

NRA 51.1 Course Outline as of Fall 2012**CATALOG INFORMATION**

Dept and Nbr: NRA 51.1 Title: NURS ASST-HOME HLTH
 Full Title: Nursing Assistant/Home Health Aide
 Last Reviewed: 10/26/1996

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	9.50	Lecture Scheduled	6.40	17.5	Lecture Scheduled	112.00
Minimum	9.50	Lab Scheduled	10.60	1	Lab Scheduled	185.50
		Contact DHR	0		Contact DHR	0
		Contact Total	17.00		Contact Total	297.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 224.00

Total Student Learning Hours: 521.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: NRA 51

Catalog Description:

Course is designed to teach Nurse Assistant/Home Health Aide students basic nursing skills, psychological understanding and communication techniques necessary to help meet the needs of the patient. All aspects of care are designed to allow the graduate to adapt these skills in a health care facility and in home health care. Students learn theory and basic patient care skills necessary for certification as a nurse Assistant and Home Health Aide.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Theory and basic patient care skills necessary for certification as a Nurse Assistant and Home Health Aid (Grade Only)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:

A. NURSE ASSISTANT COMPONENT:

The student will be able to:

1. Discuss legal implications of Title 22, Division 5, California Code of Regulations
2. Describe roles and responsibilities of the Certified Nurse Assistant including requirements for certification
3. Define professional behavior, ethics, and confidentiality
4. List the qualities of a successful nurse assistant
5. Recognize, identify, and support patients' rights as mandated by Federal and State regulations
6. Demonstrate the ability to communicate effectively with the resident, the family, and the members of the health care team
7. Identify and demonstrate correct principles of body mechanics and positioning, transfer and ambulation techniques in providing resident care
8. Assist the resident to achieve optional levels of functioning through the use of rehabilitative procedures or restorative aids
9. Perform activities of daily living including range of motion
10. Identify the role of the nurse assistant in preventing and responding to emergency situations such as fire, disaster, choking, and cardiac arrest
11. List safety rules for providing a safe environment including safe use of oxygen
12. Identify personal hygiene needs and assist or perform necessary nursing skills as identified by resident's daily needs
13. Identify and carry out procedures which support resident in meeting physical care needs
14. Identify basic food groups, nutrients, and common therapeutic diets

- and assist the resident to meet nutrition and hydration needs
- 15. Define objective and subjective observation skills
- 16. Demonstrate reporting and recording skills on appropriate documents using correct medical terms and abbreviations
- 17. Describe basic structure of the body and review effects of aging on body structure and function
- 18. List community resources in order to assist the elderly with psychological and spiritual needs of the dying resident
- 19. Provide physical and psychological care during the grieving process & during the stages of approaching death; provide support to families
- 20. Identify and utilize principles of infection control
- B. HOME HEALTH AIDE COMPONENT:**
 - The student will be able to:
 - 1. Identify State and Federal regulations and requirements of Home Health Aide certification
 - 2. Describe the purpose and goals of home care
 - 3. Describe the role of the Home Health Aide and other members of the health care team in the home care setting
 - 4. List key components to good communication skills and demonstrate effective communication techniques with the client, family members, and health care team
 - 5. Demonstrate theoretical knowledge of basic physical, emotional, psychosocial, and spiritual needs of the home care client, and identify appropriate nursing interventions
 - 6. Give basic nursing care to clients in the home in a safe and effective manner under the supervision of the registered nurse
 - 7. Describe basic nutritional needs for a homebound patient; plan, shop and prepare meals for modified diets
 - 8. List cleaning and care tasks directly related to the safety and comfort of the client in the home care setting

Topics and Scope:

A. NURSE ASSISTANT COMPONENT:

- 1. Introduction
- 2. Patients' Rights
- 3. Interpersonal Skills
- 4. Prevention and Management of Catastrophe and Unusual Occurrences
- 5. Body Mechanics
- 6. Medical and Surgical Asepsis
- 7. Weights and Measures
- 8. Patient Care Skills
- 9. Patient Care Procedures
- 10. Vital Signs
- 11. Nutrition
- 12. Emergency Procedures
- 13. Long-Term Care Patient
- 14. Rehabilitative Nursing
- 15. Observation and Charting
- 16. Death and Dying

B. HOME HEALTH AIDE COMPONENT:

- 1. Orientation and Introduction to Aide and Agency Role

- a. Federal and State Regulations governing Home Health Aides
- b. Purpose of home health care and roles of members of home health team
- c. Role and responsibility of Home Health Aide as a member of the team
- d. Communication with clients, families, team members, and community agencies
2. Interpretation of Medical and Social Needs
 - a. Physical changes, developmental needs, and common disease processes found in home health care client
 - b. Impact of illness on the client, and client's family's physical, emotional, and psychological health
 - c. Client and family rights and privacy
 - d. Effects of terminal illness on the family unit and the role of the HHA in providing a caring and supportive environment
3. Personal Care Services
 - a. Basic personal care skills
 - b. Improvising and adapting equipment for the home setting
 - c. Risk factors for skin breakdown
 - d. Agency policy regarding emergencies in the home
4. Nutrition
 - a. Dietary requirements of client, respecting budgetary, environmental, and personal resources
 - b. Common therapeutic diets planned and prepared in home setting
 - c. Personal preferences, cultural, and religious dietary practices
5. Cleaning and Care Tasks in the Home
 - a. Learning experiences that will enable the HHA to maintain a clean, safe, and healthy environment for the client
 - b. Consideration for the client, the client's home and family
 - c. Environmental safety, procedures and guidelines for completing household tasks

Assignment:

A. NURSE ASSISTANT COMPONENT:

1. Reading assignments in text and selected handouts - approximately 60 pages per week
2. Completion of assignments in student workbook
3. Interactive classroom participation
4. Practice selected manual skill tasks in laboratory
5. Performance of patient care skills in a long-term care facility addressing physical, psychosocial, and spiritual needs. Skills are identified in Department of Health Services Scope of Practice for Certified Nurse Assistants.
6. Selected written assignments and research as needed for the delivery of nursing care in a long-term care setting

B. HOME HEALTH AIDE COMPONENT:

1. Reading assignments in text and selected handouts - 60 pages per week
2. Interactive classroom participation
3. Nursing care skills practice in laboratory setting

4. Planning, shopping, preparing a meal for a homebound adult
5. Demonstration of simple house cleaning skills
6. Home visit under the supervision of a Home Health Aide from a home care agency
7. Written observation and response paper - 2-3 pages

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Term papers

Writing
10 - 20%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Field work, Quizzes

Problem solving
20 - 30%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams, SKILLS LAB - GRADED ON PASS/FAIL BASIS

Skill Demonstrations
30 - 50%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams
30 - 70%

Other: Includes any assessment tools that do not logically fit into the above categories.

289 HOURS ATTENDANCE REQUIRED FOR CERTIFICATE.

Other Category
0 - 0%

Representative Textbooks and Materials:

NURSING ASSISTANT by Hegner. Delmar 1995

NURSING ASSISTANT - STUDENT WORKBOOK by Hegner. Delmar 1995

HOMEMAKER/HOME HEALTH AIDE by Huber, 4th edition. Delmar 1994

THE CHARTING HANDBOOK. Imaginative Medical Enterprises 1990