

My Experience Taking the Idaho C.N.A. Class. By Tessie Ann

Upon starting the C.N.A. class @ C.W.I. I felt emotionally torn down fragile and terrified. I prayed before starting that I would be put in a class where my instructor would be fair and help me. Despite my prayers I was carrying a lot of emotional baggage from a prior experience.

Approximately 3 years ago I enrolled in a C.N.A. class. The location was close to my home in California. There weren't a lot of places that offered the C.N.A. class. I didn't have a lot of options.

I had worked as a C.N.A. earlier in my life. 6 yrs. In skilled nursing 1 year in acute care. I had received employer of the month. And I received high work evaluations. During the time of being employed @ a hospital I was referred to a doctor by the director of nurses in an outpatient Dept of a hospital. He had a girlfriend that had several neurological dysfunctions she was un-able to walk and confined to a wheel chair. She was an paraplegia. She had care needs that needed to be met while he was @ work.

I first started caring for her @ his house. About 1 yr. later he had decided to marry a R.N. he worked with. He still loved his disabled girl-friend and took financial and emotional responsibility for her He also came to my home twice a week to monitor her condition and help with her exercise regiments. He offered me a descent salary to take her into my home and provide care for her under his direction. The advantages were I could be home with my children and still make a descent salary to live on. I took care of her for a total of 22 years I had a couple friends that did relief care who I paid the amount I would receive for the time. During that time money was never an issue.

After that amount of time she developed a pressures ulcer. He had a couple speculations but not able to directly pinpoint. The cause . . . we began doing wound care. He tried to do surgery @ my home to close the wound and thought it was decreasing in size.. She started running an elevated temp. He also noticed her whole hip dis-inagrating. This meant if she wasn't already diagnosed with paralysis of her legs she would be. He said he didn't want her moved and wanted her to go to the E.R. by ambulance.

I followed the ambulance in my car.. Upon the doctor coming in he determined she needed immediate surgery. She had a 40% change of living through the surgery. The pressure Ulcer had gone to stage 2. She had quite a bit of drainage that I was changing almost hourly. They also told her that her leg might need to be amputated to save her life. I contacted the relief society president of my church as well as friends. Every-one rushed to the hospital that night to see if she was o.k.

She was lucky she pulled through the surgery. No amputation was needed.

After this tragedy-her family consulted together with the doctor. They felt her care needs were too high to remain in a home. She needed to be in a facility with monitored care 24 hours a day. I understood. It took both an emotional and. Financial Pull on me.

I had taken care of her for so long she was like a sister. There were times I'm going to ring your neck frustrating times and happy times interacting with her.

It was a difficult month to get through.

Her family did offer me some money to visit here and grocery shop for her.

I was left dealing with the issue of what do I do now? I needed an income

I decided to try to re-certify as a C, N, A, @ a near by college. At least I would be back where I started from,
(Little did I know what I would be working into.)

I started the class with a positive attitude. I tried to meet the expectations of the program. I attended every class and completed every assignment. In -fact I worked 1 chapter ahead to make sure I didn't fall behind.

At midterm I had a solid B for the class and all my clinical skills passed off.

We had 2 instructors. One took ½ of the class 2 days week to one clinical site the other one to a different site.

My clinical instructor that I had been assigned to work with was unbearably hard. I felt targeted insulted in front of the class and verbally assaulted during my time with her. Her verbal attacks started on the first day I began clinical. I was written up for a simple mistake. Other students in the hall made the same mistake. Their mistake was overlooked.

I was written up. When I tried to stick up for myself or defend myself .she wrote written documentation saying I was argumentative I had never been written up anywhere before.. Never the less I sign her form to show I was willing to do my part.

Her written and verbal reprimands seemed to accelerate for a couple of weeks. It was then I feel she had planed all a long to kick me out of the Program.

During the next clinical day-3 weeks before finishing the class the instructor appeared to be on an emotional war path.

She followed me into a resident's room I had showered. She brought in with her a note book and a pencil. She was seeking any issue she could to use against me. Some issues were exaggerated some never occurred.

I tried to spend extra time with my client by doing a foot bath a back rub as well as nail care I wanted to give a little extra care. She took that to look for issues to use against me

After writing up the issues she became Kurt, clean -up your stuff and come into a particular room and talk to me. Upon entering the room I was told she would talk to the dean tomorrow and have me withdrawn

Feeling verbally assaulted she called me a loose cannon, scattered brain, confessed she had talk about me to a staff C.N.A. who's opinion was I wouldn't make it. She also said you won't pass the competency test. She also said I didn't have what it took to be a C.N.A.

I had a lot of anxiety. My heart felt broken. I had put so much work into this and like a click of a button it was all over.

I became emotionally upset a couple students comforted me. I then felt sick to my stomach the stress of the whole thing had shifted. I went into the lunch room where the teacher was. I went into the bathroom I became physically sick. Even then the instructor sought another issue to write me up on. She added this is just going on my list against you!

I was shortly Expelled from the program. Informed I could complain to different board members of the college and appeal her decision..

I went home with. Feeling of despair. Deep depression set in. How can a teacher say all these cruel things? I felt emotionally traumatized for weeks months even years to come I had disturbing thoughts and bad dreams. My first response as well as part of my family

We are going to take this to an attorney. I wanted to sue for emotional abuse and defamation. Per college policy their grievance and appeal process has to be sought out first. My sister Rebecca was very supportive and knowledgeable. She began to prepare papers to defend my case. I also had the doctor I had worked for write a letter on my behalf. He had become a medical director of a main hospital and health care facility. He stated in his letter that He was sure I was capable of becoming a C.N.A.

The emotional battle began I had friends on my side. The instructors wrote pages upon pages of defamation beating me down to nothing.

In the end I think they were just trying to protect their selves No letter I had stood up against there cruel and defamatory charges the teachers made about me. A book was Publish as public knowledge. I tore half of the book up with pages upon pages of malicious charges levied against my competency intelligence and character.

An attorney looked at it. He said even though they were providing untrue unethical info I didn't have enough I evidence to back my allegations up with.

My sister Rebecca wanted to do something for me, to help me recover from this emotional trauma. She planed a girl's week-end by the ocean that she largely financed herself.

I moved to Caldwell Idaho 1-29 12. My sister and her husband helped me purchase a home that had gone into fore-closure; it was a nice home that I had been happy with.

The job situation wasn't good. The ratio for a C.N.A. job to a caregiver was 10; 1 the pay for the caregiver even worse. I started working at a home care agency. I was told my pay rate would be \$8.25/hr upon receiving my check most of the hours were paid @\$7.25 per hr. Idaho minimum wage I had worked 12 days on a particular difficult resident in a row. The shifts were only 3-1/2 hour shifts. That was the amount of hrs. Approved from Medicaid. No re-imburement in Gas

I made a little over \$400 not counting gas. To start with. It seemed like the majority of clients were hard with extreme physical disabilities or mental problems. I did what I could often feeling exhausted. I would work 6 days per week with not a-lot of hours. After a couple of months trying the C.N.A. class @ W.C.I. was an open option.

In terms of taking the class again-Their were two choices.

I could say I've been through too much emotionally to keep on trying. I'll take the easy road out. I think I'll get on disability Let the government take care of me. I have depression issue –or the next choice. That with God all things are possible. Get up dust your self off. Be strong and try again. You do all you can and ask the lord to help you with the rest

I did pray and I did get a good teacher that was fair. The first night I had a particular hard time. The echo's of my former instructor un-kind words went back through my head. I felt like walking out and bursting in tears.

I was also initially apprehensive about the testing policy. You had to score 80% or above on each test you were allowed another chance if you didn't get 80 % you couldn't pass. These were set standards by the state.

Despite my insecurities of inadequacies I put as much effort as I could I studied really hard for the test Realistically I think I over studied score test were never a issue.. I scored a lot higher than I had thought perceived my self scoring.

I was there every class meeting with 100% attendance. I even missed a family reunion. I was consciences of not falling behind.

One particular class I met a very nice teacher. Due to OBRA standards I will not mention names.

This teacher substituted for my regular instructor. I was impressed with her. She started our discussion with positive projection. That how you project yourself is sometimes how people perceive you. We were having a mid-term the following class. She told every-one to write 10 times I am competent and I'm going to do marvelous on the mid term. Well she had a point because I ended up doing very well missing only one question. When I mentioned this to my instructor –She said well she was right.

I also asked my instructor if she failed any-one in the class. She said I don't like to but I do. It's usually because of breaking the rules. Missing too much class text-ing I said How about Incompetence. She said if their having a problem with the written test or skills I will keep on working with them as much as I can, as long as their trying.

As time progressed I successfully passed the class .I also completing clinical hours @ a Nursing and rehabilitation facility.

I still carried a-lot of doubts and anxiety of not being capable passing the skills competency test. For a good month I went through feeling emotionally terrified I don't know if I'm going to pass- What If's What if I still have to re-test?

I decided to make sure I was pre pared. I went to the skill's review class. I went into the lab when my nice substitute teacher was finishing her class. She stayed for a hour helping with Range of Motion. On four muscle groups I went home and was able to master that skill. One of the other students attending Skills review was nice but had me a little confused.

During my conversation on this date- I confided my nervousness of taking skills test.

This was said on her own time frame. She brought up a valid point that was because Jesus Christ took all the sins on him-self that we don't need to carry feeling of self-doubt.

Christ bears all burdens so we don't have too I also confided to her regarding my previous experience in California the Things that were said to me. I said is this appropriate behavior? She replied No it's not

As you would calm a troubled client the same tactics were used –As feeling safe and free from any emotional abuse.

You're in a different state now with different instructors that care about their students no one is going to treat you this way.

She said don't think of what this lady said any-more. Look at me you are not a scattered brain or a loose. Cannon I have some thing for your homework. Do This before you attempt the test. I want you to write 10X's. I am competent and will pass the skills and competency and written test. Don't think I hope to or will try to I will.

Well I feel teacher's like this need recognition-simple positive advice like this helps heal emotional scars. It helps with self-actualization. A basic need taught in class for the social Needs for life.

I went to the lab one other time. I asked for permission. My niece Anna Carter really wanted to help me. –think it's o.k. to mention her name. I met another instructor in the Emmett Boise area, that taught the C.N.A. class there. She was very nice. For a couple days I just focused on my own practice drills. I made a card with 3 things I went over and over it making a list of skills. I put the skills in a bowl

I started putting sticky notes all-over my calendar. Pray for God's help with anxiety!

There were others as well. Remember this Remember that. I stated putting sticky notes on the dash of my car. On The dash I also included a note that readt I am competent and will pass both skills and written test.

As I prayed the night before I could feel Heavenly Father's spirit. I was told to add I am going to be strong.

I was told I was going to pass. I needed to think of the test as having faith in myself. To try to overlook the superficial part of it and look as needing to conquer this in order to put this behind me and move forward.

I was told you need to forgive, I was like you mean that wicked Lady of the north south west east Yea right.

I was told he will deal with all that in his good time. In-order to recover from her vicious remarks I needed to put it in God's hand's as the test the next day.

My whole family had prayed some fasted. I didn't sleep to well that night. I kept waking up during the night going over all the skills.

The next morning after waking up I felt like I had never felt before. I felt the sprit. The holy sprit .The sprit of God. I mean SISTER – Do you feel the sprit? I have never in my life felt some much positive energy running through me. Any nervousness just melted away.

I felt like I could go wake up the dead Oh but then I would be late for the test.

All the way down I kept saying to my self I'm going to be strong I'm going to be strong. I walked into the testing sight with my information; I said "I hope you have a nice person Their reply was Oh this is the nicest lady we've got She had a smoothing composure. And like a grandmother personality.

As I went to the testing area

One other girl was testing also. She became my patient.

We did hand washing and proceeded with vital signs. I told the tester that I wanted to do the P-R-B/P twice. I felt I could be wrong. She said you have 30 minutes you can do what you want. After doing 2 reading of each I heard the same numbers. I picked a card with 3 skills. The skills were partial Bed Bath Anti-Embolic stockings and dressing with an affected limb. I felt this competent feeling inside. My answers came out naturally It was smooth sailing.

At the end of my test the rater told me that I was right on point with my vital signs you did a really good job.

I believe that the prayers made the difference. I proceeded with the written test. I passed the written test also. I saw the Emmett teacher. She congratulated me and gave me a hug on my way out

As I drove home I had tears of relief. Happiness as well as a weight being lifted. I thank those of you who have been supportive. I also feel God had his hand in this.

I'm now applying for jobs and had a couple interviews this last week.

in living the abundant life Ensign 2012 Jan Thomas Monson quotes "Don't limit your self and don't let others convince you that you are limited in what you can do Believe in yourself and then live so to reach your possibilities.

You can achieve what you believe you can. Trust and have faith."

Love Tessie A. Roberts /Langford