

Do I need a uniform or scrubs for this class?

No special uniform or scrubs are required. During your clinical work at Denali Center in Fairbanks, you might want to wear scrubs. Funds to purchase scrubs will be provided by the Bering Strait Health Consortium.

I live in a village. Who will pay for my travel to Nome and Fairbanks?

Agencies involved in the Bering Strait Health Consortium will cover these costs.

Can CNA training help me get into nursing school?

Nursing school applicants who have experience working as a CNA get one point on their nursing school applications. CNA training will give you a good idea as to whether you might want to pursue a nursing career.

Who will my instructors be?

Several instructors from the University of Alaska Fairbanks will work as a team to teach the course, both in Nome and in Fairbanks.

I will be spending a lot of time with my fellow students. What if we don't get along?

All students must be committed to succeeding in this course—and that includes showing respect to your fellow students and your instructors, and behaving appropriately. As you encounter difficult moments during the weeks of training, please stay focused on the purpose of training: to improve your future employment opportunities and to improve your life. Before class begins, all students will be asked to sign an agreement outlining appropriate behavior during the course. ***The Health Consortium will make an immediate decision as to whether a student will be sent home for inappropriate behavior.***

What if there is an emergency at home?

The Health Consortium will evaluate the circumstances and determine whether a student may be dismissed and withdrawn from the course without requiring repayment of some costs.

Do I need to buy any equipment or tools?

No. If you have a watch with a second hand you should bring the watch for taking vital signs.

Do I need to bring any paperwork or documentation along with me to Nome and Fairbanks?

You must bring two forms of identification:

1. A state driver's license or state ID card *and one of the following:*
2. A tribal enrollment card, passport, birth certificate, Social Security card, voter registration card, U.S. military card or draft record, school ID with photo, or other form of identification.

If you do not have the required forms of identification, take steps now to get them.

If I have a friend or relative in the same town (when we're in Nome or Fairbanks), can they stay in the room with me?

Not unless this is pre-approved by the Bering Strait Health Consortium. NACTEC students will stay together and be supervised by a NACTEC staff member. You will most likely have a fellow student as an apartment-mate. An exception might be made in very rare circumstances.

INFORMATION ABOUT NOME

Where will I stay in Nome? How much will it cost?

In Nome, Norton Sound Health Corporation will provide non-NACTEC CNA students from the villages with free lodging in NSHC's corporate housing apartments. These apartments are typi-



cally used for health aides when they are in Nome for training, and for visiting medical professionals. NACTEC students stay at NACTEC House.

How will I get meals while in Nome?

NSHC will provide breakfast in the classroom and meal tickets for lunch at the hospital cafeteria on weekdays that students are in Nome for class. NACTEC students will eat all other meals at NACTEC House. Non-NACTEC students will receive per diem to cover costs of weekday dinners and weekend meals.

Where will classes be held in Nome?

Class will meet at UAF's Northwest Campus. Some sessions will be at Norton Sound Regional Hospital's inpatient unit.

Will we have class on Memorial Day?

Yes. Monday, May 31, is Memorial Day this year, and you will have class on that day.

INFORMATION ABOUT FAIRBANKS

Where will we be staying and what is it like?

You will stay in housing on the main University of Alaska Fairbanks campus. There are telephones and some Internet service. Sheets, blankets, towels and basic kitchen utensils are provided.

Where will classes be held in Fairbanks?

Class will meet in the University Park Tanana Valley Campus building just off the UAF campus. Clinical sessions will be at Denali Center.

What is Denali Center, and what will I do there?

Denali Center is an 80-bed long-term care facility. Many CNAs work there. Near the end of the course, each CNA student will be paired with a working CNA to practice patient care.

Is there a leader for the group in Fairbanks, or are we on our own?

NACTEC hires a chaperone for the high school students during the Fairbanks portion of the CNA class, and this chaperone plays a key role as leader for the entire group. The NACTEC-employed group leader will drive students to and from class in a van provided by the Health Consortium.



Where will we eat in Fairbanks?

Students will be provided meal cards and can eat all of their meals at no cost in the cafeteria at Fairbanks Memorial Hospital.

Will we be provided any spending money for our time in Fairbanks, or should we bring our own money?

No per diem or other funds will be provided for students in Fairbanks.

Is there any free time in Fairbanks, or will we be in school the entire time?

You will be in class all day and will need to spend most of your evening time studying and preparing for the state CNA exam. There will be some free time in the evenings in the final week of class and on Sunday, June 13.

During my limited free time in Fairbanks, can I run errands or go shopping?

Non-NACTEC students must arrange all individual travel or appointments on their own. These adult students are free to ride the Fairbanks city bus system (bus passes will be provided), take a cab, or rent a car. NACTEC students, however, are not allowed to leave the group while in Fairbanks. If NACTEC students need to shop or go on an outing, they must do so as a group, in consultation with the group leader. Remember: CNA training is the purpose of your time in Fairbanks.



Do we all have to travel with the group?

Non-NACTEC students do not have to stay with the group. However, NACTEC students *are* required to stay together as a group. This means that if one must go on an errand, all must leave. The chaperone will determine these arrangements with NACTEC students.

What should I wear to class in Fairbanks?

During class time you may wear jeans or comfortable clothing. During clinical days at Denali Center you may wear street clothes (but no jeans or sweats), or you may wear scrubs (print-fabric tops and solid-fabric pants only). The Health Consortium will provide funds to purchase scrubs.

May I bring family members with me to Fairbanks if I pay the extra cost?

No. This is a time for class, clinical and study.

When do we get back home?

Students are scheduled to fly home on Thursday evening, June 17.

When will I know if I passed the class and state exam?

Students will be told on the last day of class whether they have passed. Within three weeks after the class you will probably hear from the State of Alaska as to whether you passed the state CNA exam.

CNA TRAINING 2010



GENERAL INFORMATION

What does a CNA do?

Certified nurse aides work under the direction of nurses and doctors in hospitals, clinics, home health, assisted living, private homes and doctors' offices. CNAs give personal care to patients, helping them with everyday activities like bathing, changing dressings, and eating. By helping patients with these important activities, CNAs improve the quality of life for their patients by making sure they are comfortable and well treated.

What are the dates for this year's class?

The course is structured as follows:

- April 26-29: Course begins in Nome
- May 24-June 4: Course continues in Nome
- June 7-17: Course concludes in Fairbanks, then students take the state CNA exam

How much will this training cost?

CNA training for **each student**—including tuition, travel, and other expenses—**costs over \$10,000**. A group of agencies working together as the Bering Strait Health Consortium is dedicated to improving health care for the region, and to training local health care workers. The consortium will cover the high cost of training for students accepted into this CNA training program. This is a very special opportunity for residents of the Bering Strait region.

How many students will be in the class?

The Bering Strait Health Consortium selects a maximum of 10 students for training. Of these, five are NACTEC students.

How do I apply to take this training?

High school juniors and seniors ages 17 and older may apply through NACTEC; these students must complete the NACTEC application and send it to the NACTEC director. Adults should complete an application packet that is available from the Job Center in Nome. Call Lena at 1-800-478-2626, ext. 9355.

What is the application deadline?

The application deadline is Monday, March 15, 2010. Applicants will be notified by April 9 as to whether or not they have been selected for training.

How are applicants selected for the class?

The Bering Strait Health Consortium will look at several factors. Students must have at least 10th-grade reading equivalency and 8th-grade math equivalency levels to ensure they can succeed in the program. Students must commit to attending every section of training.

Do I need to take a test to be accepted for training?

Adult applicants must be tested to determine their reading and math levels. Nome Job Center will arrange testing for each applicant on Career Ready 101, an online testing program. **Take the test early!** If your scores are not high enough to meet CNA course admission requirements, you can work through Career Ready 101 online tutorials to improve your skills and test again. To arrange testing, call the Job Center: 1-800-478-2626.

Is a criminal background check required?

Yes. If you have any kind of a criminal record—including any infraction you were involved with as a minor—please provide an explanation of this in the form of a letter in your application. A criminal history will not necessarily disqualify you from becoming a CNA. We encourage you to apply with a letter explaining circumstances for the charges, and why the past incidents will not affect your ability to work as a CNA now.

How much time is required for this training?

This is a very intensive training program. Class typically meets 8:30 a.m. to 5:30 p.m. (with a 1-hour lunch break). From 7 p.m. to 9 p.m. weekdays while in Nome, students are required to participate in a study skills course that will help ensure they can complete the homework and succeed in the CNA course. Clinical rotation days in Fairbanks begin at 7 a.m.

How much homework is there?

You will be taking 10 college credits of coursework in this training program. A great deal of homework is compressed into the 8-week span of training. The bulk of your homework is to complete a large workbook that goes with the course textbook.

