Evergreen Valley College
Nurse Assistant/ Home Health Aide Training:
An Introduction

Instructor: Elaine A. Kafle, Ph.D., MS, RN
Overview

- Course is an introduction to nursing skills and care at the nurse assistant level
- We also have a home health aide (HHA) component that follows (40 hours of training)
- Curriculum: Focus is on long-term care/seniors
- Bonus: We usually have grant funding each year

(photo source: Flicker)
Goal after successful ("C" or better) completion of course: passing the state certification exam and getting a job as a CNA!

Requirements commitment to do the readings, study, and be attentive!

After the initial apprehension in clinical for some people, it should be FUN! I believe learning should be fun!

Course is also a great foundation if you are considering going into nursing
Requirements

- High school diploma or GED
- VALID social security number or Tax ID under the Dream Act
- Background check (expungement papers for any prior cleared convictions are required)
- Once enrolled: Health clearance: physical exam, TB clearance, flu shot. In addition, Covid testing (frequency to be determined based on facility guidelines) and Covid vaccination
- Must be able to communicate clearly in English
Also required

- Students are not allowed to have fake/long nails, nail polish other than clear or very light colors, unnatural hair coloring (blue, pink, purple, green, etc.), visible tattoos, facial jewelry at clinical

- Supplies: watch with a second hand, black ink pen, clipboard for skills checklist

- Highly recommended: Access to internet (required for any online learning classes)

- Optional: A printer for printing PowerPoint slides/notes
Attendance: Typical Semester Schedule

- Class attendance is required in order to meet state regulatory requirements
- Please arrange your appointments outside of class time
- Typical schedule: First 3 weeks- lecture TW for approx. 4 hrs. Thereafter, lecture every Tues.
- Week 4: Mandatory skills lab for 4 hrs. on Weds or Thurs
- Week 5 & onward: begin clinical: approx. 16 hrs. every other week, plus 2-3 additional days for home health
- Class is 60 hrs. lecture and 100 hrs. clinical for CNA training; 20 hrs. lecture and 20 hrs. clinical for HHA training
What does a CNA do?

- Assisting with hygiene & grooming (dressing, bathing, showering, oral care, nail care, feeding, etc.)
- Toileting and changing of incontinent undergarments
- Taking vital signs
- Bedmaking
- Assisting with ambulation, positioning, transferring
- Effective communication with clients, family members, health care team
Employment and Salary

CNAs work in:

- Long-term care facilities
- Assisted living centers
- The home setting as home health aides
- The hospital (sometimes called “Patient Care Technicians”)
- From Salary.com: The median salary for CNAs in San Jose is $38,852/year ($18,68/hour) with a range from $32,102 to $48,023 (information as of 8/2020)
State Certification Exam

Consists of a written exam and skills evaluation

Location and dates for certification exam: You have an option of different sites for testing. The instructor arranges testing based on your preference and on dates available.

Non-refundable fee of $100 (covered by grant ☺)

We have excellent pass rates ☺
Evergreen is going green!

- Almost everything (PowerPoints, syllabus, policies, etc.) can be obtained from “Canvas.”
- Go to Canvas to create an account. Follow the login instructions.
Clinical Affiliations

- Lincoln Glen Manor: 2671 Plummer Avenue, San Jose, CA 95125  **Use the following address to MapQuest the location:** 2700 Booksin Avenue (this will take you to the correct parking lot)
- You should see a sign right at the parking lot entrance that says, “Lincoln Glen Skilled Nursing”
- Park in the back rows
- OR The Redwoods Post-Acute: 1267 Meridian Ave, San Jose, CA 95125  **(Parking is on nearby residential or medical office building side-streets)**
Expected Expenses

- Health exam/2-step TB skin test: You may see your own healthcare provider or call the Student Health Center at 408-270-6480 to schedule your physical exam/TB skin testing.
  - Physical exam: $25, cash only - complete the Medical History Review form prior
  - TB skin tests: $7, cash only - need to complete the TB pre-screening prior. Typically done on MONDAYS, read on WEDNESDAYS
- Chest X-ray, only if indicated: ~$50 at Just Xrays
- Required forms will be available during the mandatory orientation/fingerprinting
Expected Expenses (covered by Grant)

- Uniform: approx. $45 plus tax for top & bottom (more for tall/plus sizes)
- Uniform sleeve patch - included as part of uniform
- Textbook: Hartman’s Nursing Assistant Care: Long-term & Home Care, latest edition. Approx. $50
Expected Expenses- covered by Grant (except clinical party)

- CPR for Healthcare Provider- approx. $75
- Certification Exam fee: $100
- End-of-Semester clinical gift to thank the clinical site for hosting us: Section 201 and Section 202 group will each decide. Potluck? Plant per station? Chocolates per station? Etc.
Questions? Email Elaine.Kafle@evc.edu