

Certified Nursing Assistant (CNA) / Personal Support Worker (PSW) Curriculum

This comprehensive program prepares students to become competent, compassionate, and skilled healthcare providers. The curriculum focuses on essential caregiving techniques, communication, safety, and professionalism in clinical and home settings. Graduates are equipped to assist patients with daily activities, promote comfort, and maintain dignity while supporting healthcare teams.

Proposed Curriculum

- **Introduction to Health Care & Role of the Nursing Assistant**
Covers the role and responsibilities of CNAs/PSWs, scope of practice, residents' rights, ethics, and healthcare team structure.
- **Communication & Interpersonal Skills**
Emphasizes effective communication with patients and co-workers, cultural sensitivity, and accurate documentation.
- **Infection Control and Prevention**
Focuses on infection prevention, universal precautions, safe waste handling, and sterilization procedures.
- **Basic Human Anatomy, Physiology & Development**
Teaches major body systems, normal vs. abnormal functions, aging changes, and geriatric health support.
- **Nutrition and Hydration**
Covers nutritional needs, special diets, fluid balance, feeding techniques, and nutrition in care planning.
- **Personal Care / Activities of Daily Living (ADLs)**
Includes hygiene, grooming, skin integrity, incontinence care, and pressure ulcer prevention.
- **Mobility, Positioning & Exercises**
Teaches safe body mechanics, transfer techniques, assistive device use, and restorative care exercises.
- **Care of Patients with Special Needs**
Covers dementia, Alzheimer's, sensory impairments, mental health challenges, and end-of-life care.
- **Safety Environment & Emergency Procedures**
Introduces first aid, fire safety, fall prevention, and safe handling of hazards and equipment.
- **Ethics, Self-Care, Burnout & Professionalism**
Focuses on professionalism, managing stress, self-care, and continuous learning.

BLS/CPR Curriculum

The **Basic Life Support (BLS)** and **Cardiopulmonary Resuscitation (CPR)** course follows the latest American Heart Association (AHA) guidelines. It equips healthcare providers and rescuers with essential skills to recognize life-threatening emergencies, perform high-quality CPR, and deliver early defibrillation using an AED. The training combines classroom instruction with hands-on practice to ensure confidence in real-life emergency situations.

Detailed Course Outline

- **The Chain of Survival (Adults & Pediatrics)**
Learn the key steps that improve survival — from early recognition and activation of emergency response to advanced care and recovery.
- **High-Quality CPR Techniques (Adults, Children & Infants)**
Gain mastery in compression depth, rate, and hand placement, ensuring optimal blood flow and oxygen delivery for patients of all ages.
- **Use of AED (Automated External Defibrillator)**
Hands-on training in using AEDs effectively and safely to restore normal heart rhythm in sudden cardiac arrest victims.
- **Ventilation Techniques & Airway Management**
Practice using barrier devices, bag-valve masks, and rescue breaths to maintain airway patency and provide effective ventilation.
- **Relief of Choking (All Age Groups)**
Learn how to quickly recognize airway obstruction and perform proper techniques to clear the airway in adults, children, and infants.
- **Team Dynamics in Multi-Rescuer Resuscitation**
Understand teamwork, leadership, and communication strategies to perform coordinated, efficient resuscitation as part of a rescue team.