

MiraCosta College

Certified Nursing Assistant Program

Information Flyer

Oceanside Campus
 One Barnard Drive., Bldg. 4400
 Oceanside, CA 92056 (760) 757-2121, ext. 6842
www.miracosta.edu/Instruction/nursing

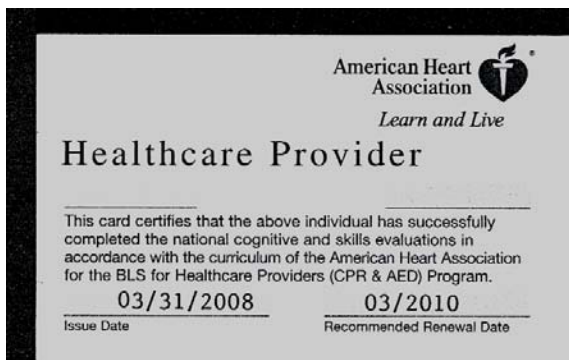
NURS160 – Certified Nursing Assistant

PREREQUISITE: ENGL 803 or ESL 803 AND Basic HealthCare Provider CPR certification by American Heart Association, which must be cleared through Admissions & Records prior to enrolling. **Note:** TB clearance and physical form are required on the first day of class and cleared by the instructor at that time.

Effective Fall 2008, **BEFORE** you are eligible enroll into NURS160, you must clear the ENGL803 or ESL 803 requirement **AND** bring an American Heart Association BLS card for Healthcare Providers **to the Admissions & Records Office.**

CPR CARD INFORMATION

Only this card will be accepted for satisfying the prerequisite. A letter from the instructor will not suffice.



Below is a list of Training Centers. Please contact the individual Center to find out when the next available course will be offered. If you need assistance, **please call the American Heart Association Customer Service Center at 1-877-AHA-4CPR.**

Name	Address	Phone
P.P.H.S.	15615 Pomerado Rd Poway, CA 92064	1-800-628-2880
Tri-City Medical Center	4002 Vista Way Oceanside, CA 92056	(760) 940-3128
ABC CPR	3860 Nautical Dr Carlsbad, CA 92008	(760) 434-7756
Mark Gilcrest with Accessible First Care	www.accessiblefirstcare.com	(760) 415-3614
Rescue 911	Poway, CA	(760) 440-0726

PHYSICAL & TB CLEARANCE INFORMATION

You must bring the completed physical form and TB clearance with you **the first day of class.** These services are offered at the following sites:

MiraCosta College
 Health Services Office
 Bldg T440

TB Testing	\$5.00	M/T/W/F
Chest X-ray (only if + TB result)	\$22.00	Cassidy Medical Group
Physical	\$40.00	By appointment only

*** Call (760) 795-6675 for an appointment. Hours of operation are posted on website at: www.miracosta.edu/StudentServices/HealthServices**

Concentra Medical Center
 740 Nordahl Suite 117
 San Marcos, CA 92069

TB Testing	\$17.50
Chest X-ray (only if + TB result)	\$36.00
Physical	\$40.00

***Walk ins available or call (760) 738-6658 for appointment.**

American Occupational Medicine
 5810 El Camino Real
 Carlsbad, CA 92008

TB Testing	\$18.00
Chest X-ray (only if + TB result)	\$36.00
Physical	\$37.00

***Call (760) 929-8269 for appointment.**

Prices subject to change and should be verified with facility.

Note: A valid social security card is required to take this course.

MIRACOSTA COLLEGE

Nursing Program

Physical Evaluation

Student's/Patient's Name: _____ Date of Birth: _____

Date of this physical examination: _____

Medical History

Do you have or have had in the past:

Condition	Yes	No	If yes, please explain
Seizures or neurological disorder(s)			
Eye, ear, nose or throat disorder(s)			
Diabetes, thyroid or other endocrine disorder(s)			
Muscle, bone or joint disorder(s)			
Asthma or respiratory disorder(s)			
Heart or circulation disorder(s)			
Skin disorder			
Gastrointestinal disorder(s)			
Psychiatric disorder(s)			

Previous Hospitalizations or Surgical History (date and reason):

Current Medications: _____

Negative T.B. is required. Please submit lab results.

Is patient currently pregnant? Yes No

Allergies: _____

Physical Examination (This is a physical evaluation for occupational ability and is not to be interpreted as a diagnostic medical examination.)

Height: _____ Weight: _____ B/P _____ P _____

Ears, nose, and throat: _____

Neck: _____ Lymph Nodes: _____

Skin: _____

Heart: _____ Lungs: _____

Abdomen: _____

Extremities: _____

Neurological: _____

Can this student perform the essential motor and sensory functions (see reverse side of form) required of nursing students? Yes No If no, please explain on reverse side.

Physician's Signature: _____

Name typed or printed: _____

Address: _____

ESSENTIAL FUNCTIONS REQUIRED OF NURSING STUDENTS

MOTOR CAPABILITY:

1. Move from room to room and maneuver in small places.
2. Transfer patients who may require physical assistance.
3. Guard and assist patients with ambulation.
4. Lift and carry up to 50 pounds and exert up to 100 pounds force for push/pull.
5. Squat, bend/stoop, reach above shoulder level, kneel, use standing balance, and climb stairs.
6. Use hands repetitively; use manual dexterity.
7. Adjust, apply, and clean therapeutic equipment.
8. Perform CPR
9. Travel to and from academic and clinical sites.
10. In the average clinical day, students sit 1-2 hours; stand 6-7 hours, travel 1-2 hours.

SENSORY CAPABILITY:

1. Coordinate verbal and manual instruction.
2. Assess a patient 10 feet away to observe patients posture and response to treatment.
3. Respond to a timer, alarm, or cries for help.
4. Monitor vital signs.
5. Auditory, visual, and tactile ability sufficient to assess patient status and perform treatments (Example: color changes in skin, hear heart and lung sounds).

COMMUNICATION ABILITY:

1. Communicate effectively in English with patients, families, and other health care providers, both verbally and in writing (Example: explain treatment procedures, teach patient and families, document in charts).
2. Effectively adapt communication for intended audience.
3. Interact and establish rapport with individuals, families, and groups from a variety of social, emotional, cultural and intellectual backgrounds.
4. Assume the role of a health care team member.
5. Function effectively under supervision.

PROBLEM SOLVING ABILITY:

1. Function effectively under stress.
2. Respond effectively to emergencies.
3. Adhere to infection control procedures.
4. Demonstrate problem-solving skill in patient care (measure, calculate, reason, prioritize, synthesize data).
5. Use sound judgment and safety precautions.
6. Address problems or questions to the appropriate person at the appropriate time.
7. Organize and prioritize tasks.
8. Follow policies and procedures required by clinical and academic settings.