

COURSES

NURSE AIDE TRAINING PROGRAM

112 Clock Hours/4 weeks Certificate Program/up to 40 Hours a week

The Nurse Aide program is a comprehensive course designed to teach students the skills and abilities essential to the provision of basic care to patients and residents in hospitals and long-term care facilities. Graduates of this program will be able to communicate and interact effectively with patients, assist patients in attaining and maintaining maximum functional independence, while observing patient rights. They will learn how to perform basic first aid, CPR, take vital signs, apply the elements of basic nutrition in meal planning, and follow infection control measures. Additionally, they will be able to apply proper body mechanics in bed making, lifting, and turning patients. Graduates of this program may find entry-level employment as a nurse aide with hospitals and nursing homes.

PROGRAM OUTLINE

Course Number	Course Title	Lecture Hours	Lab Hours	Extern Hours	Total Hours
NA 101	Introduction to Long Term Care (LTC)	16	0	0	16
NA 102	Personal Care Skills	10	10	0	20
NA 103	Basic Nursing Skills	10	0	0	10
NA 104	Restorative Services	6	0	2	8
NA 105	Mental Health & Social Service Needs	6	0	0	6
NA 106	Social Skills	12	0	0	12
NA 107	Clinical Externship	0	0	40	40
Totals		60	10	42	112

Subject Descriptions

Nurse Aide Training

NA-101: 16/0/0 Introduction to Long Term Care (LTC)

Students completing this subject will discuss and be able to detail the history and importance of nurse aides on patient care. They will review the Omnibus Budget Reconciliation Act (OBRA) of 1987 and discuss its impact on improving the quality of life for residents of skilled nursing facilities. Students will be able to state the intent of OBRA and describe the OBRA requirements for Nurse Aide training and placement on the Texas Nurse Assistant Registry. They will discuss who can work as a Nurse Aide and be able to describe the purpose of LTC facilities, the types of residents of LTC facilities, common human needs and myths and feelings about aging. They will be able to describe the role of the Nurse Aide in LTC facilities and safety measures utilized to keep themselves and resident's injury free. They will compare and contrast what constitutes appropriate and inappropriate relationships with residents and how to ensure they always maintain proper relationships with residents. Additionally, they will be able to explain proper procedures in case of accident or incident and proper emergency measures/procedures. They will be able to describe proper infection control procedures and

the rights of residents in LTC facilities. Upon completion of this subject, students will be able to: 1) discuss the Nurse Aide's role as a member of the health care team; 2) recognize and prevent safety hazards; 3) describe safety measures; 4) list emergency measures and care; 5) describe effective infection control measures; 6) identify residents' rights and independence; 7) recall the rules of communication; 8) describe interpersonal skills and 9) discuss taking care of oneself. (Lec 16 CHR / Lab 00 CHR / Ext 00 CHR / Total 16 CHR) [Prerequisite: Non]

NA 102:10/10/0 Personal Care Skills

In this subject, students will learn to use proper body mechanics and positioning when moving and lifting residents to avoid injury to themselves and residents. They will demonstrate skill in positioning and supporting residents in good body alignment in bed, chair and wheelchair. They will be able to state the guidelines and precautions for all of the moving and lifting procedures. Additionally, they will demonstrate various moving and lifting procedures. Students will discuss care of the resident's environment and the importance of respecting the resident's right to privacy and independence. They will discuss why the residents' personal belongings may be so important to them. They will be able to describe and demonstrate assisting residents with bathing, personal hygiene and grooming. Students will also be able to describe the roll of hydration and proper nutrition in maintaining residents' health. Lastly, they will be able to assist residents with bladder and bowel elimination and incontinence. Upon completion of this course, students will be able to: 1) position and move residents using proper body mechanics, 2) discuss care of the resident's environmental surroundings, 3) assist residents with bathing, toileting, perineal care and skin care, 4) discuss residents' hygiene and grooming needs and 5) list the nutritional, hydration and elimination needs of residents. (Lec 10 CHR / Lab 10 CHR / Ext 00 CHR / Total 20 CHR) [Prerequisite: NA 101: Introduction to Long Term Care (LTC)]

NA 103: 10/0/0 Basic Nursing Skills

Students will learn the skills of basic nursing such as

- 1) promoting a restraint-proper environment,
- 2) correctly take, record and report vital signs, height and weight, 3) observing, reporting and charting resident condition, 4) nurse aide's role in admission, transfer and discharge of residents and 5) describe coping with death. Upon completion of this subject, students will be able to describe the importance of promoting a restraint-proper environment, when it is appropriate to use restraints, proper use of restraints, dangers of using restraints and the role of the Nurse Aide in avoiding the need for restraints. They will be able to state measures that could be used to avoid the need for restraints. Students will be able to discuss the importance of and be able to demonstrate correctly registering vital signs, height and weight of residents. Additionally, students will be able to explain how their skills of observation, reporting, and charting can lead to better care of residents. They will be able to describe the effects of admission, transfer and discharge on the residents' state of mind and how the Nurse Aide can help a new resident adjust to his or her new surroundings. Lastly, students will learn how to cope with death and how residents cope with their impending death. They will be able to recognize signs of approaching death and explain their role as a Nurse Aide in meeting the emotional needs of a dying resident. (Lec 10 CHR / Lab 00 CHR / Ext 00 CHR / Total 10 CHR) [Prerequisite: NA 102: Personal Care Skills]

NA 104:6/0/2 Restorative Services

This subject is devoted to instructing students in how restorative skills promote physical and psychosocial health by allowing residents to attain and maintain the highest possible level of independence and functional ability. Students will discuss the Nurse Aide's role in restoration care. They will learn how to: 1) improve resident self-esteem, 2) use restorative approach in all aspects of care, 3) promote optimal physical and psychosocial wellness, 4) explain procedures and perform them, 5) encourage residents, 6) assist residents to function independently, 7) monitor residents' progress, 8) assist with restorative programs, 9) assist with adaptive and assistive devices, 10) use of prosthetic devices and 11) maintaining range of motion. (Lec 06 CHR / Lab 02 CHR / Ext 00 CHR / Total 08 CHR) [Prerequisite: NA 103: Basic Nursing}

NA 105: 6/0/0 Mental Health and Social Service Needs

During this portion of the program, students will learn about basic human needs. Upon completion of this subject, students will be able to recall and describe the five basic human needs as expressed in Maslow's Hierarchy of Needs. They will be able to describe how meeting higher-level needs requires meeting lower level needs first. They will describe how the unfulfilled needs of a resident may lead to behavioral problems and how cognitive impairment may lead to the resident's perception that his or her needs not being met. Students will also be able to describe developmental tasks of older adults and normal psychological responses to loss and/or change. Upon completion of this subject students will be able to describe: 1) the five basic human needs expressed in Maslow's Hierarchy of Needs, 2) how to meet their own basic needs, 3) how to respond to the residents' appropriate and inappropriate sexual behavior, 4) human needs of the residents, 5) how to assist residents in cultural and religious practices, 6) how to respond to major losses/changes associated with aging, 7) the effects of losses and changes to human needs, 8) developmental tasks of older adults and 9) normal psychological responses to losses/changes. (Lec 06 CHR / Lab 00 CHR / Ext 00 CHR / Total 06 CHR) [Prerequisite: NA 104: Restorative Services]

NA-116: 12/0/0 Social Skills

In this subject, students will discuss and discover how to avoid, recognize and resolve conflict. They will learn that recognizing the potential for conflict is the first step in prevention. Upon completion of this subject, students will be able to recall the five main approaches people use when in conflict with one another: 1) Avoidance, 2) Accommodation, 3) Competition, 4) Collaboration and 5) Compromise. In addition, students will become familiar with the use and benefits of using technology in LTC facilities. They will discuss and be able to describe how the use of technology such as electronic health care records and documentation can improve the resident's care and safety. They will discuss and be able to give examples of appropriate and inappropriate use of social media in the workplace. They will also discuss the consequences of inappropriate use of social media. (Lec 12 CHR / Lab 00 CHR / Ext 00 CHR / Total 12 CHR) [Prerequisite: NA 105: Mental Health and Social Service Needs]

NA 117: 0/0/40 Nurse Aide Clinical Externship

During Clinical Externship, students will put into practice skills acquired in previous subjects. Under close supervision, students will demonstrate provision of basic care to patients; communication and interaction with patients, family members, and fellow health team members; and assisting patients in attaining and maintaining maximum functional independence, while observing patient rights. They will demonstrate basic first aid procedures, CPR, taking and recording vital signs, applying the elements of basic nutrition in meal planning, and following infection control measures. Additionally, they will demonstrate proper body mechanics in bed making, lifting and turning patients. (Lec 00 CHR / Lab 00 CHR / Ext 40 CHR / Total 40 CHR) [Prerequisite: NA-106: Social Skills]

