

Chapter 1 - Guided Notes Answer Key

Three Most Important Concepts

Sample answers:

Concept 1: CNAs work in many different healthcare settings including nursing homes, hospitals, and home health agencies, each offering unique experiences.

Concept 2: The scope of practice defines what CNAs can and cannot do, keeping patients safe and protecting the CNA’s certification.

Concept 3: CNAs are vital members of the healthcare team who provide hands-on care and report important observations to nurses and doctors.

Main Concept Overview

- 1. hands-on
- 2. eyes and ears
- 3. scope of practice
- 4. home health
- 5. interdisciplinary

Matching Section

- D 1. Long-term care facility
- C 2. Scope of practice
- A 3. Hospice care
- B 4. Interdisciplinary team
- E 5. Rehabilitation center

True/False Questions

- 1. F (CNAs cannot give any medications)
- 2. T
- 3. F (Nurses and doctors create care plans; CNAs follow them)
- 4. T
- 5. T

Fill in the Table

CNA Daily Responsibilities	Your Examples
1.	Assisting with bathing and hygiene
2.	Helping with eating and feeding
3.	Taking vital signs
4.	Helping with mobility
5.	Maintaining patient environment

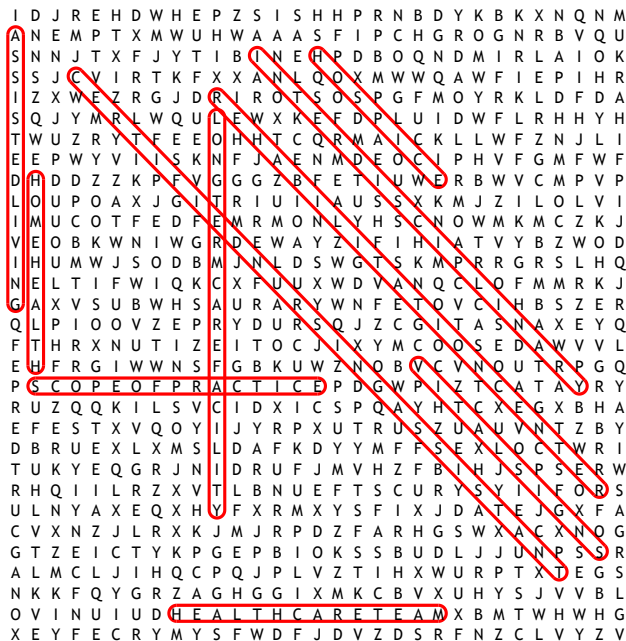
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Application Question

Question Sample Answer:

Nursing homes have a slower pace and let you build relationships with the same residents daily. Hospitals are faster-paced with patients coming and going frequently. In nursing homes, you focus on long-term comfort and routine care. In hospitals, you monitor for rapid changes and help with acute medical needs. As a new CNA, a nursing home might be better to practice skills thoroughly before moving to a faster hospital environment.

Introduction to Long-Term Care and Healthcare Settings



Scope of Practice	Rehabilitation Center	Long-Term Care Facility
Healthcare Team	Certified Nursing Assistant	Vital Signs
Interdisciplinary	Hospice	Home Health
Assisted Living		

Introduction to Long-Term Care and Healthcare Settings

Across

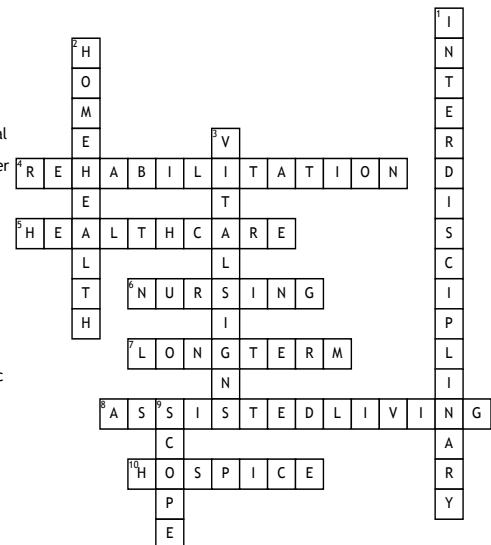
4. A healthcare facility that helps patients recover strength, mobility, and independence after illness, injury, or surgery through physical therapy and other treatments. _____ Center

5. A group of professionals including doctors, nurses, therapists, and CNAs who work together to provide complete patient care. Each member has specific responsibilities and expertise. _____ Team

6. A healthcare professional who provides hands-on basic care to patients, including help with bathing, dressing, eating, and mobility. CNAs work under the supervision of nurses. Certified _____ Assistant

7. A residential setting that provides 24-hour nursing care and assistance for people who cannot live independently. Also called nursing homes or skilled nursing facilities. _____ Care Facility

8. A residential facility for people who need some help with daily activities but want to maintain independence. Residents have their own apartments and receive support services as needed. (Two words)



10. Specialized care focused on comfort and quality of life for patients nearing the end of life. The goal is to provide dignity and support rather than cure.

Down 1. Involving multiple professional disciplines working together toward a common goal. In healthcare, this means doctors, nurses, therapists, and other specialists collaborate on patient care.

2. Healthcare services provided in a patient's own home instead of a facility. CNAs visit patients to help with daily activities in familiar surroundings. (Two words)

3. Basic measurements of body functions including temperature, pulse, blood pressure, and respiration rate. CNAs take vital signs to monitor patient health and detect changes. (Two words)

9. The specific tasks, procedures, and responsibilities that a healthcare professional is legally allowed to perform based on their training and certification. These boundaries protect patients and healthcare workers. _____ of Practice

Chapter 1 - Lecture Notes

Teaching and Lecture Notes: Introduction to Long-Term Care and Healthcare Settings

Introduction

- Define CNA role: hands-on care provider who helps patients with daily activities
- Explain importance: CNAs are the eyes and ears of healthcare teams, spending most time with patients
- Connect to student futures: This career offers job security, flexible schedules, and pathways to advanced healthcare roles

Healthcare Settings Where CNAs Work

Long-Term and Assisted Living

- Nursing homes provide 24-hour care for dependent residents
- Assisted living supports more independent residents who need some help
- CNAs build lasting relationships and develop confidence through consistent patient contact

Acute and Rehab Care

- Hospitals offer faster-paced work with diverse patient conditions
- Rehabilitation centers focus on helping patients regain strength and independence
- CNAs learn to adapt quickly and work with therapy teams

Home and Hospice Care

- Home health brings care into patients' homes for one-on-one attention
- Hospice provides comfort and dignity for end-of-life patients
- CNAs develop strong communication skills with patients and families

The Healthcare Team and CNA Role

Interdisciplinary Collaboration

- Team includes RNs, LPNs, doctors, therapists, social workers, and dietary staff
- Each professional contributes specific expertise to patient care plans
- CNAs provide direct care and crucial observations

Daily CNA Responsibilities

- Assist with hygiene, feeding, mobility, and maintaining safe environments
- Take and record vital signs
- Report changes in patient condition immediately to nursing staff
- Document care accurately

Scope of Practice

What CNAs Can Do

- Basic patient care and comfort measures
- Vital sign monitoring
- Assistance with activities of daily living
- Observation and reporting

What CNAs Cannot Do

- Give any medications
- Perform sterile procedures
- Make diagnoses or create care plans
- Insert or remove medical devices

Chapter 1 - Lecture Notes Continued

Importance of Boundaries

- Protects patient safety
- Maintains legal certification
- Establishes professional trust
- Prevents liability issues

Career Pathways and Professional Development

Advancement Opportunities

- Many RNs and LPNs started as CNAs
- Specializations available: restorative aide, medication aide, unit coordinator
- Other healthcare careers: paramedic, surgical tech, medical assistant
- Strong job growth projected as population ages

Keys to Success

- Maintain professional boundaries with patients
- Practice proper body mechanics
- Develop time management skills
- Communicate clearly with all team members
- Practice self-care to prevent burnout

Discussion Prompts

1. **Setting Preferences:** What factors would you consider when choosing your first CNA job? How do your personality traits match with different healthcare settings?
2. **Scope of Practice Scenarios:** Why might a family member ask you to do something outside your scope of practice? How can you respond professionally while still being helpful?
3. **Team Dynamics:** How is the interdisciplinary healthcare team similar to or different from teams in sports or other jobs? What makes healthcare teamwork unique?
4. **Career Vision:** If you plan to advance beyond CNA, how will this experience prepare you? If you plan to stay in this role long-term, what makes it a satisfying career?

Supplementary Content: Hands-On Activities

Activity 1: Scope of Practice Sorting Game

Materials: Task cards, two bins labeled “Within CNA Scope” and “Outside CNA Scope”

Instructions: Teams sort 30 task cards into correct bins. Discuss controversial cards and review state-specific regulations.

Task Examples:

- Give patient a bath (Within)
- Administer insulin injection (Outside)
- Take blood pressure (Within)
- Change sterile surgical dressing (Outside)

Outcomes: Students accurately identify CNA responsibilities and understand legal boundaries.

Activity 2: Healthcare Setting Research

Materials: Internet access, presentation software

Instructions: Students research one healthcare setting, gather information about CNA shifts and patient populations, and present findings comparing their setting to others.

Outcomes: Students understand differences between settings and make informed career decisions.