new skills.
- (C) Curriculum Content:
 - (1) Musculoskeletal functions;
 - (2) Risk factors and complications of immobility related to impaired function;
 - (3) Methods of patterning or modeling behavior to peers; and
 - (4) Skills:
 - (a) Range of motion on clients with complex medical problems: fragile skin, at risk for pathological fractures, spasticity, contractures;
 - (b) Assisting patients in and out of Continuous Passive Motion machine;
 - (c) Therapeutic positioning in a variety of situations and client conditions including but not limited to bridging and proning; and
 - (d) Use of adaptive, assistive and therapeutic equipment:
 - (i) Ankle and foot orthotics;
 - (ii) Braces;
 - (iii) Established traction equipment: remove and re-apply;
 - (iv) Foot lifter;
 - (v) Splints.

IV. Domain: Promoting Functional Abilities

- (A) Outcomes and clinical competencies. By the end of the course, the CNA 2-Restorative Care will be able to:
 - (1) Apply knowledge of common disease processes and conditions that affect body system functions and the client's functional ability to succeed in restorative care: Cardiovascular conditions, degenerative diseases, mental health, neurological conditions, orthopedic conditions, respiratory diseases, and trauma.
 - (2) Demonstrate proficiency in skills related to common disease processes and conditions that affect body system functions and the functional ability of client.
- (B) Evaluation (Weight: 15%):
 - (1) Knowledge post-test; and
 - (2) Return demonstration on new skills by demonstrating ability to apply knowledge of common disease processes that affect the functional ability of client in restorative care as evidenced by observation of at least five client encounters in the clinical setting.
- (C) Curriculum Content. Manifestations of common disease processes and conditions that affect body system functions and functional ability of client including but not limited to:
 - (1) Balance;
 - (2) Contractures;
 - (3) Neuropathy;
 - (4) Sensory and perceptual deficits;
 - (5) Shortness of breath;
 - (6) Spasticity;
 - (7) Paralysis; and
 - (8) Range of motion.

V. Domain: Documentation

- (A) Outcomes and clinical competencies. By the end of the course, the CNA 2-Restorative Care will be able to:
 - (1) Provide one example of charting with appropriate descriptive language and abbreviations; and
 - (2) Provide charting which is in conformity with charting do's and don'ts; and
 - (3) Demonstrate ability to chart in exception based charting and computer charting system; and

- (4) Use terms and abbreviations accurately and appropriately to describe patient/residents, procedures, and other aspects of restorative care.
- (B) Evaluation (Weight: 10%):
 - (1) Knowledge post-test; and
 - (2) Return demonstration on new skills.
- (C) Curriculum Content:
 - (1) Minimum Data Set (MDS)—Read and understand; and
 - (2) Reporting and recording of care.