

Nevada State Board of Nursing

CNA Skills Guidelines

The following list of skills is to be used as a guideline for CNA scope of practice. CNA skills must be performed under the direction and supervision of a licensed nurse. Limitations to the CNA scope of practice may be placed by the employing agency/facility.

The Role and Responsibility of the Nursing Assistant

- Demonstrates the role and responsibility of a nursing assistant
- Participates as a health team member
- Maintains active certification
- Demonstrates ethical behavior
- Demonstrates professional boundaries
- Practices within CNA scope of practice
- Describes HIPAA
- Describes risks of social media
- Describes signs of patient abuse and neglect, prevention and reporting
- Reports abnormal findings to a licensed nurse
- Inventories personal belongings per facility policy

Communication and Interpersonal Relationships

- Describes the importance of verbal and non-verbal communication
- Describes the purpose and use of the patient plan of care
- Describes patient rights
- Observes changes in condition, abnormal signs, symptoms, and internal and external infusion devices such as enteral feedings and IVs as they occur
- Reports changes in condition, abnormal signs, symptoms, and internal and external devices to a licensed nurse as they occur
- Records care provided, observations and/or changes in the patient record
- Communicates effectively with team members, patients, and families

Safety and Infection Control

- Performs hand hygiene according to CDC guidelines
- Demonstrates use of standard and transmission-based precautions
- Demonstrates use of personal protective equipment (PPE)
- Demonstrates appropriate body mechanics
- Maintains neat/orderly patient environment
- Demonstrates adherence to fire, disaster and accident prevention/safety procedures
- Reapplies, releases, and monitors restraints and protective devices, e.g. Geri-chairs, hand, wrist and ankle restraints, roll belts, side rails, etc.
- Performs abdominal thrusts
- Performs CPR and Automated External Defibrillation (AED) for adults, children and infants with CPR certification based on current American Heart Association standards and guidelines

Personal Care Procedures

- Performs occupied and unoccupied bed making,

- Skin care: Performs the following as indicated, needed or ordered:
 - Removes dressings as directed prior to bathing ○ Applies dry sterile dressing post bathing
 - Applies non-medicated over-the-counter (OTC) ointments such as Vaseline, A&D, Bag Balm, Desitin, Ben Gay, Mineral Ice, Zinc Oxide or like products
 - Cares for, applies and removes established prosthetic devices, immobilizers and braces ○ Performs back rubs
 - Performs perineal care, incontinent care
 - Bathes patients - partial and complete bed bath, tub bath, shower, whirlpool, perineal care ○ Shaves a patient with a safety razor and/or electric razor
- Performs all needed mouth care - unconscious and conscious patient, such as brushing, flossing, and denture care
- Performs hair care—shampoos, brushes, and combs patient hair
- Dresses and undresses patients as indicated
- Performs nail care including filing and clipping of nails on fingers and toes only when directed by a licensed nurse
- Applies elastic stockings (TED hose)
- Applies and/or assists patients to apply vision and hearing assistive devices
- Applies heel and/or elbow protectors
- Assists with postmortem care

Vital Signs and Monitoring

- Demonstrates capture of temperature, pulse and respirations (TPR), blood pressure (BP) using manual and electronic vital sign devices;
- Demonstrates correct use of automatic vital sign devices
- Applies and monitors pulse oximetry
- Measures height and weight

Nutritional Requirements and Techniques

- Measures and records intake and output in percentage, cc's and ml's
- Prepares patients for meals
- Feeds patients
- Serves meal trays, understands types/purpose of modified and therapeutic diets

Exercise and Activity

- Ambulates patients with or without assistive devices such as a cane, walker and/or gait belt
- Assists patients with transfers: to dangle, to and from a wheelchair, chair, gurney, and other like surfaces
- Demonstrates use of a gait belt, mechanical lift, transfer board or other facility approved techniques
- Transports patients by wheelchair or gurney
- Describes care of a patient who has fallen and mandatory reporting to licensed nurse
- Performs basic range of motion (ROM), passive and active
- Positions patients for comfort - supine, prone, side-lying, Fowlers, and Sims positions
- Uses a turn sheet appropriately
- Moves a patient up in bed
- Uses positioning devices

Elimination Procedures

- Places and removes bedpans and urinals
- Applies and removes briefs
- Assists patients to the bathroom/commode
- Collects non-manipulated, non-induced, non-invasive specimens, including urine (clean catch urine, 24-hour urine), stool and sputum specimens, using current CDC standard precautions
- Collects a urine specimen via a closed drainage system
- Assists patients with urinary bladder elimination
 - Empties a urinary drainage bag
 - Performs catheter care
 - Assists with bladder retraining
- Assist patients with bowel elimination
 - Performs care of an established stoma on the abdomen, changing the pouch, release air from the pouch, and providing skin care
 - Assists with bowel retraining

Unsterile Warm and Cold Applications

- Applies warm and cold dry applications
- Applies warm and cold moist applications
- Assists patient with a sitz bath
- Monitors and removes applications as directed by a licensed nurse

Patients with Special Needs

The nursing assistant will provide appropriate and effective care to patients

- With mental health conditions/suicidal ideation
- With cognitive impairment
 - Provides reality orientation and/or validation therapy
- Who are expressing grieving
- Who are dying
- Who are confused
- With conditions that cause physical and/or intellectual limitations or disabilities

Anatomy and Physiology

The nursing assistant will demonstrate understanding of the major functions, medical terminology and vocabulary used, and common disorder of:

- The Musculoskeletal System
- The Genitourinary System
- The Integumentary System
- The Cardiovascular System
- The Respiratory System
- The Endocrine System
- The Sensory System
- The Digestive System
- The Nervous System
- Growth and Development

With documented competence and training, and at the direction of a licensed nurse, the CNA may perform:

- Enemas – cleansing, oil retention, soap suds, and/or commercially prepared
- Adjusts oxygen flow rate as directed by a nurse guided by the care plan
- Performs oxygen conversion to/from a wall unit to a portable tank
- EKGs and/or apply and reapply monitor leads
- Bladder scans
- Digital stimulation
- Stop a feeding pump when performing personal care, elimination procedures, or patient transfers, and notify a licensed nurse to restart
- Application and removal of sequential compression devices
- Reapplies, releases, and monitors sites for restraints upon additional training and under the direction of a licensed nurse
- Performs incidental suctioning during oral care (CNAs are not allowed to perform sterile or deep suction, as that is outside their scope of practice).

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