

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.

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
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