

NRA 150 Course Outline as of Fall 2012**CATALOG INFORMATION**

Dept and Nbr: NRA 150 Title: CERTIFIED NUR ASST/HHLTH

Full Title: Certified Nursing Assistant/Home Health Aide

Last Reviewed: 4/2/2012

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	11.00	Lecture Scheduled	7.00	17.5	Lecture Scheduled	122.50
Minimum	11.00	Lab Scheduled	12.00	9	Lab Scheduled	210.00
		Contact DHR	0		Contact DHR	0
		Contact Total	19.00		Contact Total	332.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 245.00

Total Student Learning Hours: 577.50

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 Certified Nurse Assistant/Home Health Aide (CNA/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 a health care facility and in-home health care. Students learn theory and basic patient care skills necessary for certification as a CNA and HHA.

Prerequisites/Corequisites:**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Students must show proof of immunization clearance, pass a physical exam, possess a current CPR for the Health Care Provider and have a Live Scan fingerprint and criminal background screening

Schedule of Classes Information:

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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:

Upon completion of the course, students will be able to:

Nurse Assistant Component:

1. Discuss legal implications of Title 22, Division 5, California Code of Regulations and Omnibus Budget Reconciliation Act (OBRA).
2. Describe roles and responsibilities of the CNA.
3. Define the qualities of a qualified CNA, including professional and ethical behavior.
4. Recognize, identify, and support patients' rights and confidentiality as mandated by federal and state regulations
5. Demonstrate the key components in effective communications with the resident, the family, and the members of the health care team.
6. Demonstrate the ability to provide care while being sensitive to cultural diversity.
7. Identify and demonstrate correct principles of body mechanics and positioning, transfer and ambulation techniques in providing resident care.
8. Demonstrate how to assist the resident to achieve optimal levels of functioning through the use of rehabilitative procedures or restorative aids.
9. Identify the role of the CNA in preventing and responding to emergency situations such as fire, disaster, choking, and cardiac arrest.
10. List safety rules for providing a safe environment, including safe use of oxygen.
11. Identify personal hygiene care and assist or perform necessary patient care skills as identified by the resident's daily needs.

12. Identify basic food groups, nutrients, and common therapeutic diets, and assist the resident to meet nutrition and hydration needs.
13. Define objective and subjective observation skills.
14. Demonstrate reporting and recording skills on appropriate documents using correct medical terms and abbreviations.
15. Describe basic structure of the body and review effects of aging on body structure and function.
16. List available community resources that assist with the psychosocial, spiritual, cultural, and grief and bereavement needs of the dying resident, and support for family members.
17. Identify and utilize principles of infection control.

Home Health Aide Component:

1. Identify state and federal regulations and requirements of Home Health Aide (HHA) certification.
2. Describe the purpose and goals of home care.
3. Describe the role 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:

Nurse Assistant Component:

1. Orientation and introduction: The purpose of the long-term residential care facility.
2. Legal Regulations in Residential Care
 - a. Title 22, Division 5
 - b. Omnibus Budget Reconciliation Act (OBRA)
 - c. Ethics and professionalism
 - d. Maintaining confidentiality behaviors
3. Patients' Rights
 - a. Federal and state laws
 - b. Residents rights
 - c. Reporting abuse
 - d. Role of ombudsman
 - e. CNA's role in maintaining
4. Interpersonal Skills and Methodologies Related to
 - a. Resident
 - b. Family and guests
 - c. Influence of cultural factors
 - d. Observation of interactive patterns

- e. The health care team
- 5. Resident Distress Emergencies
 - a. Recognizing common signs, symptoms
 - b. Common conditions associated with distress
 - c. Cardiac arrest
 - d. Immediate interventions
 - i. Use of the abdominal thrust
 - ii. Emergency codes in long-term facilities
 - iii. General rules of emergency care
- 6. Natural Disasters/Emergencies/Unusual Occurrences
 - a. CNA role
 - b. Prevention and management
 - c. Providing safe environment
 - d. Oxygen use/safety
 - e. Resident postural support and implications for use
- 7. Body Mechanics
 - a. Purpose of/rules for CNA/HHA
 - b. Comfort, safety measures for resident/client
 - c. Transfers of dependent patients:
 - i. Proper techniques
 - ii. Positioning in bed
 - iii. Transfer belts
 - iv. Mechanical lifts, lift sheets
 - v. Wheel chairs
 - d. Ambulatory residents:
 - i. Gait belts
 - ii. Walkers and canes
- 8. Medical and Surgical Asepsis
 - a. Chain of infection
 - i. Disease transmission
 - ii. Signs and symptoms
 - iii. Lines of defense in the body
 - b. Infectious agents
 - c. Associated infectious diseases
 - d. Standard precautions
 - e. Isolation
- 9. Basic Personal Care of Client
 - a. Bathing
 - b. Dressing
 - c. Grooming
 - d. Oral care
 - e. Toileting
- 10. Patient Care Procedures
 - a. Nutrition
 - i. Basic food groups
 - ii. Common therapeutic d

- iii. Importance of hydration and nutrients
 - b. Observation and charting
 - i. Objective and subjective charting
 - ii. Vital signs reporting
 - iii. Report/record in appropriate documents
 - iv. Medical terminology and abbreviations in charting
 - c. Personal hygiene for the dependent client
 - i. Specimen collection: stool, urine, sputum
 - ii. Bowel care: enemas, rectal tubes, suppositories
 - iii. Tubes: gastrointestinal (GI), Nasogastric (NG)
 - iv. Intravenous (IV) monitoring
 - v. Application of: ointments, powders, dressings, bandages and lotions
 - d. Admissions, transfers and discharges from a facility
11. Weights and Measures
- a. Metric and household measures
 - b. Weight, length and liquid
 - c. Measuring equipment
 - d. Conversion metric vs. household systems
 - e. Greenwich time to military time
12. The Long-Term Care Patient
- a. Effects of aging on body structure, function
 - b. Common physical, psychological conditions
 - c. Community resources
 - d. Recreational and social needs
13. Rehabilitative Nursing
- a. CNA role in assisting resident with:
 - i. Gaining and maintaining independence
 - ii. Facilitate range of motion exercises
 - b. Rehabilitation team
 - c. Comfort and adaptive devices
 - d. Visually impaired
14. Death and Dying
- a. Recognizing early signs:
 - i. Physical
 - ii. Psychosocial/cultural
 - iii. Spiritual
 - b. Later stages:
 - i. Signs of approaching death
 - ii. Understanding family coping mechanisms
 - iii. Providing support to resident and family
 - iv. Post-mortem care

Home Health Component:

- 1. Orientation and introduction: The role of the HHA and the home health agency.
- 2. Regulations Governing Home Health Care/Aides
 - a. Federal level

- b. State level
- 3. HHA Team Member Relationship with
 - a. Family members
 - b. HHA Agency
 - c. Community agencies
 - d. Medical professionals
 - e. Environmental safety
- 4. Communications
 - a. Clients
 - b. Family members
 - c. Community agencies
 - d. Privacy rights: client, family
 - e. Sensitivity, emotional impacts on: client, family
 - f. HHA agency
- 5. Basic Personal Care of Client
 - a. Bathing
 - b. Dressing
 - c. Grooming
 - d. Oral care
 - e. Toileting
- 6. Medical Needs of Client
 - a. Risk factors in skin breakdown
 - b. Common disease processes
 - c. Role of HHA agency
- 7. Social, Spiritual, Psychological Needs of Client
 - a. Developmental, recreational
 - b. Cultural and/or religious practices
- 8. Dietary Requirements
 - a. Nutritional needs
 - b. Therapeutic diets
 - c. Shopping within budget
 - d. Meal planning, preparation
- 9. The Home Environment
 - a. Keeping clean, safe, healthy
 - b. Equipment: adapting/improving for client
 - c. Emergencies/role of HHA agency
- 10. Guidelines for environmental safety and procedures for completing household tasks.

Assignment:

A. Nurse Assistant Component:

- 1. Reading assignments in textbook and selected handouts - approximately 20-40 pages per week
- 2. Completion of assignments in student workbook

3. Under supervision, demonstrate competency in all skills on skills lab checklist
4. Competent performance of patient care skills in a long-term care facility that focuses on:
 - a. physical needs
 - b. psychosocial/cultural needs
 - c. skills identified in the Department of Health Services Scope of Practice for Certified Nurse Assistants
 - d. selected written assignments and research as needed for the delivery of nursing care in a long-term care setting
5. Quizzes (16) and final exam

B. Home Health Component:

1. Instructor-prepared Reader 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 in Skills Lab
4. Demonstrations of simple house cleaning skills in the Skills Lab
5. Home visit (total of 16 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.

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
0 - 5%

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

None

Problem solving
0 - 0%

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

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Skill Demonstrations
30 - 50%

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

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 100 (CNA) and an additional 116 hours is required (HHA) in clinicals; homework assignments; clinical workbook assignments.

Other Category
20 - 20%

Representative Textbooks and Materials:

Nursing Assistant Care, Long Term Care and Home Health, Alvare, S., 2010, Hartman Publishing.

Nurse Assistant Training and Assessment Program, Model Curriculum for Nurse Assistant, Chancellor's Office California Community Colleges.

Instructor prepared materials.