

COURSE OUTLINE **Nurse Aide**

Course Description

AH 122 Nurse Aide. 5 hours credit. This course will enable the student to learn basic nursing skills and concepts of aging through classroom and clinical experience. The course follows guidelines of the Kansas Department of Health and Environment (KDHE), and prepares the student to take the Kansas Certified Nurse Aide examination and work in Kansas Nursing Homes.

Course Relevance

We live in an aging society. The concepts learned in this course will prepare the student to give basic nursing care in an adult care facility under the supervision of a licensed nurse. As the population ages, the need for trained health care workers will continue to increase.

Required Materials

Sorrentino, S. A. and Gorek, B. (2003). *Mosby's textbook for long-term care assistants* (5th ed.). St. Louis, MO: Mosby, An Affiliate of Elsevier Science.

Kelly, R. T. (2003). *Mosby's workbook for long-term care assistants*. (5th ed.). St. Louis, MO: Mosby, An Affiliate of Elsevier Science.

Learning Outcomes

The intention is for the student to be able to:

1. Competently perform nursing skills compatible with the job description for nurse aide
2. Communicate effectively with the resident, family, and health care team
3. Apply ethical, legal, and confidentiality principles
4. Make appropriate observations of the resident and report to charge nurse
5. Successfully pass the state certification exam for nurse aide

Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill areas:

Analytical Thinking Skills

1. Problem solving
 - The student will learn to problem solve while demonstrating basic nursing skills in the laboratory and/or clinical setting.

Personal Development Skills

2. Interpersonal interactions
 - The student will develop a knowledge and appreciation of working as part of a health care team to meet multiple client needs.

Technology Skills

1. Discipline-specific technology
 - Through return demonstrations in the simulated laboratory and/or clinical setting, the student will demonstrate critical elements of selected nursing skills.

Major Summative Assessment Task(s)

These learning outcomes and the Learning PACT skills will be demonstrated by

1. Giving appropriate basic nursing care to nursing home residents

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Safety
 - B. Sensitivity to resident as a person
 - C. Work ethics
 - D. Ethical aspects
 - E. Legal aspects
 - F. Confidentiality
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Aging
 - B. Scope of practice
 - C. Work ethic
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Awareness of and understanding of the work environment and the individuals in that environment
 - B. Respect for the resident as a physical, social, psychological, and spiritual being with basic needs and protected rights
 - C. Understanding of body structure and function for the safe and competent performance of skills
 - D. Recognition of the role of cultural heritage in health and illness practices
 - E. Following the resident's care plan when delivering nursing care
 - F. Respecting importance of delegation from supervising licensed nurse in delivering care
- IV. Skills/Competencies-Actions that are essential to achieve the course outcomes:
 - A. Reading
 - B. Writing
 - C. Listening
 - D. Problem solving
 - E. Memorization of terms
 - F. Application of concepts
 - G. Communication/coordination
 - H. Legal and ethical responsibilities
 1. Resident's rights
 2. Confidentiality
 3. Ethical practices
 4. Institutional policies

- I. Maintain a clean, safe environment
- J. Care for personal needs of residents
 - 1. Putting on and removing braces
 - 2. Dressing and undressing
 - 3. Transfers
 - 4. Sensory devices: hearing aid, glasses
 - 5. Walker, cane, crutches, wheel chair
 - 6. Ambulation
 - 7. Shaving male residents
 - 8. Nail care
 - 9. Bathing
 - 10. Perineal care
 - 11. Oral hygiene
 - 12. Positioning
 - 13. Skin care
 - 14. Decubitus prevention and awareness
- K. Assist with nutrition and elimination needs of residents
- L. Assist with special procedures
 - 1. Application of heat or cold
 - 2. Elastic stockings
 - 3. Active and passive range of motion
 - 4. Maintain closed urinary drainage system
 - 5. Collect specimens
 - 6. Change colostomy bag
 - 7. Prepare and give enemas
 - 8. Measure and record temperature, pulse, respiration, blood pressure
 - 9. Measure and record weight
- M. Basic emotional needs
- N. Death and dying

Learning Units

- I. Working in an adult care home
 - A. Goals of a long term care facility
 - B. Types of long term care facilities in Kansas
 - C. Members of the health care team
 - D. Organization of an adult care home
 - E. Roles and responsibilities of the certified nurse aide
 - F. Desirable personal grooming habits
 - G. Employment policies of the adult care home
 - H. Confidentiality/HIPPA
 - I. Legal aspects of working as a certified nurse aide
 - J. Residents' rights
 - K. Facts about aging
- II. Basic communication skills
 - A. Attitudes and behaviors which promote communication between resident and certified nurse aide

- B. Communication with resident's family and friends
 - C. Communication with other staff members
 - D. Mechanical devices to promote communication
 - E. Phone and intercom techniques
- III. Communicating with confused residents
- A. Symptoms of confusion
 - B. Psychosocial implications of confusion
 - C. Communicating with confused resident
- IV. Principles of body mechanics
- A. Definition
 - B. Lifting and moving
 - C. Body alignment and position in bed, chair
 - D. Assistive devices
- V. Safe use of mechanical devices
- A. Equipment
 - B. Alternatives to restraints
 - C. Types of restraints
- VI. Infection prevention and control
- A. Basic principles of infection control
 - B. Techniques used to control infection
 - C. Isolation
- VII. Basic nursing care – Resident's unit
- A. Furniture and equipment
 - B. Ways of providing environmental comfort in resident's unit
 - C. Daily maintenance of the resident's unit
 - D. Bed-making
- VIII. Observing and measuring vital signs
- A. Temperature, pulse, respirations
 - B. Blood pressure
- IX. Safety
- A. Why do elderly need safety precautions?
 - B. Safety with oxygen use
 - C. Fire safety
 - D. Tornadoes and other natural disasters
 - E. Elopement
- X. Cleanliness and grooming
- A. Factors affecting hygiene
 - B. Oral hygiene

- C. Skin care, bathing
 - D. Backrub
 - E. Dressing and undressing
 - F. Hair care
 - G. Nail care
 - H. Shaving
 - I. Special skin care: dressings, wounds, ulcers
- XI. Nutrition and fluids
- A. Structure and function of the digestive system
 - B. Factors affecting nutritional state of elderly
 - C. Responsibilities of dietary in providing for the resident's nutrition
 - D. Role of certified nurse aide in promoting good nutrition
 - E. Hydration
 - F. Measuring weight
 - G. Modified diets
 - H. Assisting the resident at mealtime
 - I. Documentation
- XII. Elimination
- A. Assisting the resident with elimination
 - B. Maintaining skin care and comfort for incontinent resident
 - C. Constipation
 - D. Measuring and recording fluids: intake and out put
- XIII. Basic human needs
- A. Maslow's Theory
 - B. Meeting physiological needs
 - C. Meeting safety and security needs
 - D. Meeting love and belonging needs
 - E. Meeting self-esteem needs
 - F. Meeting self-actualization needs
- XIV. Possible losses due to aging
- A. Psychosocial losses which may accompany aging
 - B. Physical losses
 - C. Entering a long term care facility
 - D. Ways staff can ease the resident's feeling of loss
 - E. Healthy emotional responses to aging
- XV. Caring for the confused or withdrawn resident
- A. Confusion
 - B. Managing withdrawal
 - C. Managing depression
 - D. Causes of restlessness/wandering and/or combative behavior
 - E. Validation therapy

- F. Responses to inappropriate behavior
 - G. Remotivation groups
 - H. Reminiscence groups
- XVI. Sexuality in aging
- A. Physical changes of aging
 - B. Social aspects of sexuality in aging
- XVII. Caring for the dying resident
- A. Society's attitudes about death
 - B. Stages of reaction to dying or to any loss
 - C. Emotional needs of dying person
 - D. Responses to the death of others
 - E. Physical signs of approaching death
 - F. Handling death in the long term care facility
 - G. Physical care of the dying resident
 - H. Post mortem care
- XVIII. Anatomy, physiology and age related changes
- A. Basic structure and function of the eye and age related changes
 - B. Basic structure and function of the ear and aged related changes
 - C. Loss of sense of touch
 - D. Loss of taste and smell
 - E. Basic structure and function of cardiovascular system and age related changes
 - F. Cardiovascular disease
 - G. Basic structure and function of gastrointestinal system and age related changes
 - H. Basic structure and function of endocrine system and age related changes
 - I. Endocrine diseases, including diabetes
 - J. Basic structure and function of reproductive system and age related changes
 - K. Basic structure and function of urinary system and age related changes
 - L. Basic structure and function of musculoskeletal system and age related changes
 - M. Musculoskeletal system diseases
 - N. Basic structure and function of the nervous system and age related changes
 - O. Common nervous system disorders
- XIX. Complications of Immobility
- A. Prevention
 - B. Stages of tissue breakdown
 - C. Complications of immobility
 - D. Treatment
 - E. Special care: casts, amputations, prosthesis
- XX. Rehabilitative and restorative care
- A. Restorative nursing care

- B. Facility services
 - C. Restorative responsibilities of all certified nurse aides
 - D. Modalities
- XXI. Special procedures
- A. Heat and cold
 - B. IV's
 - C. Oxygen
 - D. Support stockings
 - E. Hearing aids
 - F. Eye prosthesis
 - G. Douche
 - H. Specimens
 - I. Tube feedings
 - J. Glucometers
 - K. Traction
- XXII. Urinary elimination
- A. Structure and function of urinary system and age related changes
 - B. Diseases of urinary system
 - C. Catheter care
 - D. External catheter
 - E. Incontinence care
 - F. Bladder retraining
 - G. Preventing urinary tract infections
- XXIII. Bowel elimination
- A. Structure and function of lower intestinal tract and age related changes
 - B. Diseases of intestinal tract
 - C. Constipation: cause and prevention
 - D. Incontinence
 - E. Bowel programs, retraining
 - F. Colostomy care
- XXIV. Observing, reporting, recording
- A. Observations to be made while caring for residents
 - B. Reporting and recording observations
 - C. Medical abbreviations
 - D. The medical record or chart
- XXV. Resident's plan of care
- A. Purpose
 - B. Certified nurse aide's role in using care plan
- XXVI. Admitting or discharging a resident
- A. Admission

B. Transfer, discharge

XXVII. First Aid in the adult care home

- A. General guidelines
- B. Abrasions, lacerations
- C. Nosebleeds
- D. Burns
- E. Medical emergencies
- F. Falls
- G. Poisoning
- H. Choking
- I. Seizure
- J. CPR

XXVIII. Teamwork

XXIX. Being a member of the team

Learning Activities

Independent and collaborative learning activities will assist the student to achieve the intended learning outcomes. The following teaching/learning activities will assist the student to achieve course outcomes: lecture, audio-visual aids, class discussion, study guides and workbook, unit tests, demonstration, return demonstration, and supervised clinical experience.

Grade Determination

The student must achieve an average score of 70% or above on unit exams and a comprehensive final to achieve a grade of C or above. The student must hand in assignments as directed by instructor, and be able to demonstrate competency of basic nursing skills as illustrated on the Kansas Nurse Aide Checklist, Part I and Part II. The student is required to attend all classroom and clinical sessions.