



Nurse Aide I Refresher

NUR 3242

This program is designed to prepare graduates to provide personal care and perform basic nursing skills for the elderly and other adults. Emphasis on aging process including mental, social and physical needs of the elderly, patients' rights, nutrition management, elimination procedures, safe environment, restorative services, personal and special care procedures and activities, human body structure and function and related common disease/disorders, communication and documentation, death and dying, and roles of the nursing assistant and health team members. A skill/competency evaluation is required.

The course includes classroom and laboratory learning experiences. Upon satisfactory completion of the course and skill/competency evaluation, the graduate is eligible to apply for listing as a Certified Nurse Aide I by the N.C. Division of Facility Services.

REGISTRATION CHECKLIST

- STEP 1:** Complete [NC Residency \(RDS\) and the RCC application](#) on the college website.
- STEP 2:** [Schedule an appointment](#) to talk with an admissions counselor to discuss the Nurse Aide program requirements and registration process.
- STEP 3:** Send your official high school or GED transcript to the Admissions Office. Official transcripts can be emailed to transcripts@rockinghamcc.edu.
- STEP 4:** After your appointment, submit the Nurse Aide I Refresher Registration Form and required documentation to the Admissions Office. You will receive the Nurse Aide Registration Form link by email after your appointment with RCC Admissions.

The following items are required for enrollment in the course:

- Nurse Aide I Refresher Registration Form
- Official high school or GED transcript on file with the Admissions Office
- Copy of government-issued photo ID (i.e., driver's license, passport)
- Copy of signed social security card (first and last name must match photo ID)
- Copy of verification of previous CNA certification (**Previous CNA certifications must have expired within the last 5 years**)
- OR have other healthcare certification, such as Certified Medical Assistant, EMT, military medical corpsman training, etc.
- Previous CNA certifications must have expired within the last 5 years.

- STEP 5:** Submit the registration and fee payment to the Business Office.

CONTACT INFORMATION

RCC Admissions Office

(336) 342-4261 x2333

Nurse Aide I Refresher Course Information

COST & ADDITIONAL FEES

Course Registration and Fees \$127

Additional Fees

- State Testing (at the completion of the class) \$140
- Printed course materials approx. \$45
(available in the RCC Bookstore)

Additional Items

(do not purchase until **after the first day of the class** and instructor has discussed the details)

- Stethoscope/blood pressure cuff (RCC Bookstore) approx. \$43
- Gait/transfer belt (RCC Bookstore) approx. \$11
- Watch with second hand approx. \$25
- Pocket notebook with blue or black pen approx. \$5

Uniform

(do not purchase until **after the first day of the class** and instructor has discussed the details)

- Caribbean Blue scrub top and Caribbean blue pants approx. \$50
- White, non-slip, leather shoes approx. \$50
- Lab jacket (optional) approx. \$30

Total Cost Estimate

approx. \$526

Technical Requirements:

Technical Standard	Definition of Standard	Examples
Critical Thinking/Problem-Solving Skills	Ability is sufficient for clinical judgment.	<ul style="list-style-type: none">• Collect data, prioritize needs, and anticipate reactions.• Identify cause-effect relationships in clinical situations.• Sequence information.• Make decisions independently within a role.• Transfer knowledge from one situation to another.• Process information from multiple sources.• Use long-term and short-term memory.• Prioritize tasks.

Interpersonal Skills	Abilities are sufficient to interact with individuals, families, and groups from a variety of social, emotional, cultural, and intellectual backgrounds.	<ul style="list-style-type: none"> • Establish rapport with clients, instructors, staff, colleagues, and groups. • Respect, and care for clients whose appearance, condition, beliefs, and values may conflict with your own. • Deliver nursing care regardless of the client's race, ethnicity, age, gender, religion, sexual orientation, or diagnosis. • Establish and maintain therapeutic boundaries. • Exhibit ethical behavior and exercise good judgment. • Negotiate interpersonal conflict.
Communication Skills	Abilities are sufficient for interaction with others in verbal and written form.	<ul style="list-style-type: none"> • Document and interpret actions and client responses in a clear, professional, and timely manner. • Speak and write English. • Listen and comprehend spoken and written words. • Give verbal directions or follow verbal directions from other members of the healthcare team. • Convey information to clients and others as necessary to teach and direct in an accurate, effective, and timely manner as directed by a supervisor. • Recognize and report critical client information to other caregivers.
Coping Skills	Possess coping skills sufficient to maintain composure in stressful situations.	<ul style="list-style-type: none"> • Adapt rapidly to changing environments and/or stress.
Mobility/Motor Skills	<p>Physical abilities are sufficient to move in one's environment with ease and without restriction.</p> <p>Gross and fine motor abilities are sufficient to provide safe and effective nursing skills.</p>	<ul style="list-style-type: none"> • Move around, and work in confined spaces and treatment areas. • Maintain balance in multiple positions. • Reach below the waist (e.g. plug an electrical appliance into a wall outlet). • Reach above shoulders (e.g. IV poles). • Reach out in front. • Administer cardiopulmonary resuscitation. • Sustain repetitive movement (e.g. CPR). • Stand and/or walk, maintain physical tolerance for up to 8 hours per day with breaks. • Pick up objects with hands.

		<ul style="list-style-type: none"> • Use equipment (BP cuff, wheelchair, etc.). • Grasp small objects with hands, and fingers (e.g. pencil). • Write with a pen or pencil. • Key/type (e.g. use a computer). • Pinch/pick or otherwise work with fingers (e.g. comb hair). • Squeeze with fingers (e.g. toothpaste tube). • Reposition immobile clients. • Push/pull 50 pounds or greater. • Lift/move heavy objects up to 50 pounds. • Twist, bend, stoop/squat. • Move quickly (e.g. response to an emergency). • Climb stairs.
Auditory Skills	Auditory abilities are sufficient to monitor and assess health needs.	<ul style="list-style-type: none"> • Hear normal speaking-level sound (e.g. person-to-person report). • Hear auditory alarms (monitors, fire alarms, call bells). • Hear faint sounds or tones (e.g. blood pressure). • Hear cries for help.
Visual Skills	Visual ability is sufficient for observation and assessment is necessary for nursing.	<ul style="list-style-type: none"> • Observe client responses, see a change in skin color, and read calibrations on the BP gauge. • See objects up to 20 feet away. • Read electronic medical records and/or associated paper medical records. • Use depth perception. • Use peripheral vision.
Tactile Skills	Tactile ability is sufficient for physical assessment.	<ul style="list-style-type: none"> • Feel vibrations (e.g. palpation of pulse). • Detect temperature changes (e.g. skin, solutions). • Feel differences in surface characteristics (e.g. rashes). • Feel differences in sizes, and shapes (e.g. identify body landmarks). • Detect environmental temperature.
Environmental	Possess the ability to tolerate environmental stressors.	<ul style="list-style-type: none"> • Safely work with potentially harmful chemicals used in health care settings. • Practice Standard Precautions in the clinical setting. • Work in areas that are close, crowded, and/or noisy.

		<ul style="list-style-type: none"> • Anticipate exposure to communicable diseases, body fluids, and toxic substances. • Tolerate exposure to allergens (e.g. latex gloves). • Tolerate strong soaps and odors. • Detect odors (e.g. foul-smelling drainage, smoke).
Emotional/Behavioral	Possess emotional stability sufficient to assume responsibility/accountability for actions.	<ul style="list-style-type: none"> • Adapt rapidly to changing environments and/or stress. • Calmly receive feedback. • Demonstrate honesty and integrity beyond reproach. • Establish professional relationships. • Provide the client with emotional support. • Deal with the unexpected (e.g. client condition). • Focus attention on the task. • Cope with your own emotions. • Perform multiple responsibilities concurrently. • Cope with strong emotions in others (e.g. grief).
<p>**In the case of an otherwise qualified individual with a documented disability, appropriate and reasonable accommodations will be made unless to do so would fundamentally alter the essential training elements, cause undue hardship, or produce a direct threat to the safety of the patient or student.</p>		

NURSE AIDE PROGRAM DRESS CODE

- Fingernails must be no longer than ¼ inch. No artificial nails, overlays or fingernail polish.
- No jewelry other than a wedding band and a watch with a second hand.
- No visible body piercings.
- Natural hair color only.
- No cologne or perfume.
- Light make-up.
- No visible tattoos or body art.
- Caribbean Blue clean scrubs must be worn to labs and clinical sites (free of animal hair and/or dirt).