

# NURSING ASSISTANT



Approved by  
Govt. of West Bengal  
An Initiative of Department of  
Youth Services, Govt. of West Bengal

Run by :



**I·R·H·C**  
**INSTITUTE OF**  
**RURAL HEALTH CARE**

# **NURSING ASSISTANT**

**Course Name** : Nursing Assistant

**Course Duration** : 12 months

## **INTRODUCTION**

### **NURSING ASSISTANT**

Welcome to the course of Nursing Assistant! This program is designed to prepare you for a career in healthcare as an essential member of the healthcare team. As a Nursing Assistant, you will work closely with patients and healthcare professionals to provide basic care, assist with activities of daily living, and monitor and report patient status.

Throughout this course, you will learn a wide range of skills and knowledge necessary to provide quality care to patients in hospitals, long-term care facilities, and other healthcare settings. You will learn about patient care principles, medical terminology, infection control, and vital signs measurement, as well as basic nursing skills such as bathing, dressing, and feeding patients.

In addition to classroom instruction, you will have the opportunity to practice your skills in clinical settings, under the supervision of experienced healthcare professionals. This hands-on experience will help you develop the confidence and competence necessary to excel in your role as a Nursing Assistant.

Upon completion of this course, you will be well-prepared to take the certification exam and begin your career as a Nursing Assistant. Whether you are just starting out in healthcare or looking to enhance your skills, this program is an excellent choice for anyone interested in a rewarding and fulfilling career in healthcare.

## **Desirable and Benefits of Nursing Assistant**

Nursing assistants provide basic care and help with activities of daily living. They typically do the following:

- Clean and bathe patients or residents.
- Help patients use the toilet and dress.
- Turn, reposition, and transfer patients between beds and wheelchairs.
- Listen to and record patients' health concerns and report that information to nurses.
- Measure patients' vital signs, such as blood pressure and temperature.
- Serve meals and help patients eat.
- Some nursing assistants also may dispense medication, depending on their training level and the state in which they work.

In nursing homes and residential care facilities, nursing assistants are often the principal caregivers. They have more contact with residents than other members of the staff. Nursing assistants often develop close relationships with their patients because some residents stay in a nursing home for months or years.

**SYLLABUS:**  
**TOTAL COURSE DURATION: 360-HOUR**

**MODULE 1: INTRODUCTION TO NURSING ASSISTANT (10 HOURS)**

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|---------------------------------|------|
| i. Role of a nursing assistant  | 3hrs |
| ii. Communication skills        | 3hrs |
| iii. Professionalism and ethics | 4hrs |

**Module 2: Basic Nursing Skills (80 hours)**

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|---|-------|
| i. Body mechanics and safe patient handling | 10hrs |
| ii. Infection control                       | 10hrs |
| iii. Vital signs and documentation          | 10hrs |
| iv. Personal hygiene and grooming           | 10hrs |
| v. Nutrition and hydration                  | 10hrs |
| vi. Elimination and bowel care              | 10hrs |
| vii. Bedmaking and positioning              | 10hrs |
| viii. Assisting with mobility               | 10hrs |

**Module 3: Patient Care (130 hours)**

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|--|-------|
| i. Understanding patient needs and preferences               | 15hrs |
| ii. Providing emotional support to patients and families     | 15hrs |
| iii. Assisting with activities of daily living               | 15hrs |
| iv. Bathing, dressing, and grooming patients                 | 15hrs |
| v. Feeding and assisting with nutritional needs              | 15hrs |
| vi. Maintaining a clean and safe patient environment         | 15hrs |
| vii. Providing basic wound care                              | 20hrs |
| viii. Recognizing and reporting changes in patient condition | 20hrs |

#### **Module 4: Safety and Emergency Procedures (40 hours)**

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|---|-------|
| i. Fire safety                              | 15hrs |
| ii. Emergency procedures                    | 15hrs |
| iii. Hazardous materials and waste disposal | 10hrs |

#### **Module 5: Legal and Ethical Issues (20 hours)**

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|---|------|
| i. Patient rights and confidentiality   | 7hrs |
| ii. HIPAA regulations                   | 7hrs |
| iii. Legal and ethical responsibilities | 6hrs |

#### **Module 6: Clinical Practice (80 hours)**

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|---|-------|
| i. Hands-on training in a clinical setting    | 25hrs |
| ii. Practice of basic nursing skills          | 25hrs |
| iii. Providing patient care under supervision | 30hrs |

### **JOB OPPORTUNITY**

While becoming a CNA is a great job opportunity in and of itself, for many a CNA role is a stepping stone toward a career in nursing or other healthcare areas. Those interested in a healthcare career may start out as a CNA to make sure they enjoy patient care, and to start learning how to interact with patients.

For those who start out as a CNA and really enjoy working with patients, their work as a CNA will help them gain practical skills and experience, preparing them to become a nurse. Work as a CNA will help professionals gain experience working with patients and performing some medical procedures. There are even online nursing programs that can even help current CNAs begin working toward their RN licensure and BSN degree while they work. This can lead to a rewarding career in nursing, and eventually roles in nursing management and leadership.

Additionally, some CNAs may find that they love working in a healthcare setting but don't enjoy direct patient care. Earning a CNA is a great way to find out if you like working with patients. If you find it's not for you, there are other healthcare professions like health information management or health services coordination that could be a better fit.

If you're interested in nursing or healthcare, getting started by working as a CNA can be a great option.

### **Minimum Eligibility**

The minimum qualification for admission is class 10<sup>th</sup> Passed from any recognized board in India.