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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 during my two years are now 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. Because of the impact I had on my patients' lives, I developed a greater passion for patient care.

The role of a CNA can be extensive and strenuous; hence I am no stranger to hard work. A regular day of work, for instance, consisted of a 30-minute 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. For example, CNAs relay patient information to the Nurse daily. If patient information is not communicated timely or accurately, the consequences could be detrimental. As a result, I learned to communicate effectively, which 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. Every experience we have in life molds us in preparation for our next step.