

What can a CNA in the State of Utah do?

Certified Nursing Assistants are not licensed healthcare providers. They must work under the direction of a licensed nurse. A CNA's expected job duties include assisting residents with activities of daily living and performing basic nursing tasks. The following list includes the skills taught in a UNAR-approved Nursing Assistant Training Program. Any nursing task not explicitly listed must be delegated by a licensed nurse as detailed in the Utah Nurse Practice Act R156-31b. Specific examples of tasks requiring delegation include, but are not limited to, tasks involving enemas, medications, tube feedings, sterile procedures, and oxygen flow rate (start/stop or change).

1. Hearing aid/ eyeglass care
2. Abdominal thrust/Heimlich Maneuver
3. Moving & Positioning
 - Lateral
 - Supine
 - Prone
 - Sim's
 - Fowlers; including semi and high
 - Sitting
4. Assisting to move to the head of the bed
5. Assisting to move to the head of bed using draw sheet
6. Moving a resident to one side of the bed
7. Turning a resident away from CNA
8. Turning a resident toward CNA
9. Log rolling a resident
10. Assist to edge of bed to dangle
11. Proper use of the gait belt
 - Assist to ambulate, including resident with an affected side
 - Assist to ambulate a visually impaired resident
 - Assist to ambulate with a cane
 - Assist to ambulate with a walker
12. Pivot transfer from bed to wheelchair and wheelchair to bed (including resident with an affected side)
13. Proper wheelchair/geriatric chair positioning
14. Pressure ulcer prevention
15. Assisting a falling resident
16. Bed making
17. Occupied bed making
18. Occupied draw sheet change
19. Height; standing and supine
20. Weight; standing & wheelchair
21. Reading electronic and digital thermometers
22. Measuring and documenting oral, temporal, and tympanic temperatures
23. Measuring and documenting radial and apical pulses (within 4 beats)
24. Measuring and documenting respirations (within 2 breaths)
25. Manually measuring and documenting blood pressure (within 10mmHG)
26. Measuring and documenting blood pressure with electronic BP machine

27. Measuring and documenting oxygen saturation and pulse using a pulse oximeter
28. Observing resident for signs of pain and asking questions when a resident reports pain; numerical and faces pain scale
29. Cold pack application and monitoring
30. Application of anti-embolism stockings
31. Apply nasal cannula and oxygen mask and check oxygen flow rate (does not adjust rate)
32. Complete Bed Bath/Partial Bed Bath
33. Tub Bath/Shower
34. Backrub
35. Perineal care; male and female
36. Haircare/shampoo; bed, sink, dry shampoo, shower cap
37. Oral Care
 - Conscious resident
 - Natural teeth
 - Dentures
 - Unconscious resident-aspiration precautions
38. Shaving/ electric and safety razor
39. AM & PM care
40. Nailcare/footcare, including trimming nails and toenails
41. Dressing/undressing, including resident with an affected side
42. Position resident and serve a meal tray
43. Assist resident at mealtime
44. Feed resident a complete meal
45. Feed a resident with swallowing difficulties
46. Estimate the amount of solid food eaten
47. Measure and record fluid intake
48. Convert ounces to ml/cc
49. Provide assistance to nurse with resident care pre- and post-enema
50. Ostomy care: skin care, empty bag, bag change
51. Assisting with a bedpan/fracture pan
52. Assisting resident with bedside commode/ to bathroom
53. Brief change including pericare; male and female
54. Assists a male resident with a urinal
55. Indwelling catheter care; including tubing and bag positioning
56. Empty down drain bag and measure urine output using a graduate
57. Applying an abduction pillow for hip fracture
58. Range of motion exercises; passive and active
59. Post mortem care