

GEORGE WASHINGTON HIGH SCHOOL

NURSE AIDE PROGRAM: NURSE AIDE I & II 1st and 2nd Semester (36 weeks)

COURSE SYLLABUS (VERSO CTE 8360 / 280 hours) 2025-2026

INSTRUCTOR: Sharronda Edmunds, RN

OFFICE HOURS: 3:30 pm - 4:00 pm or by appointment.

TUTORING: After School by appointment only.

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UNLESS AN EMERGENCY

PREREQUISITES: Introduction to Health and Medical Sciences 9th GRADE (Pathway Recommendation) Medical Terminology 10th (Pathway Recommendation)

COURSE DESCRIPTION: This course provides students with a didactic as well as hands on skills lab and off site clinical rotations. Emphasis placed on the Introduction to Nursing Assistant and the study of nursing occupations to the health care system. Students will also be introduced to Scientific Principles, Basic Human Needs and Communication, Infection Control, Safety and Mobility and Vital Signs. Knowledge will be gained in the areas of Anatomy and Physiology, Clients Rights, Medical Terminology and Common Abbreviations, Normal Growth and Development, Emergency Measures and CPR Certification. Emphasis is also placed on Professionalism and Workplace Readiness Skills with a focus on Industry Certifications. Introduces students to careers in Nursing and other healthcare professions.

INSTRUCTIONAL PHILOSOPHY: The instructors of GWHS Nurse Aide Program dedicate their efforts to provide a diverse group of students with access to rigorous Career and Technical Education programs. We pledge that our students will be provided the tools to be able to acquire the entry level technical skills, obtain the knowledge to pass certifications, and acquire professional work ethics needed to make them marketable in today's medical community and prepared to continue their education after graduation from high school. This course is used as an introduction to Nurse Aide II so that all competencies for a certified nursing assistant can be met.

TEXTBOOK: Nursing Assistant - A Nursing Approach 12th Ed.(Textbook)Primary

WORKBOOK: Nursing Assistant - A Nursing Approach 12th Ed. (Workbook)

COURSE OBJECTIVES: VERSO/VDOE 8360 Student Will:

1. Demonstrate workplace readiness skills related to personal qualities and abilities.
2. Demonstrate creativity and innovation
3. Demonstrate critical thinking and problem solving.
4. Demonstrate integrity.
5. Demonstrate work ethic.
6. Demonstrate interpersonal skills.
7. Demonstrate conflict resolution skills
8. Demonstrate listening and speaking skills.
9. Demonstrate respect for diversity.
10. Demonstrate customer service skills.
11. Collaborate with team members.
12. Demonstrating Professional Competencies.
13. Demonstrate big picture thinking.
14. Demonstrate career and life management skills.
15. Manage time and resources.
16. Demonstrate information literacy skills.
17. Demonstrate an understanding of information security.
18. Maintain working knowledge of current information technology systems.
19. Demonstrate proficiency with technologies, tools, and machines common to a specific occupation.
20. Apply mathematical skills to job specific tasks.
21. Demonstrate professionalism.
22. Demonstrate reading and writing skills.
23. Demonstrate workplace safety.
24. Examining all aspects of an industry.
25. Examine aspects of planning within an industry/organization.

26. Examine aspects of management within an industry/organization.
27. Examine aspects of financial responsibility within an industry/organization
28. Examine labor issues related to an industry/organization.
29. Examine principles of technology that underlie an industry/organization.
30. Examine labor issues related to an industry/organization.
31. Examine community issues related to an industry/organization.
32. Examine health, safety, and environmental issues related to an industry/organization.
33. Addressing Elements of Student Life.
34. Identify the purposes and goals of the student organization.
35. Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.
36. Demonstrate leader skills through participation in student organization activities, such as meetings, programs, and projects.
37. Identify internet safety issues and procedures for complying with acceptable use standards.
38. Exploring work based learning
39. Identify the types of work based learning opportunities.
40. Reflect on lessons learned during WBL experience (VERSO Optional)
41. Explore career opportunities related to the WBL experience.
42. Participate in a WBL experience, when appropriate (VERSO Optional)
43. Becoming oriented to the Nurse Aide Program
44. Describe the legal aspects of the nurse aide program.
45. Explain nurse aide certification requirements and responsibilities.
46. Relating to the Healthcare System.
47. Identify the professional qualities of a certified nurse aide (CNA)
48. Develop awareness of personality strengths and weaknesses.
49. Demonstrate successful work attitudes and team work.
50. Identify the CNA scope of practice, as required by Virginia Board of Nursing Regulation.
51. Identify healthcare career options.
52. Differentiate functions among nursing personnel
53. Identify interdisciplinary members of the healthcare team.
54. Identify the major types and functions of healthcare institutions.

55. Identify examples of ethical nursing behavior and patients' rights.
56. Determine the legal responsibilities of a CNA, as required by VBON.
57. Maintain care and security of the client's/resident's/patients personal possessions, as required by VBON.
58. Identify the rights of clients/residents/patients.
59. Demonstrate respect for client/resident/patient rights, as required by VBON.
60. Promote a client's/resident's/patient's rights to be free from abuse, mistreatment, and neglect, as required by VBON.
61. Assist in resolving grievances and disputes, as required by VBON.
62. Assist client/resident/patient and family groups with participation in activities, as required by the Virginia Board of Nursing regulation.
63. Identify activities for clients/residents/patients receiving long-term care.
64. Communicating in the Healthcare Environment
65. Demonstrate proficient communication skills, as required by Virginia Board of Nursing regulations.
66. Recognize barriers to communication.
67. Identify the role of the CNA's four senses in communication.
68. Describe the documents that are used by the healthcare team to communicate information and needs of a client/resident/patient.
69. Report objective and subjective information related to a specific task identified in a client's /resident's/patient's person centered nursing care plan.
70. Demonstrate end of shift communication by giving an end of shift report and documenting with 100 percent accuracy on a client's/ resident's patient's activities of daily living ADL record.
71. Demonstrate telephone communication.
72. Demonstrate communicating with a hearing impaired client/resident/patient.
73. Demonstrate communicating with a visually impaired client/resident/patient.
74. Describe the characteristics of cognitive impairment.
75. Identify potential causes of cognitive impairment in clients/residents/patients.
76. Explain why communication challenges must be overcome.
77. Discuss communication with families.
78. Demonstrate communication with members of the healthcare team.
79. Discuss important interpersonal skills for a Nursing Assistant
80. Identify stressors for a Nursing Assistant the resources a Nursing Assistant may use to deal with stress.

81. Explore religious, ethnic and cultural diversity, as required by Virginia Board of Nursing regulation.
82. Understanding Infection Control and Medical Asepsis.
83. Maintain a client's/resident's/patient's environment, as required by Virginia Board of Nursing regulation.
84. Match major pathogenic microorganisms to their related disease or infection.
85. Describe how infections spread.
86. List the symptoms of an infection.
87. Explain principles of infection control, as required by Virginia Board of Nursing regulation.
88. Demonstrate proper hand washing technique.
89. Demonstrate infection control measures, as required by Virginia Board of Nursing regulation.
90. Don and remove gown, mask, and gloves.
91. Demonstrate double bagging technique.
92. Demonstrate safety procedures in various healthcare settings scenarios, as required by Virginia Board of Nursing regulation.
93. Clean instruments and supplies.
94. Dispose of soiled material.
95. Understanding Body Systems and Disorders
96. Define simple medical terminology.
97. Identify anatomical structures
98. Identify body cavities and the organs with these cavities.
99. Identify tissues within the body.
100. Identify major structures and functions of the integumentary system, endocrine system, circulatory system, musculoskeletal system, gastrointestinal system, reproductive system, urinary system, respiratory system, nervous system.
101. Identify the major disorders of the above body systems.
102. Identify Alzheimer's disease and other dementias.
103. Identify major parts of the eye, ear and major disorders of the eye, ear, and other sensory organs.
104. Describe the major stages of growth and developmental abilities.
105. Describe the effects of the normal aging process on major body systems.
106. Identify psychosocial changes associated with the aging process.
107. Understanding Individual Needs: Mental Health

- 108. Identify basic client/resident/patient needs.
- 109. Identify defense and coping mechanisms.
- 110. Describe signs and symptoms of mental illness.
- 111. Identify the guidelines for the management of client/resident/patient behavior across the lifespan. 112. Describe inappropriate behaviors of a client/resident/patient.
- 113. Describe the roles of a Nursing Assistant and the family in providing emotional support for the client/resident/patient.
- 114. Provide care to the aged and disabled.
- 115. Exploring Death and Dying
- 116. Identify needs related to death and dying, as required by Virginia Board of Nursing regulation.
- 117. Discuss care measures related to death and dying.
- 118. Promoting Community Health and First Aid
- 119. Demonstrate the basic steps a Nursing Assistant should take in any emergency.
- 120. Discuss Nursing Assistant actions for emergencies.
- 121 Maintaining a safe environment.
- 122. Identify proper body mechanics, as required by Virginia Board of Nursing regulation.
- 123. Identify safety procedures related to client/resident/patient care, as required by Virginia Board of Nursing.
- 124. Describe the use of fire extinguishers.
- 125. Identify Occupational Safety and Health Administration (OSHA) regulations and guidelines, as required by Virginia Board of Nursing regulation.

NURSE AIDE CURRICULUM: MANDATED FOR ALL VIRGINIA NURSE AIDE BOARD APPROVED NURSE AIDE PROGRAMS:

UNIT I – THE NURSE AIDE IN LONG-TERM CARE

UNIT II – COMMUNICATION AND INTERPERSONAL SKILLS (18VAC90-26-40.A.1.a)
(18VAC90-26-40.A.5.b) 18VAC90-26-40.A.10)

UNIT III – INFECTION CONTROL (18VAC90-26-40.A.1.b)

UNIT IV – SAFETY MEASURES (18VAC90-26-40.A.1.c) (18VA 90-26-40.A.7.g) (18VAC90-26-40.A.9)

UNIT V – EMERGENCY MEASURES (18VAC90-26-40.A.1.c) (18VAC 90-26-40.A.2.f)

UNIT VI – CLIENT RIGHTS (18VAC90-26-40.A.1.d) (18VAC 90-26-40.A.1.e) (18VAC 90-26-40.A.4.b) (18VAC 90-26-40.A.4.h) (18VAC 90-26-40.A.7.a,b,c,d,e,f)

UNIT VII – BASIC SKILLS (18VAC90-26-40.A.2.a,b,c,d,e)

UNIT VIII – PERSONAL CARE SKILLS (18VAC90-26-40.A.3.a, b, c, d, e, f, g)

UNIT IX – INDIVIDUAL CLIENT'S NEEDS, INCLUDING MENTAL HEALTH AND SOCIAL SERVICE NEEDS (18VAC90-26-40.A.4.a,b,c,d,e,f,g)

UNIT X – SPECIAL NEEDS CLIENTS

UNIT XI – BASIC RESTORATIVE SERVICES (18VAC90-26-40.A.6.a,b,c,d,e,f)

UNIT XII – RESPIRATORY SYSTEM, CARDIOVASCULAR SYSTEM, HIV/AIDS, CANCER, AND CARE OF THE RESIDENT WHEN DEATH IS IMMINENT (18VAC90-26-40.A.2.g)

UNIT XIII – ADMISSION, TRANSFER AND DISCHARGE (18VAC90-26-40.A.7.e.) (18VAC90-26-40.A.2.d.) UNIT XIV – LEGAL AND REGULATORY ASPECTS OF PRACTICE FOR THE CERTIFIED NURSE AIDE (18VAC90-26-40.A.8) (18VAC90-26-40.A.10) (18VAC90-26-40.A.7.f)

ALL STUDENTS WILL HAVE ACCESS TO THE REQUIRED VIRGINIA BON CURRICULUM STUDENT LEARNER

OBJECTIVES: AT THE BEGINNING OF EACH UNIT / CONTENT AREA STUDENTS WILL BE GIVEN A LIST OF VBON OBJECTIVES/ In Accordance to Virginia State Board of Nursing as related to Required VBON Nurse Aide Curriculum. (Updates and Any Revisions)

THIS IS A MANDATED SEAT HOUR CLASS AND IF A STUDENT FAILS TO MAINTAIN PROPER ATTENDANCE TO MEET THESE SEAT HOURS THEY WILL NOT MET THE CRITERIA TO MOVE TO NURSE AIDE II DURING THEIR SENIOR YEAR.

DAILY ACCOUNTABILITY FOR ALL STUDENTS:

1. Attendance and Punctuality / Self Accountability
2. Adhering GWHS Code of Conduct and Classroom Guidelines
3. Human Relationships with our Teachers / Peers / GWHS Faculty and Staff / Clinical Site Staff
4. Respectful, Responsible, and Ready to Learn (PBIS)
5. Safety and OSHA Guidelines (Classroom/Lab/Clinical Sites) Behavior and Integrity Guidelines (Classroom/Lab/Clinical Sites)

6. Professionalism / Citizenship / Kindness

GRADING PROCESS:

1. Summative Assessment: (GOLD) 40% (Test, Large Projects, Clinical)
2. Formative Assessment: (Silver) 35% (Quizzes, Skills/ Lab Check Offs, Small Projects)
3. Classwork / Homework: (Bronze) 25% (Bell Buzzers/Exit Ticket, Class Work, Class Participation)

This is a guide for grading assessment and subject to change with teacher discretion

Late Work: See Syllabus Addendum (GWHS Policy as Indicated in Student Core Handbook)

Grading Scale:

A= 90-100

B= 80-89

C= 70-79

D= 60-69

F= Below 60

RECORDING OF STUDENTS PROGRESS:

1. Graded work will be recorded with feedback within 3 to 5 days of submission unless otherwise stated by Instructor/Teacher
2. It is highly recommended that progress be monitored by both student and parent/guardian via Parent Portal, Progress and Student Report Cards.
3. Any student that exhibits academic dishonesty, as determined by the instructor and or administrator shall receive a zero on that particular assessment or assignment.

ATTENDANCE: See Syllabus Addendum 2025-2026 HCA

HONOR CORD REQUIREMENTS: See Syllabus Addendum 2025-2026

TEXTBOOK COURSE OUTLINE:

1. Workplace Readiness Skills and Testing/Certification Preparation WPR CERTIFICATION REQUIREMENT

2. Addressing Elements of Student Life: (HOSA FUTURE HEALTH PROFESSIONAL) ACTIVE MEMBERSHIP AND PARTICIPATION REQUIREMENTS

3. Introduction to Nursing Assistant: CHAPTERS: 1-4

4. Scientific Principles: CHAPTERS: 5-6

5. Basic Human Needs and Communication: CHAPTERS: 7-9, 11:

6. Infection and Infection Control: CHAPTERS: 12-13

7. Safety and Mobility: CHAPTERS: 14-17

8. Response to Basic Emergencies: CHAPTER: 51 AMERICAN HEART CPR CERTIFICATION REQUIREMENTS 9. Special Care Procedures: CHAPTERS: 27, 30, And 33

10. Body Systems, Common Disorders, and Related Care Procedures: CHAPTERS: 38-46

11. Measuring and Recording Vital Signs, Height and Weight: CHAPTERS 18-21

12. Exploring Death and Dying: CHAPTER: 32

HOSA FUTURE HEALTH PROFESSIONALS: Student Association/Club (HOSA is part of Nurse Aide I and II VDOE / VERSO Curriculum and is a Requirement for All Students who are currently enrolled in the Nurse Aide Program)

Fees:

1. HOSA: \$25.00 Per Year (This includes local, state, and National Dues)
(Please Note: Students who are not members at the State and National Level will not be able to attend any State or National Sanctioned Events) **Nurse Aide I Students will have the opportunity to begin their introduction to off campus clinical observations and direct patient care clinical experiences. Students who fail to meet off campus clinical requirements will not be able to participate and will not be eligible to move forward to Nurse Aide II if these off campus program requirements are not met during Nurse Aide I.

CLINICAL COST: (THIS COST COULD VARY DEPENDING ON YOUR CHOICE OF ITEMS)

1. Scrubs Navy Blue Top with Matching Navy Blue Bottoms (You will need to have room to move and work in these scrubs so appropriate fitness is a must)
2. Scrub Jackets: Students have access to School Issued Scrub Jackets on off Campus Clinical and Skills Lab Days.
3. Shoes: Tennis Shoe Skid Proof Bottoms must be mostly white, grey or black in color.
4. Simple Watch with a Second Hand. (No iPhone Watches/ Smart Watches)
5. Required Immunizations / Screenings: See Syllabus Addendum for Complete List (Some may not be covered by Insurance)

MAINTAINS CURRENT UP TO DATE AMERICAN HEART BLS CPR CERTIFICATION

1. Students will have the opportunity to obtain this certification as an off campus field trip that will not be included in VBON Nurse Aide Program Classroom Hours.
2. All students must have taken and passed American Heart HealthCare BLS CPR Certification prior to going to any off campus clinical rotations.
3. Students will not be responsible for the cost of this American Heart CPR BLS Certification Class.

NOTE: If a student has to go on homebound status then they will no longer be able to maintain this program status due to required state seat hour requirements.

NOTE: IF FOR SOME REASON OUR CLASS IS MADE TO GO REMOTELY FOLLOW THESE REMOTE GUIDELINES. (THESE COULD CHANGE AT THE DISCRETION OF INSTRUCTOR)

Google Meet and Canvas (Remote Learning) Expectations :(We will learn together) DO:

1. Show Up: Ready, Responsible, and Ready to Learn at a given time.
2. Find a quiet place away from distractions (siblings, pets, TV, etc.)
3. Keep your microphone on mute UNLESS called on.
4. Raise your hand if you would like to speak.
5. If you have a specific question you may put it in chat.
6. Chat is for content and classroom communication not checking in with friends.
7. NO PHONES [Executive Order 33](#) by Governor Glenn Youngkin. (Remember this time is a learning environment)
8. Stay on topic and participate.

DON'T:

1. Show up in non GWHS Dress Code attire. (Let's keep it Clean)
2. No Eating, Drinking or Chewing Gum while on Video. (Unless given permission)
3. Do Not Share, Record, Screenshot, or Post from Google Meet

4. Do Not Move around the room or go to the bathroom without asking to leave a virtual meeting. (This becomes a distraction)

PLEASE NOTE:

This Syllabus may be subject to change at Instructor's discretion.

Various teaching strategies will be integrated into each lesson including but not limited to those provided in daily lesson plans. The Instructor will use lectures, small groups, and demonstration and return demonstration, video and other digital resources, PowerPoint presentations, linguistic and nonlinguistic models, Skills lab, clinical direct patient care and clinical observational sites. Various Technology tools will be used to enhance all student learning experiences.