

SUCCESS

State certification:

Written testing:

- Review training program notes
- Get good night's sleep before the test
- Eat a well balanced meal before test
- BE ON TIME!!
- Answer questions to best of your ability

Skills testing:

- Review all skills listed on your skills list
- Always remember the common preparation & completion steps.
- PRACTICE, PRACTICE, PRACTICE!!!

On the job :

-TIME MANAGEMENT and PRIORITIZING RESIDENT CARE: It is critical to learn these skills to ensure you meet each resident's needs.

At beginning of shift, make rounds, check on residents. Then you can prioritize your tasks and plan accordingly

- Resident preferences & routines. Let them choose how they want things done and do as much as they can themselves.
- Shift responsibilities: your set duties i.e. feeding at meal time, I&O records, bathing, weights, vital signs
- Assignment: Your daily set of patients you will be responsible for. Ask about any special needs, appt.s, tests, or activities to be scheduled around

-A POSITIVE ATTITUDE-A healthy attitude begins with a positive outlook (easier when well rested & feel good about yourself).

- Everyday think how important you are to yourself & others
- Maintain a cheerful attitude; it can be contagious!
- Be open to and mindful of others' point of view-EMPATHY
- Stay calm when things get hectic or a crisis occurs-emotional control
- Try to think thru difficult situations before responding
- Maintain a compassionate (patience) caring attitude
- Emphasize the positive. Glass ½ full.
- Accept self without judgment. Be the best you can be.
- Take charge of your life. Visualize what you want and work to achieve it.

-Effective communication & problem resolution:

- Show chain of command
- Most problems need to go through the charge nurse first
- 3 Be assertive

-Evaluating your work:

- Do you complete all the work assigned?
- Do you ask questions?
- Are all the residents comfortable?
- Do you check often on all residents?
- Do you report changes in residents immediately?
- How do your coworkers feel about your work?
- Are you a team player?
- Do you arrive at work on time?

-Take the initiative & ask your supervisor:

- Did you check my work today? How did I do?
- Could I show you how I do this to see if there is a better way?
- I seem to have a problem in this area. Can you help me?
- Take feedback in a positive way

-Give yourself time to grow. Regardless of your experience, or how long you have been a nurse assistant, every new

facility & every resident has something to teach you.

-Remember to be mindful and flexible in your care-giving-> individualized care while treating the residents with the dignity & respect

-Your 1st assignments may seem overwhelming:

Be sure & ask lots of questions, be patient, and write things down

-Ask yourself these questions:

- Do I know where everything is located?
- Do I know how all the equipment works, like mechanical lifts & scales?
- Do I know my shift responsibilities?
- Have I met the director of nursing, asst. DON, and staff developer?
- Do I feel like I've learned something new about the residents I cared for everyday?

-**SELF CARE**-inside and out-always, everyday!!!