Certified Nursing Assistant (CNA) Programs

At the PMED elective today we were fortunate to have as our guest Mrs. Deb Ziegler, RN, who is a teacher at Ralston Public Schools and the Nebraska state advisor for the national organization “Health Occupation Students of America” or HOSA.

Mrs. Ziegler began by saying that everyone planning to be a doctor can benefit from the direct patient care experience that can be gained as a CNA. It is hands on care that includes helping patients with activities of daily living. The main tasks you will perform as a nurse aide include taking vital signs, bathing, feeding, dressing, toileting, ambulating, comforting, and listening to a patient’s concerns. According to Mrs. Ziegler, this is a “great way to practice and perfect having a good bedside manner!” A CNA must complete a training program (which ranges from 80 hours to one week or more), pass a state certification exam, and then register with the state. After that, he or she will be able to work in nursing homes, assisted living facilities, and in some cases, hospitals, as part of a health care team.

If you are thinking of becoming a physician, or any other kind of healthcare professional, this is a great way to start exploring your career options and get patient care experiences while also earning a wage.

This site gives more information on training programs, state registry, and other information about being hired as a CNA:  http://www.cnatips.com/classes/nurse-aide-ne.php

Below is a snapshot example of a few of these programs in the Omaha metro area:

**Metro Community College**
- Offer CNA training at 4 locations
- $415 Tuition including books and course materials
- Classes offered twice a quarter; Length: 4-5 weeks
- Day classes 3 days a week 8-2 pm
- Evening classes 4 days a week 5-9:15 pm
- Weekend classes 8-5:30 pm
- Contact Tina Pebley 4027384791
- Website : www.mccneb.edu/can

**Iowa Western Community College**
- Training at various locations (you pick which one you would like)
- $450 tuition including course materials and book (not state testing fee)
- 4 weeks in length
- Day classes 8-4:30; Evening 5:15-10 pm
- http://iwcc.cc.ia.us/ce/health/cna.asp

**Clarkson College**
- Course at Clarkson (really close to Creighton)
- $450 includes all materials including state testing fee
- 4 weeks long; Class 3 times a week
- Day class 8-4 pm
- Night class 5-9 pm
- http://www.clarksoncollege.edu/Programs/Professional_Development/Nurse_Aide_Course/index.asp?search=CNA#_1

**Nebraska Methodist College**
- Cost is over $700.
- http://www.methodistcollege.edu/academicprograms/index.asp?S=1&SUB=1