

What can a CNA in the State of Utah do?

Certified Nursing Assistants are not licensed healthcare providers. **CNAs 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 Nurse Aide Training Program as specified in CFR 483.152, Utah Admin Code R432-45, and UNAR curriculum. It is not within UNAR purview to provide legal advice. Nursing tasks 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