

## SAMPLE DAILY NURSE ASSISTANT TRAINING PROGRAM SCHEDULE

**CLINICAL SITE:** ABC Skilled Nursing Facility

**LUNCH 11:00AM – 11:30AM**  
**THEORY HOURS: 7:00 AM – 3:30PM – ½ HR. LUNCH**  
**CLINICAL HOURS: 7:00AM – 3:30PM – ½ HR. LUNCH**

DAY 1 (DATE)	DAY 2 (DATE)	DAY 3 (DATE)	DAY 4 (DATE)	DAY 5 (DATE)
<p>THEORY: 7:00AM – 3:30PM</p> <p>Time: 7:00 – 9:00 AM (2 hrs)  <u>Module (1)</u> Introduction            (A)(B)(C)(D)(E) – Components of the modules per CDPH 276C</p> <p>Time: 9:00 – 11:00 AM (2 hrs)  <u>Module (2)</u> Resident Rights (A)(B)(C)</p> <p>Time: 11:30 AM – 1:30 PM (2 hrs)  <u>Module (3)</u>            (A)(B)(C)(D)(E)</p> <p>Time: 1:30 PM – 3:30 PM (2 hrs)  <u>Module (5)</u>            (A)(B)(C)(D)</p> <p>THEORY 8 HOURS</p>	<p>THEORY: 7:00AM – 3:30PM</p> <p>Time: 7:00 – 9:00 AM (2 hrs)  <u>Module (6)</u>            (A)(B)(C)            Time: 9:00 – 11:00 AM (2 hrs)  <u>Module (12)</u>            (A)(B)(C)</p> <p>Time: 11:30 AM – 12:30 PM (1 hr)  <u>Module (4)</u>            (A)(B)(C)(D)(E)</p> <p>Time: 12:30 PM – 2:30 PM (2 hrs)  <u>Module (14)</u>            (A)(B)(C)(D)(E)(F)(G)</p> <p>Time: 2:30 – 3:30 (1 hr)  <u>Module (15)</u>            (A)(C)</p> <p>End of 2<sup>nd</sup> day meets the federal requirement that prescribed topics (see CDPH276C) are taught prior to clinical and the topics meet a total of 16 hours.</p> <p>THEORY 8 HOURS</p>	<p>LAB SKILL PRACTICE regarding Theory Day 1 and Day 2 Curriculum            Time: 7:00 AM – 3:30 PM</p> <p>Hand Washing, proper linen handling, gloving, gowning, applying mask, doubling bagging.</p> <p>Demonstrates fire-disaster procedures. Handles oxygen safely. Uses of fire extinguishers. Demonstrates Heimlich maneuver on conscious and unconscious resident.</p> <p>Transfer/positioning techniques in bed and use of life sheet.</p> <p>Assisting resident from bed to chair, chair to bed. Use of gait belt. Feeding assistance.</p> <p>LAB 8 HOURS (LAB hours do NOT count toward theory or clinical hours)</p>	<p>CLINICAL: 7:00AM – 3:30PM            Skills as listed on CDPH276A</p> <p><u>Module (2)</u> Res. Rights &amp; Tour of the Facility (2 hrs)</p> <p>*Knocks on door before entering.            *Pulls privacy curtains during personal care.            *Keeps resident's records confidential.            *Treats residents with dignity &amp; respect.            *Encourages residents to make choices.            *Explains procedure to resident.</p> <p><u>Module (6):</u> Asepsis (1 hr)            *Hand washing            *Proper handling of linen            *Universal precaution (gloving, gowning, masking, double bagging).</p> <p><u>Module (14)</u> Rehab (3 hrs)            *Range of motion.            *Assist with ambulation gait belt, walker, cane.            *Rehab devices.</p> <p><u>Module (4):</u> Catastrophe (2 hrs)            *Postural Supports            *Soft wrist/ankle-safety devices.            *Call light positioning.            *Fire/disaster procedures            *Handle O2 safely            *Fire extinguisher use.</p> <p>CLINICAL 8 HOURS</p>	<p>CLINICAL: 7:00AM – 3:30PM</p> <p><u>Module (4/12):</u> Emergency Procedures (1 hr)            *Choking precautions.            *Heimlich maneuver for the conscious. &amp; unconscious resident.</p> <p><u>Module (5):</u> Body Mech. (4 hrs)            * Use of gait belt.            *Helping helpless resident to head of bed with two assistants.            *Turning and position resident (supine, side-lying, use of lift sheet).            *Transfer from bed to chair/wheelchair.            *Transfer from chair to bed            *Mechanical lift.</p> <p><u>Module (11):</u> Nutrition (3 hrs)            *Feeding the helpless resident.            *Assisting the resident who can feed self.            *Verifying resident has been given correct diet tray.            *Use of feeding assistance devices.</p> <p>CLINICAL 8 HOURS</p>

SAMPLE- A completed schedule for the entire program must be submitted. Ensure that the minimum number of theory hours and clinical hours are met for each topic. Prior to any direct patient contact, a total of sixteen (16) hours of federal training shall be provided in prescribed topics (see CDPH 276C). This requirement is met if all theory components of the following modules are taught prior to clinical training. Modules 1,2,3,4,5,6,12,14; and one additional hour from either 8E, 8H, 15A, 15C, 16C. This form is available at this website: [www.cdph.ca.gov](http://www.cdph.ca.gov)