



BASIC SKILLS

- Normal adult resting BP is roughly systolic 90-120 and diastolic 60-80 mmHg, per AHA fundamentals.
ANA fundamentals of nursing; AHA BP guidelines
- The radial pulse is the standard for routine adult vital signs—accessible, comfortable, and reliable. **Fundamentals of nursing**
- Dentures are fragile and expensive to replace.
Fundamentals; denture care
- Diabetic neuropathy hides injury; ulcers and amputation risk are high.
Fundamentals; diabetic foot care
- Normal adult resting heart rate is 60-100 beats per minute.
Fundamentals; vital signs
- Supine: lying flat on the back. **Fundamentals; supine position**
- Sputum is best collected early morning before eating/drinking/brushing because overnight secretions are most concentrated.
Fundamentals; sputum specimen

RESTORATIVE

- Per Title 22 CCR §72315, transfers must protect both resident and staff.
Title 22 CCR §72315; 42 CFR §483.25(d)
- 42 CFR §483.24(b) requires the facility to support each resident's ability to perform ADLs and to prevent decline.
42 CFR §483.24(b); Title 22 CCR §72315
- Foot drop (plantar flexion contracture) develops when the foot remains pointed downward. **42 CFR §483.25(b); Title 22 CCR §72315**
- NPIAP staging: Stage 1 = intact skin with non-blanchable erythema (redness that does not turn white when pressed).
42 CFR §483.25(b); Title 22 CCR §72523
- Heels have minimal subcutaneous tissue and high pressure injury risk.
42 CFR §483.25(b)
- Expressive (Broca's) aphasia means the resident understands but has difficulty producing speech. **42 CFR §483.10; 42 CFR §483.25**
- Validation therapy (Naomi Feil) honors the emotional reality behind the words rather than correcting facts.
42 CFR §483.40; Title 22 CCR §72315

MENTAL HEALTH

- Depression in older adults is common, often missed, and dangerous — it raises suicide risk and accelerates physical decline.
42 CFR §483.40; Title 22 CCR §72527
- 42 CFR §483.10(e) and §483.12(a)(2) prohibit physical or chemical restraints imposed for discipline or staff convenience.
42 CFR §483.10(e); 42 CFR §483.12(a)(2)
- Loneliness is a serious health risk in LTC, linked to depression, dementia progression, and increased mortality. **42 CFR §483.24(c)**
- Difficult family dynamics are common and rarely about the CNA personally. **42 CFR §483.10; Title 22 CCR §72527**
- Substance use disorder in older adults is under-recognized and dangerous (falls, GI bleed, drug interactions).
42 CFR §483.40; W&I §15610.07
- Under W&I §15630, a CNA in a long-term care facility is a mandated reporter of suspected elder/dependent adult abuse.
W&I §15630; W&I §15610.07
- 42 CFR §483.10(f)(11) protects each resident's right to religious and spiritual practice. **42 CFR §483.10; 42 CFR §483.40**

LEGAL ETHICAL

- IV insertion is the practice of nursing (BPC §2725) and is outside California CNA scope under Title 22 CCR §71835.
BPC §2725; Title 22 CCR §71835
- Informed consent under CA law (Probate §4670 et seq.; common-law Cobbs v. **CA Probate Code §4670; 42 CFR §483.10(c)**)
- 42 CFR §483.10(c)(6) protects a resident's right to refuse treatment.
42 CFR §483.10(c)(6)
- Drug diversion endangers residents (under-medication, contamination, errors). **42 CFR §483.12; HSC §1418.91**
- Under HSC §1337.3 and Title 22 CCR §71831, California CNA certification is renewed every **24 months**.
HSC §1337.3; Title 22 CCR §71831
- Under HSC §1420, ANY person may file a complaint with CDPH about conditions or care in a licensed facility. **HSC §1418.91; HSC §1420**
- Under HSC §1337.9 and 42 CFR §488.301/§483.156, CDPH maintains the Nurse Aide Registry. **HSC §1337.9; 42 CFR §488.301**

RIGHTS

- HIPAA Privacy Rule (45 CFR §164.502) and 42 CFR §483.10(g) protect resident health information. **42 CFR §483.10(g); HIPAA 45 CFR §164.502**
- Welfare & Institutions Code §15630 makes CNAs mandated reporters of elder and dependent adult abuse. **42 CFR §483.12; W&I Code §15630**
- The right to personal privacy and dignity during care is guaranteed by 42 CFR §483.10(e) and California HSC §1599.74.
42 CFR §483.10(e); HSC §1599.74
- 42 CFR §483.10(f)(11) protects residents' rights to exercise their rights as citizens, including voting. **42 CFR §483.10(f)(11); HSC §1599.79**
- 42 CFR §483.12(a)(1) prohibits verbal, mental, physical, and sexual abuse. **42 CFR §483.12(a)(1)**
- HIPAA (45 CFR §164.530) and 42 CFR §483.10(h) require minimum necessary disclosure and reasonable safeguards.
42 CFR §483.10(h); HIPAA 45 CFR §164.530

SAFETY INFECTION

- TB is transmitted by airborne droplet nuclei.
CDC transmission-based precautions
- Oxygen accelerates combustion. **NFPA 99; CDPH oxygen safety**
- Elopement is a leading sentinel event for residents with dementia.
CMS F-tag 689; elopement prevention
- Influenza is spread by respiratory droplets that travel about 3-6 feet.
CDC droplet precautions
- Norovirus is highly contagious via fecal-oral and aerosolized vomit.
CDC; CDPH norovirus guidance
- Isolation signage must clearly indicate type and required PPE.
CDC; transmission-based precautions sign

COMMUNICATION

- Per 42 CFR §483.20(g), documentation must be accurate, objective, factual, timely, and within scope of practice.
[42 CFR §483.20\(g\) \(accurate documentation\)](#)
- Cultural and religious end-of-life practices are protected expressions of resident dignity under 42 CFR §483.10(e).
[42 CFR §483.10\(e\); CDPH guidance](#)
- Cultural humility and person-centered care require accommodating fluid temperature preferences. [CDPH guidance on cultural competence](#)
- Joint Commission National Patient Safety Goals require read-back/repeat-back for verbal communications to prevent error.
[Joint Commission read-back; SBAR](#)
- Language access is a legal duty (Title VI; HSC §1259).
[ADA; AB 1195 \(cultural competency\)](#)

EMOTIONAL SUPPORT

- Pain in non-verbal residents is assessed by behavior: grimacing, moaning, guarding, restlessness, tachycardia, withdrawal.
[42 CFR §483.25; 42 CFR §483.45](#)
- 42 CFR §483.10(f)(11) protects the right to religious practice.
[42 CFR §483.10\(f\)\(11\)](#)
- Title 22 CCR §72527 and 42 CFR §483.10(g) protect residents' property rights. [42 CFR §483.10\(g\); Title 22 CCR §72527](#)
- Elisabeth Kübler-Ross's five stages of grief are: Denial, Anger, Bargaining, Depression, Acceptance (DABDA). [42 CFR §483.40](#)
- Honoring cultural and religious rituals at end-of-life is protected under 42 CFR §483.10(f)(11). [42 CFR §483.10\(f\)\(11\); 42 CFR §483.40](#)