

CNA TODAY

SPECIAL ISSUE
VOL 10

Happy Certified Nursing Assistant Week!



Celebrating Infection Prevention & Control Champions!



**PROJECT
FIRSTLINE**

CDC's National Training Collaborative
for Healthcare Infection Prevention & Control



CDPH

California Department of
Public Health



Summer Issue

CNA TODAY



June 2025



CNA Learning Opportunities & Summer Activities

Learn about multidrug-resistant organisms & enjoy summer activities.....page 2

Alzheimer's and Brain Health Awareness Month

View tips for caring for residents with Alzheimer's & supporting brain health.....page 3



Infection Prevention and Control Practices for Nail Care & Shaving

Review best practices for nail care & shaving.....pages 4-5

CNA Spotlight

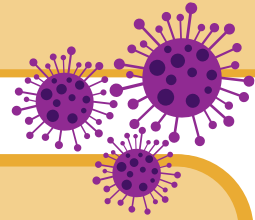
Celebrate and nominate colleagues in our CNA Spotlightpage 6



Mindfulness Activity

Do crossword puzzles regularly to maintain brain health & memorypage 7

CNA Learning Opportunities & Summer Activities



Multidrug-Resistant Organisms (MDROs) Learning Module for CNAs

The CDPH HAI Program is launching a **new Project Firstline learning module** for CNAs: **What CNAs Need to Know and Do About Multidrug-Resistant Organisms (MDROs)!**

Join us for a special online training to kick-off the launch of the MDRO learning module! Get ready to learn more about infection prevention and control (IPC) practices to help prevent the spread of MDROs.

Date: Wednesday, August 27, 2025

Time: 11a.m. - 12p.m.

Location: Virtual Zoom Room

Register to Attend

(haiprogramtrain.myabsorb.com?KeyName=Wi~V6gRjBfturKlhnYoj)

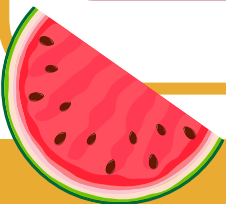


Summer Activities

Try new recipes to impress at
BBQs and cookouts!

(www.delish.com/entertaining/g3356/summer-holiday-cookout-menus/)

**Remember to clean your hands
before cooking & eating!**



Alzheimer's and Brain Health Awareness Month



Caring for Residents with Alzheimer's & Supporting Brain Health



Alzheimer's is a degenerative brain disease that progresses over time. It primarily affects adults aged 65 and older. Alzheimer's causes memory loss, cognitive or mental decline, and behavioral changes, like irritability and mood changes. **CNAs play a crucial role in caring for residents with Alzheimer's from assisting with toileting, oral care, bathing, mobility, transfers, and more.**

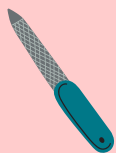
Tips for Caring for Residents with Alzheimer's

- Remind your resident who you are and why you use personal protective equipment (PPE)
- Demonstrate hand washing to encourage residents to clean their hands
- Monitor how your resident responds to infection prevention and control practices
- Work with nursing staff to develop strategies for addressing behaviors that could spread germs

Tips to Promote Your Brain Health

- Keep learning, challenging your mind, and doing mindfulness activities in *CNA Today*
- Get a good night's sleep
- Maintain social connections; take care of your mental health
- Stay active to improve heart health; enjoy a daily walk or other physical activity
- Eat nutritious foods
- Stop or reduce smoking

[Learn more about Alzheimer's and Brain Awareness Month](http://www.alz.org/abam/overview.asp)
(www.alz.org/abam/overview.asp)



Infection Prevention and Control Practices: Nail Care



Performing Nail Care



Germs can live under nails. As a CNA, it's crucial to perform regular nail care for your residents to help prevent the spread of germs to other parts of the body and other residents.



Perform hand hygiene and wear gloves when providing fingernail or foot care. Wear other appropriate personal protective equipment (PPE) based on the resident's condition or precautions in place.

Nail care should always be performed using a clean emery board, nail stick, or soft nail brush that is designated for the individual resident.

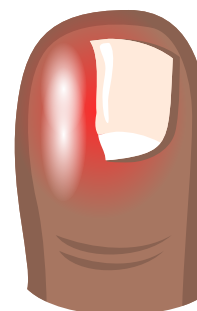


Avoid using nail clippers as they can cause cuts on the fingers and toes which may lead to infection. Report to a nurse if nail clipping is needed.

Check Hands and Feet for Signs of Infection

Signs of infection may include:

- Swelling
- Blood or drainage
- Dry, flaking, or broken skin
- Difference in temperature between limbs
- Blisters and bruising
- Discolored hands or feet
- Ingrown nails



If you notice signs of infection, report it to a nurse or physician immediately.



Infection Prevention and Control Practices: Shaving



Shaving Residents

CNAs can help prevent the spread of germs by assisting with grooming, which promotes skin health and cleanliness.



Best Practices for Shaving Residents:

- Before shaving a resident, perform hand hygiene. Put on gloves if you anticipate exposure to blood, bodily fluids, or potentially infectious material while shaving a resident. Wear other appropriate PPE based on the resident's condition and type of precautions in place.
- Choose a razor that works for a wet or dry shave and always shave in the direction of hair growth to avoid cuts or nicks.
- Use an electric razor or hair trimmer when shaving residents.
- After completing a shave, wash the resident's skin with soap and water.



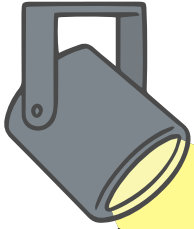
Practices to Avoid when Shaving Residents:

- Do not use a traditional blade razor because they are more likely to cause cuts. Razor blades may also cause sharps injuries to staff which can spread bloodborne infections, like HIV and hepatitis.
- Do not use electric razors near water sources as this may pose safety risks for you and the resident.
- Never share or use the same razor for multiple residents.
- Avoid using the same razor on different parts of the body as this may spread germs from one part of the body to another.

Review the CNA Toolkit Module on IPC While Providing Nail Care and Shaving.
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstlineCNAToolkit.aspx)

CNA Spotlight

Colleague-Nominated Celebrations of CNAs



We know all CNAs deserve special recognition! Here, we highlight some of the CNAs nominated for the *CNA Spotlight*.

Know someone you want to nominate?

Please send us your nomination using the [Nomination Form!](https://forms.office.com/g/667PAvATyC)
(forms.office.com/g/667PAvATyC)



Yisel Posada

**Happy CNA
Week!**

Yisel Posada is an outstanding CNA for the Acute Care Unit at St. John's Hospital Camarillo. She is truly a top performer that exemplifies our mission, vision, and values. She always finds a way to go above and beyond for her patients, cleaning them up, washing their hair, getting them up out of bed, and tidying up the room. She is constantly complimented on the care she provides by name from her patients, caregivers, and coworkers. She comes to work every day with a smile on her face and a willingness to work hard; she sets the bar so high! She is one of the most compassionate, caring, and kind person and it shows in the work she does each and every day!

Throughout her two decades of service, Dietra Jackson has demonstrated remarkable resilience and perseverance in a field that is inherently challenging. The mental health sector, especially within a locked psychiatric facility, requires a unique blend of patience, strength, and empathy - qualities that Dietra Jackson embodies every day. Her long tenure speaks volumes about her passion for her work and her dedication to making a positive impact in the lives of those we serve.



Dietra Jackson

**Celebrating
Rockstar CNA!**





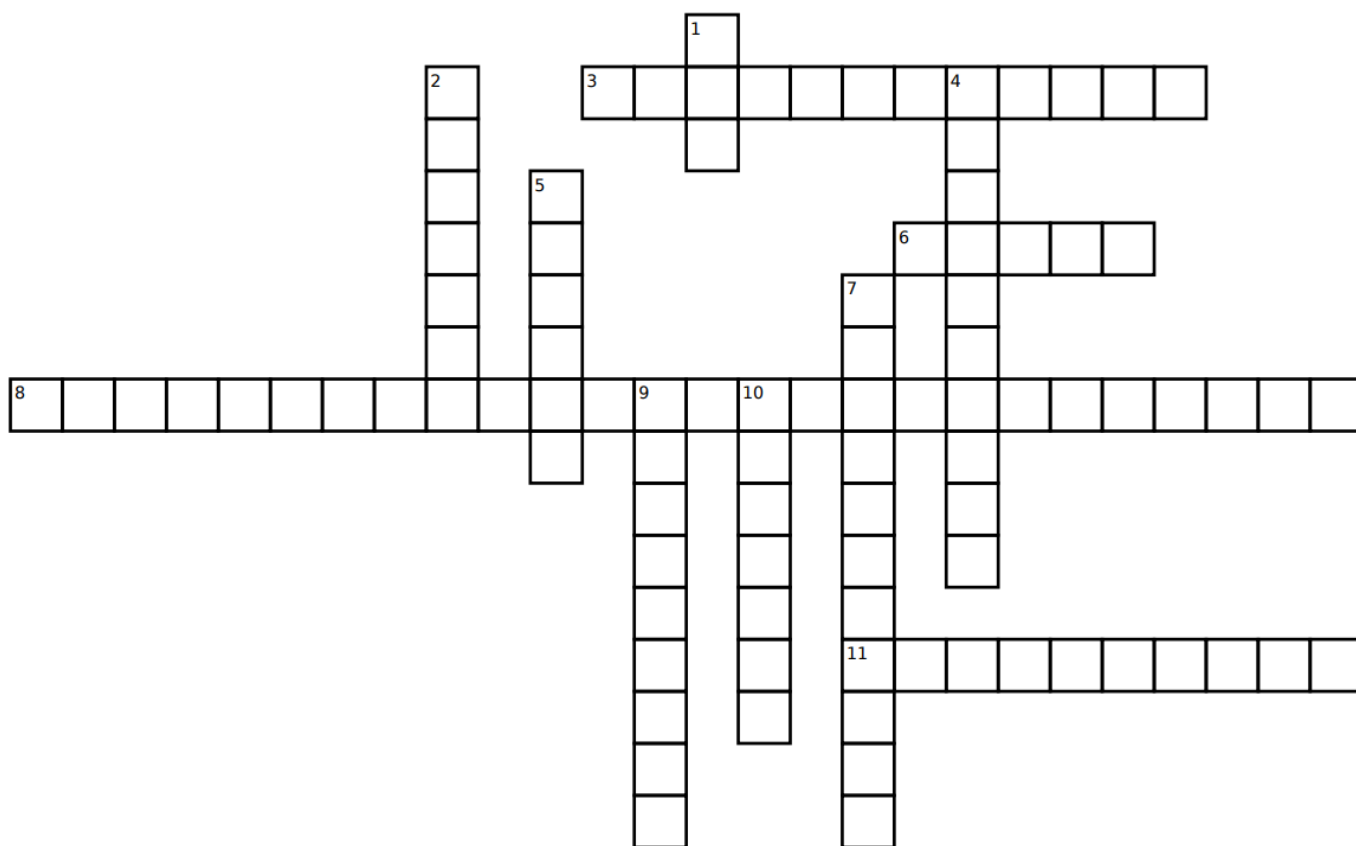
Mindfulness Activity

Crossword Puzzle to Maintain Brain Health



Doing crossword puzzles regularly can help maintain brain health and memory!

Brain Health Crossword



Down:

1. Frontline healthcare workers who provide direct patient care
2. Removing or trimming hair.
4. Tool for filing and shaping nails.
5. The hottest and brightest of the four seasons
7. Protective coverings of fingertips that help with grip and fine motor skills
9. When germs, like viruses or bacteria, make people sick; signs can include swelling and blood or drainage
10. Use for haircuts

Across:

3. Includes emotional, psychological, and social well-being, affecting how people think feel and act; taking care of this can improve your brain health
6. Part of the central nervous system that controls cognitive function
8. Bacteria or fungi that are resistant to various treatments
11. Degenerative brain disease that causes memory loss



Email ProjectFirstline@cdph.ca.gov
for the answer key

Do free daily crossword puzzles through [USA Today Crossword](https://puzzles.usatoday.com/) (puzzles.usatoday.com/)



Project Firstline & the HAI Program



Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.

Want a refresher on Infection Prevention and Control Practices?

Please visit us at: [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

Review the CNA Toolkit: [Project Firstline Training Toolkit for CNA](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstlineCNAToolkit.aspx)

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstlineCNAToolkit.aspx)

Questions? Reach out to us at: ProjectFirstline@cdph.ca.gov

The **Healthcare-Associated Infections (HAI) Program** in the California Department of Public Health Center for Health Care Quality oversees the prevention, surveillance, response, and reporting of HAI and antimicrobial resistance (AR) in California's hospitals and healthcare facilities. Infections acquired as a result of receiving health care remain a public health problem; but most are preventable by following infection prevention care practices.

Learn more about the HAI Program: [HAI Program Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)

Help us Improve the CNA Today Newsletter!



Your input is valuable! Scan the QR code to take the 5-minute CNA Today Newsletter Feedback Survey by June 30th (forms.office.com/g/fhJEDjaga6) to help us improve the next editions of the newsletter and **be entered into a drawing to win a \$25 Visa gift card!**

