

NAC TRAINING PROGRAM  
STUDENT INFORMATION FIRST DAY OF CLASS

- WELCOME TO THE NAC TRAINING PROGRAM – We are so happy to have you here.
- We have a **CONDENSED** Course that requires work on your part as well as our instructor.
- You must be prepared to **Study Hard** – You will find it well worth the time & effort you put in to the class – Reading, Writing, & Communicating in English is a requirement.
- Today you will received the following: CANDIDATE BOOK, CATALOG, TEXT BOOK, WORKBOOK (Books must be paid for prior to taking home)

**ABSENTEISM** – There are certain requirements for successful completion: There is some lenience in that we are scheduled for 100+ hours & students must be present for at least 90 of those hours. You really need to be present at every class (Passing your state test may depend on it). There are, however, some days that are imperative for you to attend: **YOU MUST NOT MISS THE FOLLOWING:**

- **CLINICAL DAYS, INCLUDING IN-HOUSE DAYS-** All Students must have at least 50 hours of Clinicals & 40 must be in our contracted facility – This is State Mandated – if the instructor has to come in on an extra day (unscheduled) there will be an extra charge of \$100.00 per day. Our RN spent a great deal of time and money obtaining her degree. She is capable of making very good money out in the market place. Because she chooses to take care of her sister with MS, she teaches our class (Money not so good). We are very fortunate to have her as our instructor.
  - **HIV/AIDS** – You have to have 7 hours of HIV/AIDS Training – 2 are done during lecture time and 5 are done on a specific day set aside for the balance of that training
  - **CPR/FIRST AID** – This is a 5 hour class and is done one specific day – you must not miss it.
  - **DEMENTIA CLASS** – This is a very important class and must be attended also.
  - **FINAL TEST** – You must pass this with at least an 80% grade. There are oral tests for those who are not able to do well on written tests. There is an alternate test for repeat in case of failure the first time.
- TB** – You will need to provide documentation that you are free of active tuberculosis – if your TB skin test results are positive a chest x-ray will be required. **This must be completed before attending clinicals** at our contracted facility and we need to have a copy of the results in our files.
- You will need to pass a **DSHS background check** – (No felonies after you became an adult)
- You will need **Scrubs and White Shoes** (clean, white tennis shoes are ok) – we will need them towards the end of the first week of class.
- A **Social Security number is required** in order to become a Nursing Assistant Registered (NAR), which is required prior to sending in your application for your State Test (NACES) at the end of our class. We will help you fill out the application after you take the HIV/AIDS class the 2<sup>nd</sup> week.

IT IS VERY IMPORTANT FOR YOU TO TAKE CARE OF YOURSELF TO AID IN MAINTAINING GOOD HEALTH - WE SUGGEST THE FOLLOWING:

- GET ENOUGH SLEEP – Go to bed early – Get up early
- EAT RIGHT – Eat lots of fruits & vegetables - & very little acidic foods such as red meats, sweets & refined carbs
- EXERCISE – A few minutes a day helps – a regular routine of exercise in the morning before class & a good breakfast will help your brain function much better.
- FOLLOW THE RULES OF CLEANLINESS TO A GREATER DEGREE THAN USUAL – Wash your Hands! – Wash your Hands! – Wash your Hands!
- TAKE YOUR VITAMINS – Antioxidants are very helpful to keep illness at bay – Vitamin D3 is being touted as a great antioxidant among other things & it is very inexpensive.

HOWEVER, IF YOU THINK YOU ARE GETTING A COLD OR SICKNESS, PLEASE CONTACT OUR INSTRUCTOR FOR ADVICE. Please don't just stay home – speak with her first -**BRENDA'S NUMBER IS 360-470-0736**.

In addition to receiving a CPR/1<sup>st</sup> Aid Card and HIV/AIDS Certificate (after passing tests), and after passing the CNA final test satisfactorily, you will receive a certificate of completion which will allow you to apply for your State NAC Test - GOOD LUCK TO YOU!