

NRA 150B Course Outline as of Fall 2020**CATALOG INFORMATION**

Dept and Nbr: NRA 150B Title: HOME HEALTH AIDE

Full Title: Home Health Aide

Last Reviewed: 5/12/2014

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 1.50 | Lecture Scheduled | 1.25 | 17.5 | Lecture Scheduled | 21.88 |
| Minimum | 1.50 | Lab Scheduled | 0.25 | 2 | Lab Scheduled | 4.38 |
| | | Contact DHR | 1.00 | | Contact DHR | 17.50 |
| | | Contact Total | 2.50 | | Contact Total | 43.75 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 43.75

Total Student Learning Hours: 87.50

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:

Catalog Description:

This course is designed to teach the Home Health Aide (HHA) students basic patient care skills, psychosocial/cultural understanding, and communication techniques necessary to help meet the needs of the patient. All aspects of care are designed to allow the student to utilize these skills in an in-home care environment. Students learn theory and basic patient care skills necessary for certification as a HHA.

Prerequisites/Corequisites:

Course Completion or Current Enrollment in NRA 150A

Recommended Preparation:

Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Requires Certified Nurse Assistant Certification issued by the California Department of Health Services, show proof of immunization clearance, pass a physical exam, possess a valid Health Care Provider CPR and have a Live Scan fingerprinting and criminal background screening.

Schedule of Classes Information:

Description: This course is designed to teach the Home Health Aide (HHA) students basic patient care skills, psychosocial/cultural understanding, and communication techniques

necessary to help meet the needs of the patient. All aspects of care are designed to allow the student to utilize these skills in an in-home care environment. Students learn theory and basic patient care skills necessary for certification as a HHA. (Grade Only)

Prerequisites/Corequisites: Course Completion or Current Enrollment in NRA 150A

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment: Requires Certified Nurse Assistant Certification issued by the California Department of Health Services, show proof of immunization clearance, pass a physical exam, possess a valid Health Care Provider CPR and have a Live Scan fingerprinting and criminal background screening.

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:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

1. Identify state and federal regulations and requirements for Home Health Aide (HHA) certification.
2. Describe the purpose and goals of home care.
3. Describe the roles of the HHA 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 knowledge of basic physical, emotional, psychosocial, and spiritual needs of the home care client, and identify appropriate nursing interventions.
6. Under supervision of a registered nurse (RN), demonstrate basic nursing care to clients in the home in a safe and effective manner.
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:

- I. Orientation And introduction: The Role Of The HHA And The Home Health Agency
- II. Regulations Governing Home Health Care/Aides

- a. Federal level
- b. State level
- III. HHA Roles and Team Member Relationship with:
 - a. Family members
 - b. HHA Agency
 - c. Community agencies
 - d. Medical professionals
 - e. Environmental safety
- IV. Communications
 - a. Clients
 - b. Family members
 - c. Community agencies
 - d. Privacy rights: client, family
 - e. Sensitivity, emotional impacts on: client, family
 - f. HHA agency
- V. Basic Personal Care Of Client
 - a. Bathing
 - b. Dressing
 - c. Grooming
 - d. Oral care
 - e. Toileting
- VI. Physical Needs Of Client
 - a. Risk factors in skin breakdown
 - b. Common disease processes
 - c. Role of HHA agency
- VII. Social, Spiritual, Psychological Needs Of Client
 - a. Developmental, recreational
 - b. Cultural and/or religious practices
- VIII. Dietary Requirements
 - a. Nutritional needs
 - b. Therapeutic diets
 - c. Shopping within budget
 - d. Meal planning, preparation
- IX. The Home Environment
 - a. Keeping clean, safe, healthy
 - b. Equipment: adapting/improving for client
 - c. Emergencies/role of HHA agency
- X. Guidelines For Environmental Safety And Procedures For Completing Household Tasks

Assignment:

1. Reading assignments and selected handouts (10-20 pages per week)
2. Nursing care skills practice in laboratory setting
3. One to two demonstrations in planning, shopping and preparing a meal for a homebound adult
4. Demonstrations of simple house cleaning skills
5. Minimum of 20 clinical practice hours under the supervision of a Home Health Aide from a home care agency or assisted living facility
6. Written observation and response paper, 2-3 pages, upon completion of home site visit
7. 2-4 Quizzes and final exam

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.

Written observation and response paper, 2-3 pages, upon completion of home site visit.

Writing
5 - 10%

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

Home visit evaluation and reading assignments.

Problem solving
5 - 10%

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

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

Skill Demonstrations
30 - 50%

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

2-4 quizzes and final exam: Multiple choice, true/false, matching items.

Exams
30 - 50%

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

Minimum 20 hours clinical practice hours,

Other Category
10 - 20%

Representative Textbooks and Materials:

Nursing Assistant Care, Long Term Care and Home Health, Alvare, S., 2013, Hartman Publishing

Instructor prepared materials.