

AHS 104 Introduction to Healthcare

Date	Check List Description	C.N.A.	Supervisor	Comments
	Blood/Air-Borne Pathogens			
	Define blood/air-borne pathogens			
	Describe modes of transmission			
	Identify exposure risks related to health occupations			
	Describe mode of transmission, prevention and control measures of the following diseases:			
	Hepatitis A, B, C			
	Tuberculosis			
	Meningitis			
	Herpes			
	Influenza			
	Pneumonia			
	Infection Control			
	Differentiate the roles, standards, and guidelines for the following:			
	CDC			
	OSHA			
	Demonstrate pre and post exposure precautions to include:			
	handwashing/sanitizing agents			
	gloving:			
	sterile			
	non sterile			
	Personal Protective Equipment			
	sanitizing			
	disinfecting			
	Recognize risks of UTIs Implement appropriate			
	pericare			
	toileting			
	fluids			
	Vital Signs			
	Demonstrate accuracy in obtaining:			
	weights			
	heights			
	Demonstrate accuracy in documenting:			
	blood pressure			
	temperature			
	pulse			
	respiration			
	weights			
	heights			
	Describe factors that effect vital signs			
	normal values			
	abnormal values			
	Physical Functioning			

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	Turn and position:			
	in bed			
	in chair			
	Recognize contractures			
	report and follow plan of care			
	Demonstrate use of assistive devices			
	crutches			
	walkers			
	canes			
	splints			
	wheelchairs			
	Reinforce use of assistive devices in transferring			
	patients:			
	gait belt			
	mechanical lifters			
	slide board			
	lift sheet			
	Demonstrate range of motion:			
	passive			
	active			
	Recognize need for:			
	footboards			
	hand rolls			
	bed cradles			
	abductor pillows			
	Implement appropriate use of:			
	footboards			
	hand rolls			
	bed cradles			
	abductor pillows			
	Identify complications of immobility			
	Understand implication of hydration related to			
	body systems			
	Understand implications of oral care related to			
	body systems			
	Contenance			
	Intake and output			
	record intake			
	record output			
	measure urine			
	Implement scheduled toileting plans according to			
	plan of care			
	Use appropriate interventions:			
	high-rise toilet seat			
	bed side commode			

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	use of bed pan			
	use of urinal			
	toileting plans			
	Provide care for resident with supra-pubic catheter			
	Apply external catheter			
	Use of catheter straps to immobilize catheter			
	Health Team			
	Understand difference between:			
	acute care			
	long-term care			
	assisted living			
	home care			
	Explain essential duties of nursing team			
	Demonstrate ability to :			
	review care plan			
	implement interventions			
	communicate needed changes			
	Participate in care planning process			
	Participate in:			
	admission of resident			
	discharge of resident			
	transfer of resident			
	gather personal items			
	Documentation according to facility guidelines			
	Assistance with treatments, procedures & specimen collection:			
	recognize dangers of oxygen			
	apply, under direction of nurse			
	warm moist compresses			
	heat packs			
	cold compresses			
	Collect, label stool specimens			
	Collect, label urine specimens:			
	routine analysis			
	24 hour specimens			
	clean-catch specimens			
	Apply Anti-embolism stockings			
	demonstrate ability to recognize			
	discomfort/pain			
	report pain/discomfort to nurse			
	use pain scale appropriately			

C.N.A. Signature _____

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	Staff Development/Designee			