

YOSEMITE REGIONAL OCCUPATIONAL PROGRAM

CERTIFIED NURSING ASSISTANT/HOME HEALTH AIDE

CBEDS Code: 4279

JOB TITLES

Nursing Assistant
Home Health Aide

DOT NO.

355.674-014
355.674-014

Course description:

Students attain state competencies for employment as nurse's aide or home health aide and apply for certification. Students also learn entry-level skills for employment in institutional maintenance and basic nursing and home management. Those interested in pursuing technical, specialty, or advanced medical careers require additional education at community and/or four year colleges or medical schools.

Recommended prerequisites:

DURATION: 380 total hours of instruction

CREDIT: 20 units

MEETS GRADUATION REQUIREMENTS IN: Electives (MCS)

REQUIRED FOR GRADUATION: No (MCS)

SCHOOLS OFFERED:

MEETS UNIVERSITY OF CALIFORNIA ENTRANCE REQUIREMENTS: No

MEETS CALIFORNIA STATE UNIVERSITY REQUIREMENTS: No

ARTICULATED WITH POSTSECONDARY INSTITUTIONS: No

REFERENCE MATERIALS
(Modesto – Each District Selects Own Materials)

Basic Texts:

Successful Nursing Assistant Care second edition. Hartman Publishers, Diana Dugan RN
Textbook, workbook

Providing Home Care, Hartman Publishers second edition, William Leahy MD

Instructional Content

Instruction will include:

Student Outcomes

At the end of instruction, the student will be able to:

Hours

CL=Classroom
CC=Comm. Class.

Instructional Content	Student Outcomes	Anchor	CTE	CL	CC
<p>1. Orientation</p> <ol style="list-style-type: none"> Define terms for community health care facilities. Discuss resources for employment within the community. Describe health responsibilities of community agencies. Review the interrelationships between agencies from the local level/ international level. Define and describe major departments in the hospital organization. Review requirements for nurse assistant certification. Discuss Title 22 and the major components governing nursing assistants. 	<p>Goal: The student will understand the interrelationships of the health care system.</p> <ol style="list-style-type: none"> Define terms for community health care facilities. List community settings that employ nursing assistants. Explain the health responsibilities of community agencies Discuss the interrelationships between agencies from the local level to the international level. List and describe major departments in the hospital organization. Identify requirements for nurse assistant certification. Describe Title 22 and identify major components that govern nursing assistants. 	<p>Integrated and embedded</p>	<p>B12.0-12.4 B9.4 B4.2 B4.5</p>	<p>10</p>	
<p>2. Role of the Nursing Assistant</p> <ol style="list-style-type: none"> Identify members of the nursing team. Review responsibilities of the nursing assistant. Chart the lines of authority an assistant follows. Review personal hygiene and the importance of a healthy mental attitude. Demonstrate appropriate dress for the job. Discuss the importance of good human relationships. 	<p>Goal: The student will understand the role of the Nursing Assistant</p> <ol style="list-style-type: none"> Identify members of the nursing team. List the job responsibilities of the nursing assistant. Make a chart showing the lines of authority an assistant follows. List the rules of personal hygiene and explain the importance of a healthy mental attitude. Describe the appropriate dress for the job. Describe the importance of good human relationships. 	<p>Integrated and embedded</p>	<p>B12.0-B12.4 E2.7 B9.1 B9.2 B9.4 B9.6</p>	<p>10</p>	
<p>3. Ethical and Legal Issues</p> <ol style="list-style-type: none"> Review terminology Review Patient's Bill of Rights. Define ethical and legal situations in health care. Discuss ethical responsibilities concerning patient information. Demonstrate tactful ways to refuse a tip offered by a patient. Review legal responsibilities of this nursing assistant. Review how to protect the patient's right to privacy. *(HIPAA) Discuss the guidelines for the proper use and legal implications of using restraints. <p>* Health information portability and accountability Act</p>	<p>Goal: The student will understand ethical considerations, legal constraints and professional codes affecting health care delivery systems.</p> <ol style="list-style-type: none"> Define related terminology. Identify key items in the Patient's Bill of Rights. Discuss ethical and legal situations in health care. Describe the ethical responsibilities of the nursing assistant concerning patient information. Describe tactful ways to refuse a tip offered by a patient. Describe legal responsibilities of the nursing assistant. Describe how to protect the patient's right to privacy. List the guidelines for the proper use of restraints, and legal implications of using restraints. 	<p>Integrated and embedded</p>	<p>A2.1-2.3 A7.7 B6.6 C13.1-13.3 C14.2 D6.4</p>	<p>10</p>	

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<p>4. Cultural Diversity</p> <ol style="list-style-type: none"> 1. Understand culture, ethnicity and race 2. Discuss Bias, prejudice and stereotyping 3. Understand cultural diversity 4. Respect cultural diversity 	<ol style="list-style-type: none"> A. Define, value and clarify different cultures And their specific healthcare practices B. Role play engagement with same and different cultures C. Evaluate and apply in short writing example new knowledge acquired about cultures different from students own. D. Create poster project to facilitate knowledge of culture diversities in the community 	<p>Anchor</p> <p>Integrated and embedded</p>	<p>CTE</p> <p>B13.0-13.6 E2.6</p>	<p>CL</p>	<p>CC</p>
<p>5. Communication and Decision-Making</p> <ol style="list-style-type: none"> 1. Group dynamics, conflict resolution, & negotiation. 2. Need for cooperation, sharing of responsibility, accepting supervision, and leadership in the health care field. 3. Relationships with other gender, generational, & cultural groups. 4. Oral & written communication skills. 5. Medical terminology. 6. Job shadowing & mentoring to observe communication patterns & systems. 7. Analyzing ineffective communication patterns in simulated work experience & results of such patterns. 8. Identifying problem situations, locating necessary data, and finding solutions. 9. Communication systems in the health care field. 10. Management of medical information on simulated health care programs. 	<p>Goal: The student will exhibit critical & creative thinking, logical reasoning, & problem solving skills.</p> <ol style="list-style-type: none"> A. Demonstrate an understanding of the key concepts of group dynamics, conflict resolution, & negotiation. B. Work cooperatively, share responsibilities, accepts supervision, & assume leadership roles. C. Demonstrate cooperative relationships across gender, generational, & cultural groups. D. Demonstrate effective oral & written communication skills. E. Understand & demonstrate a working knowledge of medical technology. F. Observe & understand communication patterns & systems through job shadowing and mentoring. G. Identify & analyze ineffective communication patterns in simulated work experience, & the results of such patterns. H. Recognize problem situations; identify, locate & organize needed information or data; propose, evaluate, & select alternative solutions. I. Identify communication systems in the health care field, including charting, computer programs, phones, pagers, reports, and observations. J. Demonstrate management of medical information on simulated health care programs 	<p>Integrated and embedded</p>	<p>A2.2-2.3 B6.1 B6.6 B4.3-4.5 B5.1-5.7 B3.5 B3.6 F11.1 F11.2 F11.4</p>		

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<p>6. Introduction to Anatomy & Physiology 1. Review related terminology 2. Discuss the organization of the body. 3. Describe tissue types and their characteristics. 4. Review the systems of the body and their functions. 5. Identify body parts by correct terminology. 6. Review location of major organs as parts of body systems. 7. Discuss the aging process and its effects on body systems.</p>	<p>Goal: The student will have knowledge of Anatomy and Physiology A. Define related terminology B. Describe the organization of the body. C. Name the four types of tissue and their characteristics. D. List the systems of the body and their functions. E. Use correct terminology to identify body parts. F. Properly locate major organs as parts of body systems. G. Describe the effects of the aging process on each system.</p>	<p>Anchor Integrated and embedded</p>	<p>CTE B2.0-2.4 B5.1-5.7 B7.2-7.3</p>	<p>CL 25</p>	<p>CC</p>
<p>7. Basic Anatomy and Physiology of Body Systems. 5.1 Integumentary System. 1. Review related terminology 2. Describe the location and function of the skin and its appendages. 3. Discuss skin lesions. 4. Define diagnostic testing associated with skin lesions. 5. Demonstrate a nursing assistants actions relating to care of residents with skin conditions. 6. Identify persons at risk for the formation of decubitus ulcers. 7. Review preventative measures for decubitus ulcers. 8. Define the stages of pressure sore information and identify appropriate actions. 9. Define the system of classification of burns. 10. Identify actions in caring for patients with burns.</p>	<p>Goal: The student will have a basic understanding of the Anatomy, Physiology of Body Systems. The student will understand the Integumentary System A. Define related terminology B. Review the location and function of the skin and its appendages. C. Describe some common skin lesions. D. List three diagnostic tests associated with skin lesions. E. Describe the nursing assistant actions relating to the care of residents with specific skin conditions. F. Identify persons at risk for the formation of decubitus ulcers. G. Describe preventative measures for decubitus ulcers. H. Describe the stages of pressure sore information and identify appropriate nursing assistant actions. I. Describe the system of classification of burns. J. List nursing assistant actions in caring for patients with burns.</p>	<p>Integrated and embedded</p>	<p>B2.0-2.4 B5.1-5.7 B7.2-7.3</p>		
<p>7.2 Respiratory System 1. Review terminology 2 Define the location and function of the respiratory system. 3 Define organs of the respiratory system. 4 Describe common diseases, signs and symptoms of the respiratory system. 5 Define nursing assistant actions related to the care of patients with respiratory conditions.</p>	<p>Goal: The student will have knowledge of the Respiratory System. A. Define terminology B. Review the location and function of the respiratory system. C. Identify the organs of the respiratory system. D. Describe common diseases, signs and symptoms of the respiratory system.</p>	<p>Integrated and embedded</p>	<p>B2.0-2.4 B5.1-5.7 B7.2-7.3</p>		

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<p>7.2 Respiratory System (Continued)</p> <ol style="list-style-type: none"> 6 Review procedures for residents to receive oxygen therapy. 7 Demonstrate safety measures for the use of oxygen therapy. 8 Demonstrate nursing assistant actions to be taken when a resident is receiving oxygen therapy. 	<ol style="list-style-type: none"> E. Describe the nursing assistant actions related to the care of patients with respiratory conditions. F. List four ways in which a resident may receive oxygen therapy. G. List five safety measures for the use of oxygen therapy. H. Describe the nursing assistant actions to be taken when a resident is receiving oxygen therapy. 	<p>Anchor</p> <p>Integrated and embedded</p>	<p>CTE</p>	<p>CL</p>	<p>CC</p>
<p>7.3 Circulatory System (Cardiovascular)</p> <ol style="list-style-type: none"> 1. Review terminology 2. Identify and locate the organs of the Circulatory System. 3. Discuss diagnostic testing associated with conditions of the circulatory system. 4. Define common diseases, signs and symptoms of the Circulatory System. 5. Demonstrate nursing assistant actions related to the care of residents with Circulatory System conditions. 	<p>Goal: The student will demonstrate knowledge of the Circulatory System (Cardiovascular)</p> <ol style="list-style-type: none"> A. Define related terminology. B. Identify and locate the organs of the Circulatory System. C. List the five diagnostic tests associated with conditions of the Circulatory System. D. Describe common diseases, signs and symptoms of the Circulatory System. E. Describe nursing assistant actions related to the care of residents with Circulatory System conditions. 	<p>Integrated and embedded</p>	<p>B2.0 B5.0 B7.2-7.3</p>		
<p>7.4 Musculoskeletal System</p> <ol style="list-style-type: none"> 1. Review related terminology 2. Define the location and function of the Musculoskeletal System. 3. Demonstrate a wide range of motion exercises. Examples: Active Range vs. passive range. 4. Describe the difference between active and passive range of motion exercises. Explain why one or both are used. 5. Describe signs and symptoms of Musculoskeletal. 6. Define the nursing assistant actions related to the care of residents with Musculoskeletal System conditions. 	<p>Goal: The student will have knowledge of the Musculoskeletal System.</p> <ol style="list-style-type: none"> A. Define related terminology B. Review the location and function of the Musculoskeletal System. C. Demonstrate nursing assistant actions in performing range of motion exercises. D. Demonstrate active range of motion exercises. E. Demonstrate passive range of motion exercises. F. Describe the difference between active and passive range of motion exercises and why one or the other, or both, are used. G. Describe common disorders, signs and symptoms of the Musculoskeletal System. H. Describe the nursing assistant actions related to the care of residents with Musculoskeletal System conditions. 	<p>Integrated and embedded</p>	<p>B2.0 B5.0 B7.2-7.3</p>		
<p>7.5 Endocrine System</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Discuss the location and function of the Endocrine System. 3. Review common diseases, signs and symptoms of the Endocrine System. 4. Describe signs and symptoms of hypoglycemia and hyperglycemia. 	<p>Goal: The student will understand the Endocrine System</p> <ol style="list-style-type: none"> A. Define related terminology B. Review the location and function of the Endocrine System. C. Describe common diseases, signs and symptoms of the Endocrine System. 	<p>Integrated and embedded</p>	<p>B2.0 B5.0 B7.2-7.3</p>		

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<p>7.5 Endocrine System (Continued) 5. Review nursing assistant actions in caring for a resident with diabetes. 6. Describe complications associated with a diabetic resident. 7. Review diet therapy associated with diabetes. 8. Discuss importance of regular exercise to the diabetic resident.</p>	<p>D. Recognize signs and symptoms of hypoglycemia and hyperglycemia. E. Describe nursing assistant actions in caring for a resident with diabetes. F. Define diabetes. G. Discuss nursing assistant actions in caring for a resident with diabetes. H. Review complications associated with a diabetic resident. I. Discuss important of diet therapy associated with diabetes. J. Discuss importance of regular exercise to the diabetic resident.</p>	<p>Anchor Integrated and embedded</p>	<p>CTE B2.0 B5.0 B7.2-7.3</p>	<p>CL</p>	<p>CC</p>
<p>7.6 Nervous System 1. Review related terminology 2. Describe the location/function of the organs of the Nervous System. 3. Discuss common diseases of the Nervous System. 4. Review nursing assistant actions related to the care of residents with Nervous System conditions. 5. Define levels of consciousness. 6. Review methods of appraisal for levels of consciousness. 7. Review methods of monitoring the resident for orientation levels. 8. Define signs and symptoms of increased intracranial pressure. 9. Define signs and symptoms of cerebrovascular accident (stroke). 10. Review signs of seizure activity and nursing assistant actions to be taken for residents with seizures.</p>	<p>Goal: The student will understand the Nervous System. A. Define related terminology. B. Review the location and function of the organs of the Nervous System. C. Describe common diseases of the Nervous System. D. Describe nursing assistant actions related to the care of residents with Nervous System conditions. E. Define levels of consciousness. F. Demonstrate methods of appraisal for levels of consciousness. G. Demonstrate monitoring of the resident for orientation levels. H. Recognize signs and symptoms of increased intracranial pressure. I. Recognize signs and symptoms of cerebrovascular accident (stroke). J. Recognize four types of seizure activity and nursing assistant actions to be taken for residents with seizures.</p>	<p>Integrated and embedded</p>	<p>B2.0 B5.0 B7.2-7.3</p>		
<p>7.7 Gastrointestinal System 1. Review related terminology 2. Discuss the location and function of the organs of the Gastrointestinal System. 3. Define common diseases, signs and symptoms of the Gastrointestinal 4. Review nursing assistant actions related to the care of residents with 5. Define specific diagnostic tests involved in conditions of the Gastrointestinal System. 6. Demonstrate nursing assistant actions for residents with an ostomy.Gastrointestinal System conditions.</p>	<p>Goal: The student will understand the Gastrointestinal System. A. Define related terminology. B. Review the location and function of the organs of the Gastrointestinal System. C. Describe common diseases, signs and symptoms of the Gastrointestinal D. Describe nursing assistant actions related to the care of residents with Gastrointestinal System conditions. E. Recognize specific diagnostic tests involved in conditions of the Gastrointestinal System. F. Describe nursing assistant actions for residents with an ostomy.</p>	<p>Integrated and embedded</p>	<p>B2.0 B5.0 B7.2-7.3</p>		

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7.8 Urinary System 1. Review related terminology. 2. Describe location and function of the organs of the Urinary System. 3. Discuss common conditions, signs and symptoms related to the Urinary System. 4. Demonstrate nursing assistant actions in caring for a resident with diabetes.	Goal: The student will understand the Urinary System A. Define related terminology. B. Review location and function of the organs of the Urinary System. C. Describe common conditions, signs and symptoms related to the Urinary System. D. Describe nursing assistant actions in caring for a resident with diabetes.	Anchor Integrated and embedded	CTE B2.0-2.4 B5.0 B7.2-7.3	CL	CC
7.9 Reproductive System 1. Review related terminology. 2. Describe the location and function of the organs of the male and female Reproductive System. 3. Define common conditions of the male and female Reproductive System. 4. Define common diseases of the male and female Reproductive System. 5. Demonstrate nursing assistant actions related to the care of residents with Reproductive Systems conditions. 6. Review nursing precautions used for residents who have sexually transmitted diseases. 7. Define signs and symptoms of diseases of the Reproductive System. 8. Define Acquired Immune Deficiency Syndrome (AIDS). 9. Define AIDS Related Complex (ARC). 10. Describe methods of transmission of AIDS. 11. Demonstrate nursing assistant actions to the care of a resident with AIDS.	Goal: The student will understand the reproductive System. A. Define related terminology. B. Review the location and function of the organs of the male and female Reproductive System. C. Describe common conditions of the male Reproductive System. D. Describe common conditions of the female Reproductive System. E. Describe common diseases of the male Reproductive System. F. Describe common diseases of the female Reproductive System. G. Describe nursing assistant actions related to the care of the residents with Reproductive systems conditions. H. Describe signs and symptoms of diseases of the Reproductive System. I. Define Acquired Immune Deficiency Syndrome (AIDS). J. Define AIDS Related Complex (ARC). K. Describe methods of transmission of AIDS. L. Discuss the nursing assistant actions related to the care of the resident with AIDS.	Integrated and embedded	B2.0 B5.0 B7.2-7.3		
8. Medical Terminology 1. Review related terminology. 2. Define the meanings of common root words. 3. Review abbreviations commonly used in health care facilities. 4. Define the meanings of the most common prefixes and suffixes. 5. Review how to build medical terms from word parts. 6. Analyze and define medical terms.	Goal: The student will recognize and understand medical terminology A. Define related terminology B. Identify the meanings of common root words. C. Write the abbreviations commonly used in the health care facilities. D. Recognize the meanings of the most common prefixes and suffixes. E. Build medical terms from word parts. F. Analyze and define medical terms.	Integrated and embedded	B5.0-5.7	10	

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<p>9. Classification of Disease</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Discuss disease and causes of disease. 3. Review disease related terminology. 4. Distinguish between signs and symptoms. 5. Identify ways in which a diagnosis is made. 6. Review modes of therapy 7. Identify six major health problems. 	<p>Goal: The student will understand Disease Classification.</p> <ol style="list-style-type: none"> A. Define related terminology. B. Define disease and list various causes of disease. C. Identify disease related terminology. D. Distinguish between signs and symptoms. E. List ways in which a diagnosis is made. F. List four modes of therapy. G. List six major health problems. 	<p>Anchor</p> <p>Integrated and embedded</p>	<p>CTE</p>	<p>CL</p> <p>10</p>	<p>CC</p>
<p>10. Basic Medical and Surgical Asepsis</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Define and describe common microbes, their shapes, and characteristics. 3. Identify components of the chain of infection. 4. Define normal flora and its function in the body. 5. Relate specific microbes and the diseases they cause. 6. Discuss ways in which disease producing microbes are transmitted and how they can be controlled. 7. Demonstrate proper hand washing technique. 8. Demonstrate how to put on gloves and how to remove and dispose of contaminated gloves. 9. Demonstrate sterile techniques and sterile field. 10. Discuss populations at risk for infection and measures to take to protect those at risk groups. 	<p>Goal: The student will understand Basic Medical and Surgical Asepsis</p> <ol style="list-style-type: none"> A. Define related terminology. B. Identify the most common microbes and describe their shapes and characteristics. C. List six components of the chain of infection. D. Describe normal flora and the function of normal flora in the body. E. Name three specific microbes and the diseases they cause. F. List ways in which disease-producing microbes are transmitted and how they can be controlled. G. Demonstrate proper hand washing. H. Demonstrate how to put on gloves and proper techniques to remove and dispose of contaminated gloves. I. Discuss sterile technique and sterile field. J. Identify populations at risk for the infection and measures to take to protect those at risk groups. 	<p>Integrated and embedded</p>	<p>B10.0-10.7 B11.0-11.4 D4.0-4.11</p>	<p>10</p>	
<p>11. Isolation Precautions</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Demonstrate Standard Precautions. 3. Discuss the importance of Standard Precautions in the workplace. 4. Identify different types of isolation and why each type is used. 5. Demonstrate proper isolation techniques. 6. Demonstrate proper use of uniform used for isolation and proper disposal after use. 7. Discuss proper disposal of contaminated articles taken out of an isolation room. 8. Review how to take food into an isolation room and disposal of contaminated dishes and utensils. 8. Review disposal of contaminated laundry and articles in a resident's room at the end of a shift. 9. Demonstrate proper use of gown, mask, gloves, goggles and face shield (PPE). 	<p>Goal: The student will understand Isolation Precautions</p> <ol style="list-style-type: none"> A. Define related terminology. B. Discuss and demonstrate Standard Precautions. C. Discuss importance of Standard Precautions with all residents. D. Identify the different types of isolation and why each type is used. E. Demonstrate proper isolation technique. F. Demonstrate proper use of gown, mask and gloves used for isolation and proper disposal after use. G. Demonstrate proper disposal of contaminated articles taken out of an isolation room. H. Demonstrate how to take food into an isolation room and how to dispose of contaminated dishes and silverware. I. Demonstrate how to dispose of contaminated laundry and articles in the resident's room at the end of the shift. 	<p>Integrated and embedded</p>	<p>B10.0-10.7 B11.0-11.4 D4.0-4.11</p>	<p>10</p>	

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<p>12. General Safety</p> <ol style="list-style-type: none"> 1. Define rules of safe movement within the hospital facility. 2. Review general safety rules in relationship to facility equipment. 3. Define principles of safety for the prevention of falls. 4. Explain need to report injuries to self or others immediately. 5. Review need to follow safety instructions. 6. Locate and adhere to MSDS (Material Safety Data Sheet) instructions. 7. Discuss reporting unsafe conditions. 8. Review precautions when oxygen is in use. 9. Define fire hazards. Review procedures to take in the occurrence of a facility fire. 10. Define the nursing assistant role in fire and disaster plans. 	<p>Goal: The student will demonstrate Basic Hospital Safety</p> <ol style="list-style-type: none"> 1. Discuss the rules for safe movement within the hospital facility. 2. Identify general safety rules in relationship to facility equipment. 3. State principles of safety for the prevention of falls. 4. Recognize need to report any injury to self or others immediately. 5. Discuss need to follow instructions and, if unsure, to ask questions. 6. Discuss need to report any unsafe conditions. 7. Describe the precautions to take when oxygen is in use. 8. Identify fire hazards and procedures to take in the occurrence of a facility fire. 9. Identify the nursing assistant role in fire and disaster plans. 	<p>Anchor</p> <p>Integrated and embedded</p>	<p>CTE</p> <p>B8.4 B8.5 D12.1-12.3</p>	<p>CL</p> <p>10</p>	<p>CC</p>
<p>13. Patient Safety</p> <ol style="list-style-type: none"> 1. Review the principles that refer to the use of restraints and discuss the importance of following each principle. 2. Review the principles that refer to the safe use of side rails on a bed. 3. Define safety precautions for use of ambulation devices. Discuss the importance of following the precautions. 4. Review safe and proper use of resident's call signal system. 5. Review the legal implications for the use of restraints, side rails, and nurse call. 	<p>Goal: The student will demonstrate proper Patient Safety</p> <ol style="list-style-type: none"> 1. Identify the principles that refer to the use of restraints and discuss the importance of following each principle. 2. Identify the principles that refer to the safe use of side rails on the resident's bed. 3. Identify safety precautions that refer to ambulation devices and explain why it is important to follow these precautions. 4. Demonstrate safe and proper use of resident's nurse signal system at the bedside and in the bathrooms. 5. Discuss the legal implications for the use of restraints, side rails and nurse call. 	<p>Integrated and embedded</p>	<p>B8.0-8.5</p>		
<p>14. Personal Patient Safety</p> <ol style="list-style-type: none"> 1. Demonstrate how to identify a resident by using the identification band. 2. Define how to communicate to a resident the duties of a nursing assistant. 3. Demonstrate the proper way to lower a resident to the floor in case they are weak or fainting. 4. Discuss unusual occurrences and the reporting of these occurrences. 	<p>Goal: The student will demonstrate good personal patient safety</p> <ol style="list-style-type: none"> A. Demonstrate how to identify the resident by using the identification band. B. Demonstrate how to communicate to the resident what the nursing assistant will be doing when caring for the resident. C. Demonstrate the proper way to lower a resident to the floor in case they are weak or fainting. 	<p>Integrated and embedded</p>	<p>B8.0-8.5</p>		

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<p>15. Personal Patient Safety (Continued) 5. Define principles of safety as they relate to resident use of showers, bathrooms, and tub baths.</p>	<p>D. Discuss unusual occurrences and the reporting of these occurrences. E. Identify principles that pertain to resident safety when using the shower, bathrooms and tub baths.</p>	<p>Anchor Integrated and embedded</p>	<p>CTE B8.0</p>	<p>CL</p>	<p>CC</p>
<p>16. Body Mechanics/Moving, Lifting and Transporting Residents 1. Review body mechanics. 2. Define basic rules for standing correctly. 3. Define basic rules for bending. 4. Define basic rules for lifting. 5. Demonstrate correct method for standing, bending, lifting and pivoting. 6. Review related terminology. 7. Demonstrate proper procedure for turning a resident. 8. Demonstrate correct procedure for assisting a resident sit up or move up in bed. 9. Demonstrate correct procedure for assisting a resident into a chair or wheelchair 10. Demonstrate proper procedure for log rolling a resident. 11. Demonstrate proper procedure for transferring a resident from a bed to a stretcher. 12. Demonstrate proper procedure for helping a falling resident. 13. Demonstrate the proper procedure for ambulating a resident using a gait belt. 14. Demonstrate proper procedure for transporting a resident by wheelchair or stretcher. 15. Demonstrate proper procedure for using a mechanical lift.</p>	<p>Goal: The student will understand Body Mechanics, Moving, Lifting and Transporting Residents A. Define body mechanics. B. List the basic rules for standing correctly. C. List the basic rules for bending. D. List the basic rules for lifting. E. Demonstrate the correct method for standing, bending, lifting and pivoting. F. Define related terminology. G. Describe and demonstrate the procedure for turning a resident. H. Describe and demonstrate the proper procedure for helping a resident sit up or move up in bed. I. Describe and demonstrate the correct procedure for helping a resident into a chair or wheelchair. J. Describe and demonstrate the correct procedure for log rolling a resident. K. Describe and demonstrate the proper procedure for transferring a resident from a bed to a stretcher. L. Describe and demonstrate the proper procedure for helping a falling resident. M. Describe and demonstrate the proper procedure for ambulating a resident using a gait belt. N. Describe and demonstrate the proper procedure for transporting a resident by wheelchair or stretcher.</p>	<p>Integrated and embedded</p>	<p>B8.0-8.5 B9.1-9.3</p>	<p>20</p>	
<p>17. Weights and Measures 1. Review related terminology. 2. Convert pounds to kilograms. 3. Convert inches to centimeters. 4. Convert quarts, gallons, etc. to liters. 5. Demonstrate time using 24-hour clock 6. Demonstrate measuring intake and output and discuss the importance of accuracy. 7. Demonstrate measuring height using an upright scale.</p>	<p>Goal: The student will understand Weights and Measures A. Define related terminology. B. Convert pounds to kilograms. C. Convert inches to centimeters. D. Convert quarts, gallons, etc. to liters. E. Identify time using 24-hour clock. F. Measure intake and output and describe the importance of accuracy. Measure the resident's height using an upright scale.</p>	<p>Integrated and embedded</p>	<p>B3.0-3.3</p>	<p>10</p>	

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18. <i>Personal Patient Care</i>	Goal: The student will demonstrate proper	Anchor	CTE	CL	CC
<p>18.1 Skills</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Discuss purpose and importance of oral hygiene. 3. Demonstrate how to assist resident with oral hygiene, both routine and special. 4. Describe nursing assistant responsibilities for a resident's dentures and eyeglasses. 5. Review safety precautions when shaving a resident. 6. Review importance of hair care. 7. Demonstrate how to assist resident with use of a bedpan, urinal or commode. 8. Review purposes of a back rub. 9. Demonstrate backrub 10. Define phases of decubitis ulcer and describe methods of prevention. 11. Review safety precautions for resident bathing. 12. Review purposes for bathing residents. 13. Demonstrate how to assist resident with tub bath or shower. 14. Demonstrate a bed bath. 15. Demonstrate a partial bath. 16. Demonstrate bathing residence in a tub with a whirlpool feature 17. Discuss female perineal care. 18. Demonstrate hand/fingernail care 19. Demonstrate bed shampoo 	<p>Personal Patient Care</p> <p>Hygiene Skills</p> <ol style="list-style-type: none"> A. Define related terminology B. Identify residents who require frequent oral hygiene. C. List the purposes of oral hygiene. D. Assist resident with oral hygiene, both routine and special. E. Explain nursing assistant responsibilities for a resident's dentures and eyeglasses. F. Describe safety precautions when shaving a resident. G. Describe the importance of hair care. H. Assist the resident with the use of the bedpan, urinal or commode. I. State purposes of a back rub. J. Give a backrub K. Describe phases of decubitis ulcer and describe methods of prevention. L. Describe the safety precautions for resident bathing. M. List the purposes for bathing residents. N. Assist the resident with a tub bath or shower. O. Give a bed bath. P. Give a partial bath. Q. Bathe the resident in a tub with a whirlpool feature. R. Give female perineal care. S. Give routine hand and fingernail care T. Give a bed shampoo. 	<p>Integrated and embedded</p>	<p>B7.1 B7.4 B12.3-12.4 B11-11.4</p>		
<p>18.2 Procedures</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Describe care of resident with urinary drainage tube. 3. Define safety precautions used for resident with oxygen administration. 4. Describe care of resident with IV. 5. Explain types of enemas and suppositories and which the nursing assistant can legally administer. 6. Demonstrate bed making. 7. Demonstrate how to make a surgical bed or fan-fold bed. 8. Explain how to properly handle clean and soiled linens. 9. Demonstrate how to operate each type of bed. 10. Define ways the nursing assistance can assist in the processes of admission, transfer and discharge. 	<ol style="list-style-type: none"> A. Make an unoccupied bed. B. Make a surgical bed or fan-fold bed. C. Properly handle clean and soiled linens. D. Operate each type of bed. E. List the ways the nursing assistant can help in the processes of admission, transfer and discharge. F. Describe the procedure for transferring a resident. G. Describe the procedure for discharging a resident. H. Properly apply nonlegend topical ointments to intact skin surfaces using Universal Precautions. 	<p>Integrated and embedded</p>	<p>B7.1 B7.4 B12.3-12.4</p>		

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<p>18.2 Procedures (Continued) 11. Explain procedures for transferring a resident. 12. Explain procedures for discharging a resident. 13. Demonstrate application of nonlegend topical ointment to intact skin surface using Universal Precautions.</p>		<p>Anchor Integrated and embedded</p>	<p>CTE</p>	<p>CL</p>	<p>CC</p>
<p>18.3 Vital Signs 1. Review related terminology. 2. Discuss the importance of monitoring temperature. 3. Review different types of thermometers. 4. Demonstrate reading a thermometer accurately. 5. Demonstrate techniques for taking temperatures. 6. Discuss taking temperature rectally, orally, tympanic and temporal. 7. Discuss taking a temperature using the auxiliary methods. 8. Define abnormal temperatures and possible causes. 9. Define pulse and how to locate 10. Discuss the importance of monitoring pulse rate. 11. Review the range of normal pulse and respiratory rates. 12. Demonstrate measuring the pulse rate at different locations. 12. Define the characteristics of the pulse and respiration. 13. Demonstrate the use of the stethoscope. 14. Demonstrate measurement of the respiratory rate. 15. Identify the causes of inaccurate blood pressure readings. 16. Discuss the range of blood pressure values. 17. Demonstrate use of the aneroid, mercury, and electronic sphygmomanometers. 18. Demonstrate proper use of the blood pressure cuff. 19. Define precautions associated with the use of the sphygmomanometer. 20. Identify factors that influence vital signs. 21. Demonstrate measurement and recording of resident's vital signs.</p>	<p>Vital Signs A. Define related terminology B. Explain the importance of monitoring temperature. C. Describe different types of thermometers. D. Read the thermometer accurately. E. Describe the techniques for taking temperature. F. Describe the different methods for taking temperature. G. Take a temperature rectally. H. Take a temperature orally. I. Take a temperature by auxiliary method. J. Describe abnormal temperatures and possible causes. K. Define Pulse L. Explain the importance of monitoring pulse rate M. Locate pulse sites. N. Identify the range of normal pulse and respiratory rates. L. Measure the pulse rate at different locations. M. List the characteristics of the pulse and respiration. N. Describe and demonstrate the use of the stethoscope. O. Measure the respiratory rate. P. Identify the causes of inaccurate blood pressure readings. Q. Identify the range of blood pressure values. R. Demonstrate use of the sphygmomanometer. S. Select the proper sized blood pressure cuff. T. List precautions associated with the use of the sphygmomanometer. U. Describe the factors that influence vital signs. V. Measure and record resident's vital signs.</p>	<p>Integrated and embedded</p>	<p>PSP B9.0 B9.3 B4.4</p>		

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<p>18.4 Emergency Catastrophe Management and Prevention</p> <ol style="list-style-type: none"> 1. Define the international codes for emergency responses and their meanings. 2. List hazards in resident environment. 3. Review nursing assistant measures that would reduce hazards. 4. Demonstrate correct procedure to extinguish fires using proper type of equipment. 5. Review at least ten general safety rules. 6. Review role the nursing assistant has in a disaster plan. 	<p>Emergency Catastrophe Management and Prevention</p> <ol style="list-style-type: none"> A. List the four international codes for emergency responses and explain the meaning of each. B. Identify hazards in resident environment. C. Describe nursing assistant measures that would reduce hazards. D. Demonstrate the correct procedure for extinguishing fires using proper type of equipment. E. List at least 10 general safety rules. F. Identify role the nursing assistant has in disaster plan. 	<p>Anchor</p> <p>Integrated and embedded</p>	<p>CTE</p> <p>B9.2</p>	<p>CL</p> <p>10</p>	<p>CC</p>
<p>18.5 Immediate and Temporary Care</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Identify emergency situations that require urgent care. 3. Discuss determining priority sequence based on the situation. 4. Discuss CPR 5. Review steps for CPR for one and person rescue. 6. Identify steps to be taken for Heimlich Maneuver. 7. Discuss the signs and symptoms of common emergency situations. 	<p>Immediate and Temporary Care</p> <ol style="list-style-type: none"> A. Define related terminology. B. Recognize emergency situations that require urgent care. C. Assess situation and determine priority and sequence. D. Recognize needs for CPR. E. List steps for CPR for one person and two person rescue. F. List the steps to be taken for Heimlich Maneuver. G. Identify the signs and symptoms of common emergency situations such as fainting, heart attack, bleeding, stroke, shock and seizure. 	<p>Integrated and embedded</p>	<p>PSP B3.5 B3.9 B4.6</p>		
<p>19. Nutrition</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Review normal nutrition. 3. Identify types of alternative nutrition. 4. Identify the essential nutrients. 5. Review the four food groups and list the foods included in each group. 6. Review the liquids/foods allowed on the five basic facility diets. 7. Demonstrate feed the helpless resident. 8. Demonstrate nursing actions when residents are unable to drink independently. 	<p>Goal: The student will comprehend nutritional values</p> <ol style="list-style-type: none"> A. Define related terminology. B. Define normal nutrition. C. List types of alternative nutrition. D. List the essential nutrients. E. Name the four food groups and list the foods included in each group. F. State the liquids/foods allowed on the five basic facility diets. G. State the purpose of therapeutic diets. H. Feed the helpless resident. I. Describe nursing actions when residents are unable to drink independently. 	<p>Integrated and embedded</p>	<p>D10.1-10.4</p>	<p>10</p>	
<p>20. Treatment and Procedures</p> <ol style="list-style-type: none"> 1. Review proper technique in obtaining a stool specimen. 2. Review proper technique in obtaining a urine specimen. 3. Discuss the purposes of heat/cold applications. 	<p>Goal: The student will demonstrate knowledge of appropriate treatment and procedures.</p> <ol style="list-style-type: none"> A. Demonstrate proper technique in obtaining a stool specimen. B. Demonstrate proper technique in obtaining a urine specimen. C. List three purposes of cold application. D. List three purposes of heat application. 	<p>Integrated and embedded</p>	<p>A8.8-8.9</p>		

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<p>21. Treatment and Procedures (Cont.) 4. Demonstrate proper technique in applying hot and cold compresses. 5. Define proper use of heat lamps, ice bags, warm soaks, aqua K pads, aquathermia pads, and sitz baths.</p>	<p>E. Demonstrate proper technique in applying hot and cold compresses. F. Demonstrate proper use of heat lamps, ice bags, warm soaks, aqua K pads, aquathermia pads, and sitz baths.</p>	<p>Anchor Integrated and embedded</p>	<p>CTE</p>	<p>CL</p>	<p>CC</p>
<p>22. Gerontology and Long Term Care of Chronically III 1. Review related terminology. 2. Relate correct facts about aging. 3. Discuss myths and stereotypes regarding aging. 4. Facilitate student personal discussion on aging and how it could affect care of residents. 5. Discuss how different cultures view aging. 6. Discuss sexuality in aging and attitudes toward sexuality. 7. Review aging process on body systems and problems that arise. 8. Describe diseases, signs and symptoms that occur with aging. 9. Relate the affects of aging on memory and intelligence. 10. Discuss dementia and Alzheimer's Disease and relate the nursing assistant's role in caring for residents with these disorders. 11. Discuss depression in respect to aging and resident care for residents with these disorders. 12. Review the federal requirements for nursing assistants working in long-term care facilities. 13. Define psychological and behavioral changes and needs in the long-term care of a resident. 14. Relate social and recreational needs of the residents. 15. Describe ways of meeting social and recreational needs of the residents. 16. Review community resources which can help meet the needs of long-term care residents.</p>	<p>Goal: The student will have knowledge of Gerontology and long term care of Chronically III. A. Define related terminology. B. State correct facts about aging. C. Recognize myths and stereotypes regarding aging. D. Recognize own feelings about aging and how they could affect care of the resident. E. Describe how different cultures view aging. F. Describe sexuality in aging and attitudes toward sexuality. G. Describe aging process on body systems and problems that arise. H. Describe diseases, signs and symptoms that occur with aging. I. Recognize affect of aging on memory and intelligence. J. Describe dementia, Alzheimer's disease, and organic brain syndrome and relate the nursing assistant's role in caring for residents with these disorders. K. Discuss depression in respect to aging and resident care for residents with these disorders. L. List the federal requirements for nursing assistants working in long-term care facilities. M. Describe psychological and behavioral changes and needs in the long-term care of the resident. N. Describe social and recreational needs of the residents. O. Describe ways of meeting social and recreational needs of the resident. P. List community resources which can help meet the needs of the long-term care residents.</p>	<p>Integrated and embedded</p>	<p>E3.0-3.11</p>	<p>20</p>	

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Instructional Content	Student Outcomes	Anchor	CTE	CL	CC
<p>23.Rehabilitation</p> <ol style="list-style-type: none"> 1. Discuss rehabilitation 2. Define loss of mobility and related nursing assistant care to increase mobility. 3. Define active and passive range of motion. 4. Review bowel and bladder retraining and the responsibilities of a nursing assistant in accomplishing elimination retraining. 5. Define ambulation. 6. Demonstrate use of ambulation devices. 7. Define/describe activities of daily living. 8. Review need of resident to participate in A.D.L. 9. Discuss the needs of the family involving resident care. 10. Review family interaction with resident and nursing assistant role with interaction. 	<p>Goal: The student will have knowledge of rehabilitation</p> <ol style="list-style-type: none"> A. Define rehabilitation. B. Describe loss of mobility and related nursing assistant care to increase mobility. C. Demonstrate active and passive range of motion. D. Discuss bowel and bladder retraining and nursing assistant responsibility to accomplish elimination retraining. E. Define ambulation F. Demonstrate safe use of ambulation devices, i.e. prosthesis, cans, braces, walker and crutches. G. Define and describe activities of daily living. H. Discuss need of resident to participate in A.D.L. I. Discuss the needs of the family involving resident care. J. Discuss family interaction with resident and nursing assistant role with interaction. 	<p>Integrated and embedded</p>	<p>B6.1-6.6 B8.1-8.5 B7.1-7.4 B2.1-2.4 B1.1-1.5</p>	<p>20</p>	
<p>24.Death and Dying</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Discuss how people handle the death/dying process. 3. Describe the signs of approaching death. 4. Discuss the spiritual preparations in different cultures and religions. 5. Discuss the emotional/spiritual needs of the resident and family. 6. Discuss rights of dying resident. 7. Discuss special physical care of the dying resident. 8. Review postmortem care. 	<p>Goal: The student will have knowledge of issues and procedures related to death and dying.</p> <ol style="list-style-type: none"> A. Define related terminology. B. Describe how different people handle the death/dying process. C. Describe the signs of approaching death. D. Describe the spiritual preparations in different cultures and religions. E. Describe the emotional and spiritual needs of the resident and family. F. Discuss rights of dying resident. G. Describe special physical care of the dying resident. H. Demonstrate postmortem care. 	<p>Integrated and embedded</p>	<p>B6.1-6.6 B7.1-7.4</p>	<p>10</p>	
<p>25.Job Seeking Skills</p> <ol style="list-style-type: none"> 1. Review related terminology. 2. Relate objectives to be met in obtaining and maintaining employment. 3. Discuss self appraisal. 4. Make available sources of employment for nursing assistants 5. Facilitate student's preparation of a resume and letter of introduction. 6. Define steps for a successful interview. 7. Define steps for continuing development in a career. 	<p>Goal: The student will demonstrate Job Seeking Skills.</p> <ol style="list-style-type: none"> A. Define related terminology. B. List nine objectives to be met in obtaining and maintaining employment. C. Follow a process for self appraisal. D. Name sources of employment for nursing assistants. E. Prepare a resume and a letter of resignation. F. List the steps for a successful interview. G. List steps for continuing development in career. 	<p>Integrated and embedded</p>	<p>B6.1-6.6 B7.1-7.4</p>	<p>10</p>	

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26. Career Planning.	Goal: The student will understand career paths & strategies for obtaining employment within their chosen field. The student will analyze the relationship of personal traits to career choices and job satisfaction.	Anchor	CTE	CL	CC
<ol style="list-style-type: none"> 1. Necessary skills in the health care field. 2. Researching education requirements, employment outlook, & career potential for various health care careers. 3. Developing a career plan. 4. Personal & interpersonal skills. 5. Self-assessment in leadership & management qualities. 	<ol style="list-style-type: none"> A. Understand the range of skills necessary for entry into the health care field. B. Utilize skills information to research education requirements, employment outlook, & career potential for various health care careers. C. Develop an initial career plan. D. Understand, develop, & exhibit personal & interpersonal skills necessary for employability. E. Assess personal leadership & management qualities. 	Integrated and embedded	A1.3 A1.6 B3.1-3.3		