

**SOUTHERN CALIFORNIA NURSING ACADEMY, INC.**  
**“Our education, commitment and networks. Your dreams and success.”**  
**73700 Dinah Shore Drive, Suite 107**  
**Palm Desert, CA 92211**  
**socalnursingacademy@gmail.com**  
**www.SoCalNursingAcademy.com**

**WHO WE ARE & OUR VISION:**

**“Our education, commitment and networks. Your dreams and success.”**

Southern California Nursing Academy, Inc. (SoCal Nursing) administrators, instructors, and staff are distinguished professionals developing and enhancing inter-professional healthcare by fostering collaboration and advocating nursing education, certification, and licensing in the best interest of individuals and communities.

SoCal Nursing Academy is one of the frontrunners of higher learning and education in vocational nursing and allied health profession that promotes and preserves the health and well being of not only its students and constituents but especially the patients and surrounding communities they treat and care for. We want our graduates to not only work professionally, competently and excel in providing nursing and allied health care to their clients but we want them to collaborate and communicate soundly with their peers and superiors alike, to make their own decisions independently in addition to proactively expand their nursing and medical knowledge and training through a curious and open mind to grow as a health professional in-hospital and out-of-hospital. We want to encourage a higher level of nursing education and interprofessional health care to facilitate and provide the finest patient care.

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**PROGRAMS:**

- **CERTIFIED NURSING ASSISTANT (CNA)**
  - Admission Requirements
  - CNA Program Information
  - CNA Daily Training Schedule

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**Certified Nursing Assistant (CNA)  
Program Information**

Southern California Nursing Academy, Inc. (SoCal Nursing) is an accredited and Nurse Assistant Training Program (NATP) in California through the California Department of Public Health (CDPH), Aide and Technician Certification Section (ATCS), and Training Program Review Unit (TPRU).

The Certified Nursing Assistant (CNA) Program trains students with the theory/didactics and hands-on clinical skills in an outpatient skilled nursing facility or other clinical setting that is necessary for an entry-level positions as a competent and capable CNA. The goal of SoCal Nursing is to provide you with the clinical skills and knowledge to competently work as a CNA in numerous medical practice sites such as inpatient, outpatient, home health, hospice, and other medical and clinical employment settings.

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Our Nurse Assistant Training Program (NATP) Curriculum includes one of the leading platforms in nursing assistant preparation.

**Nurse Assistant Training Program Theory:**

- **Module I: Introduction**
  - a. Roles and responsibilities of a Certified Nurse Assistant (CNA)
  - b. Title 22
  - c. Requirements for nurse assistant certification
  - d. Professionalism
  - e. Ethics and confidentiality
- **Module II: Patient’s Rights**
  - a. Title 22
  - b. Health and Safety Code
  - c. Code of Federal Regulations
- **Module III: Interpersonal Skills**
  - a. Communications
  - b. Defense mechanisms
  - c. Sociocultural factors
  - d. Attitudes illness / health care
  - e. Family interaction
- **Module IV: Prevention Management of Catastrophe and Unusual Occurrence**
  - a. Emergency
  - b. General safety rules
  - c. Fire and disaster plans
  - d. Roles and procedures for CNA
  - e. Patient safety

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**EDUCATIONAL, CERTIFICATION, AND CONSULTING SERVICES**  
**CERTIFIED NURSING ASSISTANT (CNA) PROGRAM**

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- **Module V: Body Mechanics**
  - a. Basic body mechanics
  - b. Transfer techniques
  - c. Ambulation
  - d. Proper body mechanics / positioning techniques
- **Module VI: Medical and Surgical Asepsis**
  - a. Microorganisms
  - b. Universal precautions
  - c. Principles of asepsis
- **Module VII: Weights and Measures**
  - a. Metric system
  - b. Weight, length, and liquid volume
  - c. Military time, i.e., a 24-hour clock
- **Module VIII: Patient Care Skills**
  - a. Bathing / medicinal baths
  - b. Dressing
  - c. Oral hygiene
  - d. Hair care, shampoo, medicinal shampoo, nail care, shaving
  - e. Prosthetic devices
  - f. Skin care / decubitus ulcers
  - g. Elimination needs
  - h. Bowel and bladder retraining
  - i. Weigh and measure patient
- **Module IX: Patient Care Procedures**
  - a. Collection of specimens, including: stool, urine, and sputum
  - b. Care of patient with tubing, gastric, oxygen, urinary, IV.

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This care does not include inserting, suctioning, or changing the tubes.

- c. I and O
- d. Bed making
- e. Cleansing enemas, laxative suppositories
- f. Admission, transfer, discharge
- g. Bandages, non-sterile dry dressing application of non-legend topical ointments to
- h. intact skin
- **Module X: Vital Signs**
  - a. Purpose of vital signs
  - b. Factors affecting vital signs
  - c. Normal ranges
  - d. Methods of measurement
  - e. Temperature, pulse, respiration
  - f. Blood pressure
  - g. Abnormalities
  - h. Recording
- **Module XI: Nutrition**
  - a. Proper nutrition
  - b. Feeding technique
  - c. Diet therapy
- **Module XII: Emergency Procedures**
  - a. Signs and symptoms of distress
  - b. Immediate and temporary intervention
  - c. Emergency codes
- **Module XIII: Long – Term Care Patient**
  - a. Needs of persons with retardation, Alzheimer’s, cerebral palsy, epilepsy, dementia, mental illness

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- b. Introduction to anatomy and physiology
- c. Physical and behavioral needs and changes
- d. Community resources available
- e. Psychological, social, and recreational needs
- f. Common diseases / disorders including signs and symptoms
- **Module XIV: Rehabilitative Nursing**
  - a. Promoting patient potential
  - b. Devices and equipment
  - c. ADLs
  - d. Family interactions
  - e. Complications of inactivity
  - f. Ambulation
  - g. ROM
- **Module XV: Observation and Charting**
  - a. Observation of patients and reporting responsibilities
  - b. Patient care plan
  - c. Patient care documentation
  - d. Legal issues of charting
  - e. Medical terminology and abbreviations
- **Module XVI: Death and Dying**
  - a. Stages of grief
  - b. Emotional and spiritual needs of patient and family
  - c. Rights of dying patient
  - d. Signs of approaching death
  - e. Monitoring the patient
  - f. Postmortem care

\*\*\*Theory topics must be taught prior to having the clinical skills

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for that topic.

\*\*\*There are sixteen (16) hours of state and federal required training in the following areas prior to any direct contact with a resident:

- 1) Communication and interpersonal skills
- 2) Infection control
- 3) Safety and emergency procedures including the Heimlich maneuver
- 4) Promoting the independence of patients/residents
- 5) Respecting the rights of patients/residents

\*\*\*If a Training Program students were to provide all the theory components of Modules: 1, 2, 3, 4, 5, 6, 12, 14, which totals fifteen (15) hours, and then includes one (1) additional hour (any one of the following: Module 15A, or 15C, or 8E, or 8H, or 16C), then the Training Program students would have completed the required sixteen (16) hours prior to clinical training and direct resident contact. The students may then begin the clinical portion of the NATP. The remainders of the classroom/theory modules are taught concurrently (at this same time, occurring together) with the clinical training.

\*\*\*Prior to any direct contact with a patient, at least a total of sixteen (16) hours of training shall be provided in the following areas:

- 1) Communications and interpersonal skills (Modules 1, 3, 15A, C)
- 2) Infection control (Module 6)

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- 3) Safety and emergency procedures including the Heimlich maneuver (Modules 4, 5, 12)
- 4) Promoting the independence of patients (Modules 8E, H, 14)
- 5) Respecting the rights of patients (Modules 2, 16C)

\*\*\*The Training Program students may finish all fifty (50) hours of theory at the beginning of the program if they use significant school laboratory skill time during the theory training. The next one-hundred (100) hours of clinical may follow. Laboratory time does not count as part of the required one-hundred and fifty (150) hours.

**Nurse Assistant Training Program Skills:**

- **MODULE VI: Medical and Surgical Asepsis (8 Hours Clinical)**
  - a. Hand washing
  - b. Proper handling of linen
  - c. Universal precautions
    - Gloving
    - Gowning
    - Apply mask
  - d. Double bagging trash/waste
- **MODULE V: Body Mechanics (4 Hours Clinical)**
  - a. Use of gait belt
  - b. Helping the helpless resident up to the head of the bed with two assistants
  - c. Turning and positioning the resident
    - Supine
    - Side-lying
    - Use of lift sheet



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- d. Assisting transfer from bed to chair or wheelchair
- e. Assisting transfer from chair or wheelchair to bed
- f. Mechanical lift
- **MODULE II: Body Resident’s Rights (1 Hour Clinical)**
  - a. Knocks on door before entering
  - b. Pulls privacy curtains during personal care
  - c. Keeps resident information confidential
  - d. Treats resident with respect and dignity
  - e. Encourages resident to make choices
  - f. Explains procedure to resident
- **MODULE XIV: Rehabilitative/Restorative Care (4 Hours Clinical)**
  - a. Range of motion exercises
  - b. Assisting the resident to ambulate with gait belt
  - c. Assisting the resident to ambulate with walker
  - d. Assisting the resident to ambulate with cane
  - e. Rehabilitative devices
- **MODULES 4 and 12: Emergency Procedures and Prevention of Catastrophe (2 Hours Clinical)**
  - a. Applying postural supports (safety devices)
  - b. Applying soft wrist/ankle restraint as safety device
  - c. Heimlich maneuver for the conscious resident
  - d. Heimlich maneuver for the unconscious resident
  - e. Positioning of call light
  - f. Demonstrates fire/disaster procedures
  - g. Handles O2 safely
  - h. Use of fire extinguisher
- **MODULE 8: Patient Care Skills (44 Hours Clinical)**
  - a. Back rub

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- b. Bed bath/partial bath
- c. Tub bath
- d. Shower
- e. Assisting with oral hygiene
- f. Mouth care of the unconscious resident
- g. Denture care
- h. Nail care
- i. Combing the resident’s hair
- j. Shampoo of bedridden resident
- k. Shampoo with shower or tub bath
- l. Medicinal shampoo
- m. Shaving – electrical shaver
- n. Shaving – razor blade
- o. Dressing and undressing the resident
- p. Changing the clothes of resident with IV
- q. Assist in the use of urinal
- r. Assist in the use of the bedpan
- s. Assisting resident to commode/toilet
- t. Bladder retraining
- u. Bowel retraining
- v. Perineal care
- w. Artificial limbs
- x. Splints
- y. Applying a behind-the-ear hearing aid
- z. Removing a behind-the-ear hearing aid; removing, cleaning, and reinserting an artificial eye
- **MODULE 10: Vital Signs (6 Hours Clinical):** Measure and Record Vital Signs
  - a. Temperature

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- Oral
- Axillary
- Rectal
- Electronic
- b. Pulse: radial
- a. Pulse: apical
- b. Respiration
- c. Blood pressure
- **MODULE IX: Resident Care Procedures (20 Hours Clinical)**
  - a. Collect and identify specimen
    - Sputum specimen
    - Urine specimen: clean catch
    - Stool specimen
  - b. Occupied bed making
  - c. Unoccupied bed making
  - d. Administering the commercially prepared cleansing enema
  - e. Administering enemas – tap water, soap suds
  - f. Administering laxative suppository
  - g. Empty urinary bags
  - h. Care of resident with tubing
    - Oxygen
    - IV
    - Gastrostomy
    - Nasogastric
    - Urinary catheter
  - i. Antiembolic hose, elastic stockings (TED Hose)
  - j. Admitting the resident
  - k. Transferring the resident

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- l. Discharging the resident
- m. Application of nonsterile dressing
- n. Application of nonlegend topical ointments
- **MODULE VII: Weights and Measures (1 Hour Clinical)**
  - a. Measuring oral intake
  - b. Measuring urinary output
  - c. Measuring the height of resident in bed
  - d. Weighing the resident in bed
  - e. Measuring and weighing the resident using an upright scale
  - f. Documents in military time
- **MODULE 11: Nutrition (6 Hours Clinical)**
  - a. Feeding the helpless resident
  - b. Assisting the resident who can feed self
  - c. Verifying that resident has been given correct diet tray
  - d. Use of feeding assistance devices
- **MODULE 15: Observation and Charting (4 Hours Clinical)**
  - a. Reports appropriate information to change nurse
  - b. Documents V/S, ADLs timely/correctly
  - c. Documents changes in resident’s body functions/behavior
  - d. Participates in resident care planning

\*\*\*The Nurse Assistant Training Program Skills Check List is used for each student in the Training Program.

\*\*\*Also, the Nurse Assistant Training Program Skills Check List shall include a listing of the duties and skills the nurse assistant must learn, space to record the date when the nurse assistant

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performs this duty or skill, space to note satisfactory or unsatisfactory performance, and space to record the initial and title of the Department approved instructor (providing the immediate supervision).

\*\*\*The NATP is required to have one-hundred (100) hours of clinical training under the immediate supervision of the Director of Staff Development (DSD)/Instructor. The training shall include demonstration by the Instructor or DSD of basic patient care skills based upon the theory and clinical instruction presented in the classroom. Return demonstrations by the student are also required and shall be under the immediate supervision (present when student is performing the skill) of the DSD or Instructor and shall be done in the clinical setting with patients/residents.

\*\*\*Daily Nurse Assistant Training Program Schedule Breakdown (minimum 160 hours course and clinical work):

- 50 hours of didactics and theory in the classroom and 100 hours of supervised clinical training in a SNF or a long term facility
- Before the clinical training, the students require a minimum of 16 hours of didactics in the classroom
- Clinical Site Agreement with a SNF (validation period – 2 years only with good standing with the Centers for Medicare and Medicaid Services, CMS) or a long term care clinical facility to provide the 100 hours of supervised clinical training for students; the clinical hours for students are between the hours of **6:00 a.m. to 8:00 p.m.**

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- Clinical training shall take place at specific dates, times and at the approved clinical site.
- All clinical training shall take place in a Skilled Nursing Facility or Intermediate Care Facility and shall be conducted concurrently with classroom instruction.
- A licensed nurse free of other responsibilities shall supervise clinical training, and shall be onsite providing immediate (being present while the person being supervised demonstrates the clinical skills) supervision of students.
- **The student to instructor ratio shall not exceed 15 to 1.**
- The students in the Training Program are mandated to have a physical examination, test for tuberculosis and criminal screening.
  - **Health Examination:** Each student enrolled in the certification program shall have a health examination, which includes a medical history and physical examination, a purified protein derivative, intermediate strength intradermal skin test for tuberculosis, unless medically contraindicated. If a positive reaction is obtained, a chest x-ray shall be taken, unless medically contraindicated. A report signed by the examiner shall indicate that the student does not have any health condition that would create a hazard to themselves, fellow employees, or patients. This examination shall be completed and documented prior to the students having direct patient care

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contact in the clinical setting. This information shall be provided to the nursing facility prior to patient contact.

- Application and Live Scan: **Upon enrollment** in a Training Program for nurse assistant certification, and prior to direct patient contact with residents, a candidate for training shall submit a training and examination application and proof of Live Scan fingerprinting to the Department.

Please refer to the following [CNA Daily Training Schedule](#), [Nurse Assistant Training Program Skills Checklist](#), and [Nurse Assistant Certification Training Program Individual Student Record](#) to download the full CNA Program Theory, Didactics, and Clinical Training Schedule as well as other information about the Certified Nursing Assistant (CNA) Program.

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**Certified Nursing Assistant (CNA) Program  
Admission Requirements**

To start the application process and be considered for our Certified Nursing Assistant (CNA) Program, you must submit to the Admissions Department the following:

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- Non-refundable registration fee of \$100.00, which will be paid on our [online registration payment page](#) or either in-person or mailed through a valid check, cash, or credit card payment (including the credit card number, expiration date, CVV security code, and zip code).
- A completed SoCal Nursing Application – [CNA Application](#).
- U.S. or International High School or College Diploma and Official Transcripts.



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- Original School Transcripts are needed for formal acceptance to the program. The Official Transcripts must be in sealed envelopes that are mailed directly from the school or college of the student.
  - However, personal copies or photocopies are acceptable initially but must be provided before the start date of the program.
  - Foreign or non-United States College Diplomas, Official Transcripts, and other educational credentials must be interpreted and translated by an authorized and appropriate independent United States educational credentialing and evaluation services approved by SoCal Nursing.
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Terms and Conditions for Prospective Students in the Certified Nursing Assistant (CNA) Program Without a High School Diploma or Equivalent:

- To be eligible for the CNA Program, the prospective SoCal Nursing applicant requires at least a high school diploma or its equivalent – General Education Development Certificate (GED), state sanctioned proficiency or diploma-equivalency certificate, college transcript/diploma, or Ability to Train (ATB) Certificate.

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- These respective certificates, transcripts, and diplomas may be from a foreign school but must be equivalent to a U.S. high school diploma.
- Homeschooling at the secondary level completion is also applicable if the requirements are met consistent with the information stated above.

A student is eligible to receive financial aid if the SoCal Nursing student is studying at the post-secondary level and it is specifically stated in the following conditions for qualifications:

- Has a high school diploma (this can be from a foreign school if it is equivalent to a U.S. high school diploma);
- Has the recognized equivalent of a high school diploma, such as a general educational development (GED) certificate or other state sanctioned test or diploma-equivalency certificate;
- Has completed homeschooling at the secondary level as defined by state law;
- Has completed secondary school education in a homeschool setting which qualifies for an exemption from compulsory attendance requirements under state law, if state law does not require a homeschooled student to receive a credential for their education; or
- Has completed one of the ability-to-benefit (ATB) alternatives and is either currently enrolled in an eligible career pathway program or first enrolled in an eligible postsecondary program prior to July 1, 2012.

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## **JOB PLACEMENT**

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Our strong commitment to offering you the medical education that you need to pursue your dreams and desired nursing and clinical career means more possibilities for you because our proactive approach can put you on the right path and access to more career opportunities faster than going at it alone.

If you have the right foundation of education, skills and desire to succeed, we can offer you resources and networks for employment opportunities with the best companies near you and at your desired location of employment.

Job Placement assistance is available to SoCal Nursing students and includes the following in an as needed basis:

- Offering general information on employment prospects with the demands of local businesses and, possibly, some governmental agencies
- Catalog of known employment positions and job opportunities
- Communication with prospective employers to find job opportunities
- Supporting with employment applications and resume or CV preparation
- Helping the student in gaining interviews with employing personnel

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- Following-up meetings with graduates after job placement

Southern California Nursing Academy, Inc. (SoCal Nursing) will make the best effort to support and help students in their employment placement but does not completely guarantee the employment of the graduates even when SoCal Nursing takes all of the right measures with the graduates' job placement assistance.