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CNA-The Backbone of Patient Care

If asked to describe a Certified Nursing Assistant (CNA) using three terms derived from its acronym, I would choose Caring, Nurturing and Awesome! It takes a special person to selflessly provide care to others and I was honored to have worked as a CNA for two years. The patients I cared for as well as the lessons I learned are invaluable. My experiences as a Certified Nursing Assistant will help me become a passionate, hard-working, and effectively communicating nurse.

Nursing should not be a career choice for anyone who does not have a passion for patient care. As a CNA in a long-term healthcare facility, I learned patients rely on healthcare personnel to make a huge life transition as seamless as possible. Patients depend on their Aides for comfort, security, also emotional support. The impact I had on my patient's lives ignite my passion for patient care and aspire me to become a hard-working nurse.

The role of a CNA can be extensive and overbearing, hence I am no stranger to hard work. Most days consisted of a 30-min lunch break amid 7 ½ hours of non-stop patient care. The physical demands that came along with being a CNA seemed intolerable however, the hard work helped build my character. Additionally, due to the workload I had to learn to communicate to supervisors to ensure each patient received proper care.

Communication plays an important part in the responsibility of a CNA. CNAs relay patient information to the Nurse daily. If patient information is not communicated timely or accurately the consequences could be detrimental. Therefore, the skill of effective communication I obtained as a CNA will benefit me in becoming Nurse.

Through my experience as a CNA I learned passion, hard-work and effective communication. Aside from aspiring me to pursue a Nursing degree, being a CNA helped me to develop skills that will further prepare me for my career. Needless to say, every experience we have in life molds us in preparation for our next step.