

## **MISSION TRAILS REGIONAL OCCUPATIONAL PROGRAM**

### **NURSING ASSISTANT/HOME HEALTH AIDE**

**1. COURSE TITLE:**            **Nursing Assistant/Home Health Aide**

**2. CBEDS TITLE:**            **Nurse Aide & Orderly**

**3. CBEDS NUMBER:**        **4280**

**4. JOB TITLES AND DOT CODE:**

1. Nursing Assistant
2. Home Health Aide

**5. COURSE DESCRIPTION:**

This course consists of 150 hours of theory and 120 hours of clinical training in long term facilities. Both aspects of the program incorporate the Omnibus Reconciliation Act of 1987 guidelines for nursing assistant education as well as the most current module requirements of the California Department of Health Services. The course focuses on sage and effective functioning when providing nursing care, and when working in other healthcare settings. Emphasis is placed on nursing assistant skills and functions and the psychosocial approach to care. Throughout the course, caring, understanding, respect for the individual, personal choice, and dignity of person are attitudes that are conveyed to the nursing assistant. Instruction proceeds from the simple to the more complex. The concepts and procedures integral to other activities and functions are presented early in the course. Psychomotor skills that are easy to learn and are basic to the role of nursing assistants are presented next. More complex content is then presented. The course encompasses the life span with content and precautions regarding care of infants, children and the elderly integrated throughout.

**6. HOURS:**                    360

**7. PREREQUISITES:**

1. 16<sup>th</sup> yrs old or older
2. Complete History/Physical
3. Proof of PPD or Chest X-ray and Rubella
4. Must be free of criminal conviction or submit a letter of clearance from the Department of Health Services.
5. Fingerprints

**8. DATE WRITTEN/REVISED:**            February 16, 2005

## **COURSE OUTLINE:**

### Module 1: Introduction (Theory 5 Clinical 0)

1. Healthcare facilities
2. The Healthcare facility Organization
3. The nursing team
4. Paying for Healthcare
5. Role of the nursing Assistant
6. Ethical and legal Consideration
7. Working with others

#### Standard Alignment

SCANS: C 5, 15, F1 2, 13

Curriculum Standards: Reading 1.1, 2.1, 2.3, Writing 1.5, 2.5, Written/Oral 1.2

### Module 2: Patient Rights (Theory 3 Clinical 2)

1. Patient and Resident Rights
2. OBRA (1987)
3. Elder Abuse

#### Standard Alignments

SCANS: C 5, F 1, 2,6,13

Curriculum Standards: Reading 1.1, 2.1, 2.2, Writing 1.5, Written/Oral 1.2

### Module 3: Interpersonal Skills (Theory 5 Clinical 2)

1. Patient as a person
2. Needs (MASLOW)]
3. Culture and Religion
4. Emotional and Psychological effects
5. Type of patients
6. Communication
7. Patients family and visitors

#### Standards Alignment

SCANS: C 5,9,11, 14, F5, 6, 13

Curriculum Standards: Reading 1.1, 2.2, Writing 1.5, 1.7, Written/Oral 1.2, Listening/Speaking 1.3

### Module 4: Prevention and management of Catastrophe and disaster (Theory 5 Clinical 2)

1. The safe environment
2. Safety in the home
3. Safety in the Facility
4. Restraints
5. Accidents due to equipment
6. Reporting accidents and errors
7. Fire Safety
8. Disaster

#### Standards Alignment

SCANS: C9, 15, F6

Curriculum Standards: Reading 1.1, 2.1, Writing 1.5, Written/Oral 1.2

Module 5: Body Mechanics (Theory 5 Clinical 4)

1. General Rules
2. Lifting and moving patients in bed
3. Transfer
4. Position
5. Ambulation

Standards Alignment

SCANS: C 9, 11, F 6, 13

Curriculum Standards: Reading 1.1, 2.1, 2.3, Writing 1.5

Module 6: Medical and surgical Asepsis (Theory 5 Clinical 10)

1. Medical Asepsis
2. Infection precaution

Standards alignment

SCANS: C5, 6, 11 F1, 2, 6

Curriculum Standards: Reading 1.1, 2. 1, 2.3, Writing 1.5

Module 7 Weights and Measures (Theory 2 Clinical 2)

1. Metric System
2. Weight, length, liquid Volume
3. Military Time

Standards Alignment

SCANS: C5, F3

Curriculum Standards: Number Sense 1.1, 1.2, Measurement 1.1

Module 8: Patient Care Skills (Theory 30 Clinical 44)

1. Personal hygiene
2. Grooming
3. Peri-care
4. Prosthetic Devices
5. Decubitus Ulcer/Skin care
6. Bowel/Bladder training
7. Measuring Height/Weight

Standards Alignment

SCANS: C5 F6, 13

Curriculum Standards: Reading 1.1, 2.1, 2.3, Writing 1.5, Listening/Speaking 1.3

Module 9: Patient Care Procedures (Theory 20 Clinical 20)

1. Collection of Specimen
2. Care of Patient with Tubing
3. Intake and Output
4. Bed Making
5. Enema
6. Admission, Transfer, Discharge
7. Bandages and non-sterile dry dressing

8. Application of OTC topical ointments to intact surfaces

Standards Alignment

SCANS: F 6, 13

Curriculum Standards: Reading 1.1, 2.1, 2.3, Writing 1.5, Listening/Speaking 1.3

Module 10: Vital Signs (Theory 5 Clinical 6)

1. Temperature
2. Pulse
3. Respiration
4. Blood Pressure
5. Recording and Reporting abnormal result

Standards Alignment

SCANS: C5, F3, 6,13

Curriculum Standards: Number Sense 1.2, Reading 1.1,2,1,2.3, writing 1.5 Written/Oral 1.2

Module 11: Nutrition (Theory 5 Clinical 6)

1. Food Group
2. Special Diet
3. Factors that affect eating and Nutrition
4. Fluid balance
5. Assisting the patient at mealtime
6. Other methods of maintaining food and fluid needs

Standards Alignment

SCANS: C5 F3, 6.13

Curriculum Standards: Number Sense 1.6, Reading 1.1

Module 12: Emergency Procedures (Theory 5 Clinical 2)

1. General Rules
2. Basic life support
3. Hemorrhage
4. Shock
5. Seizure
6. Fainting
7. Stroke
8. Vomiting

Standards Alignment

SCANS: C5, F1, 2,3,5,6

Curriculum Standards: Number Sense 1.2, Reading 1.1, 2.1, 2.3, Writing 1.5, Written/Oral 1.2

Module 13: Long Term Care Patients (Theory 5 Clinical 0)

1. Introduction to Anatomy and Physiology
2. Needs of persons with Developmental Disorder
3. Chronic Brain Syndrome
4. Psychological and Social Effects of aging
5. Physical effects of aging
6. Common Diseases and Disorders with Sign and Symptoms

Standards Alignment

SCANS: C5, 15, F6

Curriculum Standards: Number Sense 1.2, Reading 1.1,2.1, 2.3, Writing 1.5, and Written/oral 1.2

Module 14: Rehabilitation Nursing (Theory 5 Clinical 4)

1. Goal of Rehab
2. Complication
3. Prevention
4. Ambulation
5. The Rehab team
6. Promoting Patient's Potential

Standards Alignment

SCANS: C5, 11

Curriculum Standards: Reading 1.1, 2.1, 2.3, Writing 1.5, Written/Oral 1.2

Module 15: Observation and Charting (Theory 5 Clinical 4)

1. Communication
2. Patient Record
3. Reporting and Recording Observation
4. Nursing Care Plan
5. Medical Terminology
6. Legal issues in Charting

Standards Alignment

SCANS: C5, 6, F2, F3, F6

Curriculum Standards: Reading 1.1,2. 1.2.3, Writing 1.5, Written/Oral 1.2, Language/Speaking 1.3

Module 16: Death and Dying (Theory 5 Clinical 0)

1. Dying Patient's Rights
2. Stages of grief
3. Psychological, social, spiritual needs
4. Hospice care & EOL (End of Life Care)
5. DNR (Do not resuscitate)
6. Signs of Approaching Death
7. Postmortem Care

Standards Alignment

SCANS: C5, 6, F1, 2,5,6

Curriculum Standards: Reading 1.1,2.1,2.3, Writing 1.5, Written/Oral 1.2, Language/Speaking 1.3

Module 17: Surgical Patient (Theory 3 Clinical 2)

1. Psychological care of the Patient
2. Pre-operative period
3. Anesthesia
4. Post-op period

Standards Alignment

SCANS: C5, 6, F1, 2, 5, 6

Curriculum Standards: Reading 1.1, 2.1, 2.3, Writing 1.5, Written/Oral 1.2, Language/Speaking 1.3

Module 18: Caring for the Mother and Newborns (Theory 2 Clinical 0)

1. Infant Safety
2. Helping Mothers to Breast Feed
3. Diapering
4. Care of the Umbilical Cord
5. Circumcision
6. Bathing the infant

Standards Alignment

SCANS: C5, 6 F1, 2, 5, 6

Curriculum Standards: Reading 1.1, 2.1, 2.3, Writing 1.5, Written/Oral 1.2, Language/speaking 1.3

Module 19: Home Health Care (Theory 20 Clinical 20)

1. Home Health Assistant
2. Home Environment
3. House Keeping
4. Reporting and Recording

Standards Alignment

SCANS: C5, 6, 9, 11, 15, F1, 2, 3, 5, and 6, 13

Curriculum Standards: Reading 1.1, 2.2, 2.3, Writing 1.5, 2.5, Written/Oral 1.2, Number Sense 1.1, 1.2  
Measurement 1.1, Language/Speaking 1.3

**10. ADDITIONAL RECOMMENDED/OPTIONAL ITEMS:**

**A. ARTICULATION:**

**B. ACADEMIC CREDIT:**

**C. INSTRUCTIONAL STRATEGIES:**

**D. INSTRUCTIONAL MATERIALS: Mosby's Textbook for Nursing Assistant 7<sup>th</sup> Ed.**

**E. CERTIFICATES:**

Upon completion of the program the successful student will be able to:

1. Apply the basic entry level-nursing assistant.
2. Achieve a minimum total score of 70%, which includes quizzes, unit test, workbook, final exam.
3. Attain a satisfactory rating on the clinical performance standard
4. Prepare the student to successfully pass the California Nurse Assistant Competency Examination.

**COURSE GOAL:**

To provide the student with learning activities in basic nursing principles and procedures so that the student may acquire basic competencies in the delivery of quality patient care. Students who successfully complete the course requirements are eligible to sit for the California Nurse Assistant competency examination.