

## COURSE INFORMATION

### CNA 101 – BASIC CLASS

This is the basic course for the professional Certified Nursing Assistant. The focus is on caring for the elderly with compassion. Students are taught principles of infection control, communication techniques, and the skills to safely care for people. These skills include bathing, dressing, assisting to eat, grooming, toileting, lifting and moving while using proper body mechanics.

During the spring and fall semesters, the class meets during the **first 10 weeks**.

*The **summer session** may not be held in 2016. Please consult the Health Technology office for further information.*

Students attend classes, practice skills in the Allied Health and Nursing Lab at SBCC, and participate in eight weeks of clinical experience in 2 or 3 different skilled nursing facilities in the Santa Barbara community.

During the fall and spring semesters, all class /lab /clinical participation is on **Tuesdays, Wednesdays, and Fridays**.

Classes are held from 8 am to 12 pm (or 2 pm during 1<sup>st</sup> two weeks.)

Lab is held from 12 pm – 3 pm on Fridays only.

Clinical sessions are held from 6:50 am to 2 pm on Tues and Wed.

The **calendars for each semester** can be seen [here](#).



Students must successfully pass both the theory and the clinical portions of the course with a minimum grade of C to qualify to take the CNA State Certification Exam. Passing the CA state exam qualifies one to receive the CNA certification.

(prior convictions may interfere with the certification being issued, even if the student successfully passes the class and the exam.)

**Students must pass CNA 101 to be able to continue into CNA 102, Home Health Aide; and CNA 103, Acute Care.**

## **CNA 102 – HOME HEALTH AIDE**

The Home Health Aide (HHA) course is offered **during the final 3.5 weeks** of the fall and spring semesters. The class prepares students to give care in the home. It focuses on the role of the HHA in performing personal care in the home environment. It includes the health and social needs of the client, providing for infection control and safety, planning to meet nutritional needs, food shopping, preparation and storage, and home cleaning tasks.



*Learning to prepare a nutritious meal in lab...*

Completion of the course provides the student with a California Home Health Aide Certification.

**This is a separate class. Anyone who has a current CNA license can take this course but you must submit an application and complete the requirements. *If you took the CNA somewhere other than SBCC, you must also complete the Prerequisite Verification Form A petition.* Students currently enrolled in the CNA semester must show proof of having passed the CA State Certification Exam to participate in CNA 102.**



*HHA's learn how to purchase, store and cook foods for clients....*



*The finished products! Good enough to eat!*

## **CNA 103** – ACUTE CARE (hospital based)



*Building skills in infection control...*

The Acute Care class **immediately follows CNA 101 for the next 2.5 weeks.** It builds on the basic skills learned during CNA 101, applying them to the acute care hospital setting. The class studies body structure and function, and disease process in more depth. Students gain experience with more advanced equipment and the faster pace of caring for short-term, acutely ill patients. Acute care offers another important employment option for the CNA.

**Students enrolling in this class must have passed the CNA 101 course and the State CNA Exam.**



*Getting ready to take vital signs...*



*Documenting is always important!*

## CNA 105 & 106 MEMORY CARE

### CNA 105

#### **The Art of Caring for the person with Dementia: Memory Care Basics**

This course is dedicated to improving the quality of life of the older adult with dementia. It is specifically designed to provide persons new to memory care or family caregivers with essential knowledge and skills that will greatly improve the experience of the memory impaired older adult. This course will offer a distinctive approach that allows the student to practice their newly acquired knowledge in carefully selected sites in Santa Barbara & Goleta.

### CNA 106

#### **Compassionate Communication**

This course is designed to build the ability to convey compassion, allowing the person with dementia or others who receive care, including family members, to experience compassion. The caregiver grows wiser, stronger, and more capable in the process. Strategies for preventing caregiver "burnout", are offered along with insights into nourishing the soul of the caregiver.



#### Lectures: Monday

CNA 105 3:45 – 5:50 pm and

CNA 106 6 – 8 pm (for the first nine weeks)

#### Clinical Rotation:

Wednesday OR Friday

11:30 am – 6:30 pm (Clinical experience in local Health Care facilities. Transportation is the responsibility of the student.)

#### Clinical Sites:

Heritage House

The Oak Cottage

Villa Alamar

Valle Verde

Vista Del Monte

Friendship Center: Montecito & Goleta



## CNA / HHA COURSE CREDITS

CNA 101	6.0 units	Certified Nursing Assistant – basic course
CNA 103	1.5 units	Acute Care Skills and Practice
CNA 102	1.8 unit	Home Health Aide
CNA 105	4.5 units	The Art of Caring for the Person with Dementia
CNA 106	1.0 units	Compassionate Communication



### Students will need to pay for the following:

- Physical examination
- Immunizations, if needed (measles, mumps, rubella, Hepatitis B, polio, tetanus)
- TB (tuberculosis) testing
- CPR class for the Professional Rescuer or Health Care Provider
- White or black shoes (for uniform)
- Watch with second hand

The costs above may total up to \$300.

## EXPENSES

**The expenses below will be paid for through the generous donation from the Arthur N. Rupe Foundation:**

- Enrollment fees (CA residents only)
- Textbooks
- Certification exam
- Live Scan / Background check fees
- One uniform and basic equipment
- SBCC transportation fee
- SBCC health fee
- SBCC student representation fee



**Students may choose to pay for additional college based fees, which are OPTIONAL:**

Parking Fee  
Student Activity Fee

\*\*All fees are subject to change – see college catalog or pipeline for current fees. \*\*



## CRIMINAL SCREENING PROCEDURE

A professional nursing assistant must be a trustworthy, law-abiding individual. For this reason, Live Scan (fingerprinting) is required. The student must respond to the following question and act accordingly:

**Have you ever been convicted by any court of a crime other than a minor traffic violation?**

If you answered "Yes" to the above question, **you must write a letter to the CA Department of Public Health.** Include the information that is listed below and send it to the address provided.

If you have a prior conviction, you may enroll in and take the CNA / HHA courses, but clearance for receiving the certification is up to the California Licensing and Certification Department, and it depends on the nature and severity of the infraction.

**This process is the student's responsibility and needs to be done either prior to starting the course, or soon after the class has started.**

To comply with this requirement, write a letter that contains:

**1. Date**

**2. Statement:**

"This letter is being submitted for state approval to receive certification upon completion of the Certified Nursing Assistant training course."

**3. Include in the letter:**

Dates and nature of the incident(s)  
Disposition of the case (provide court papers)  
Your current status  
Letters from Probation Officer (if applicable)  
Letters of Recommendation (non-family; three letters)

**4. Send to:** California Department of Public Health  
Licensing and Certification Division  
1615 Capital Ave, ATCS-MS 3301  
PO Box 997416  
Sacramento, CA 95899-7416

The Licensing and Certification unit will determine if the Certification is to be granted under the circumstances that are outlined in your letter, and you will receive a letter directly from them.

For further information or questions, please contact:

Santa Barbara City College  
Health Technology Office  
721 Cliff Drive  
Santa Barbara, CA 93109

Health Technology Office  
Lorraine Michalak  
Nursing Programs Support Specialist  
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Health Technology Office Hours:  
8:00 am – 4:30 pm Monday – Friday

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