

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, which does not include changing, replacing, cutting, or modifying an ostomy barrier device (wafer).
- 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).
- The application and removal of female and male external urine collection devices