

KairInstructors Healthcare Training Center
Lesson Plan
Course Number: HAS 0022C

| Lesson | Objectives and content | Textbook pages | Evaluation method |
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| Lesson 1 | <p>12.0: Use Verbal and written communications:</p> <ul style="list-style-type: none"> • 12.01- Obtain specified data from patient and family. • 12.02- Utilize verbal and written information to assist with the patient’s plan of care <p>13.0: Demonstrate Legal and Ethical responsibilities specific to home health aide</p> <ul style="list-style-type: none"> • 13.01- Demonstrate legal and ethical behavior within the role and scope of home health aide responsibilities • 13.02- Follow policies and procedures concerning care as directed by the employer affecting the health, safety, and well-being of patients in the home setting • 13.03- Recognize and report signs of substance abuse • 13.04- Follow legal guidelines in documentation • 13.05- Exhibit behavior supporting and promoting resident’s rights. • 13.06- Recognize and follows scope of proactive and role limitations for a home health aide | <ul style="list-style-type: none"> • Ch 2, P 11-14; CH3, p 30-32; CH 4 p 40-45 • Ch 4, P 40-45 • Ch 2, p 9-14, 15; ch 3, p 23-32 • Ch1, p6-8; Ch 2, p 11-19 • Ch 3, p 25; ch 18, p 320-321 • Ch 2, P 12-16; CH 3 p 23-24; CH 4, p 40-45 • Ch 3, p 28 • CH2, p 11-19; CH 3, p 23 | <p>ZOOM Review & Quiz 12.0-13.06</p> |

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| <p>Lesson 2</p> | <p>14.0: Perform physical comfort and safety functions specific to home health aide</p> <ul style="list-style-type: none"> • 14.01- Maintain a clean and safe home environment for the patient • 14.02- Adjust bed and side rails • 14.03- Transfer patient using mechanical lift using proper body mechanics and patient safety measures • 14.04- Demonstrate proper turning and positioning according to care plan • 14.05- Implement fall prevention measures as directed, i.e. clutter free pathways, locked wheelchair, etc • 14.06- Apply supportive device as directed (e.g. foot-board, overbed cradle, alternating pressure mattress). • 14.07- Assist Patient to dangle • 14.08- Assist patient in ambulation, including the use of crutch, cane, or walker • 14.09- Demonstrate the proper wheelchair safety technique and assist the patient as needed with use | <ul style="list-style-type: none"> • Ch 6, p 78-83; ch 21, p 352-368 • Ch 21, p 364-368; bed position and side rail position determined by careplan • Ch 12, p 195-197 • Ch 12, p 184-191; ch 16 p 296 • Ch 6, p 78-83, ch 12, p 192-193 • Ch 12, p 203-204; ch 16, p 297-298 • Ch 12, p 190-191 • Ch 12, p 198-201 • Ch 12, p 192-194 | <p>ZOOM Review & Quiz 14.0-14.12</p> |
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| <p>Lesson 2 Cont'd</p> | <ul style="list-style-type: none"> • 14.10- Assist patient with care and use of prosthetic/orthotic devices • 14.11- Describe emergency evacuation procedures and adaptations to the home setting • 14.12- Implement appropriate regulatory and accrediting agency patient safety guidelines | <ul style="list-style-type: none"> • Ch 12, p 204; ch 13, p 229-231 • Ch 7, p 97-100 • Ch 2, p 15 | |
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| <p>Lesson 3</p> | <p>15.0: Provide Personal Patient Care</p> <ul style="list-style-type: none"> • 15.01- Perform bed bath; observe and report changes in patient • 15.02- Perform back rub • 15.03- Demonstrate procedures for safety in the bathroom including the use of adaptive shower equipment such as shower chairs, long handled bath sponge, grab bars, extended shower hose, rubber mat in tub or shower, and rubber based rug outside the shower • 15.04- Assist with shower or tub bath, including use of specialty tubs • 15.05- Assist patient with sink, tub shower, or bed shampoo | <ul style="list-style-type: none"> • Ch 13, p 208-209; 211-215 • Ch 12, p 201-203 • Ch 13, 208-211; ch 16, p 300-301 • Ch 13, p 208-211 • Ch 13, p 211, 215-217 • Ch 13, p 219-221 | <p>ZOOM Review & Quiz 15.0-15.11</p> |

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| <p>Lesson 3 Cont'd</p> | <ul style="list-style-type: none"> • 15.06- Demonstrate the use of a safety and/or electric razor to shave the patient • 15.07- Demonstrate how to groom patient, including hair, skin, foot, and nail care • 15.08- Assist with and/or administer oral hygiene • 15.09- Assist patient with toileting, using various types of restorative and rehabilitative equipment • 15.10- Assist patient to dress • 15.11- Assist patient with meals | <ul style="list-style-type: none"> • Ch 9, p 143-144; ch 13 p 217-219; 221-222 • Ch 13, p 224-229 • Ch 13, p 231-235; ch 16, p 301-302 • Ch 13, p 222-224 • Ch 22, p 378-379, 382-390; Ch 23, 391-399 | |
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| <p>Lesson 4</p> | <p>16.0: Perform patient care procedures</p> <ul style="list-style-type: none"> • 16.01- make unoccupied/occupied bed • 16.02- Provide passive range-of-motion exercises • 16.03- Apply anti-embolic hose and sequential compression devices • 16.04- Understand and demonstrate collection or urine, strained, timed urine, and/or routine urine specimen | <ul style="list-style-type: none"> • Ch 21, p 364-368 • Ch 16, p 291-296 • Ch 14, p 272-273 • Ch 14, p 254-259 | <p>ZOOM Review & Quiz 16.0-16.10</p> |

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| Lesson 4 Cont'd | <ul style="list-style-type: none"> • 16.05- Observe skin while bathing for allergic reaction to catheter or any leaking • 16.06- Monitor fluid intake and output (I&O), including forcing and restricting fluids • 16.07- Observe, record, and report patient's emesis • 16.08- Assist with ostomy care and alert nurse of unusual odors, colors, or character • 16.09- Collect stool specimen and alert nurse of unusual odors, colors, or character • 16.10- Care for patients receiving oxygen therapy making sure patient receives correct flow of oxygen | <ul style="list-style-type: none"> • Ch 14, p 263-266 • Ch 14, p 259-263; ch 22, p 375-377 • Ch 14, p 262-263 • Ch 14, 283-286; appendix p 426-428 • Ch 14, p 255-256 • Ch 15, p. 283-285 | |
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| Lesson 5 | Lab/Skills | | Hands on skills check-off; resume writing/job interview skills |
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| Lesson 6 | 17.0: Apply principles of nutrition <ul style="list-style-type: none"> • 17.01- identify nutrients and food groups. • 17.02- Explain regional, cultural, and religious food preferences | <ul style="list-style-type: none"> • Ch 22, p 370-375 • Ch 4, p 46-29; ch 22 p 379-380 | ZOOM Review & Quiz 17.0-17.09 |

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| <p>Lesson 6 Cont'd</p> | <ul style="list-style-type: none"> • 17.03- Describe special diets • 17.04- List factors that must be considered when purchasing food • 17.05- Follow the prescribed food plan • 17.06- List factors that must be considered when storing food • 17.07- Identify methods of maintaining fluid balance including encouraging and restricting fluids • 17.08- Identify methods of food preparation • 17.09- Discuss preparation and serving of trays in the home | <ul style="list-style-type: none"> • Ch 22 p 382-386 • Ch 23, p 391-393 • Ch 22, p 382-386; ch 23, 9391-393 • Ch 23, p 398-399 • Ch 14, p 259-262; Ch 22, p 375-377 • Ch 23, p 395-398 • Ch 22, p 386-389; ch 23, p 395-398 | |
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| <p>Lesson 7</p> | <p>18.0: Provide care for geriatric patients</p> <ul style="list-style-type: none"> • 18.01- identify safety principles, as related to the elderly • 18.02- Describe general characteristics, particular needs, and problems of elderly • 18.03- Identify attitudes and living habits that promote positive mental and physical health for the elderly. • 18.04- Distinguish between fact and fallacy about the aging process | <ul style="list-style-type: none"> • Ch 6, p 77-83 • Ch 8, p 106-107; ch 11, p 175-183 • Ch 8, p 182-183 • Ch 11, pp 175-176 | <p>ZOOM Review & Quiz 18.0-18.09</p> |

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| <p>Lesson 7 Cont'd</p> | <ul style="list-style-type: none"> • 18.05- Identify community resources and services available to the elderly and their caregiver • 18.06- Apply reality Orientation techniques and validation therapy • 18.07- Provide and involve patients in diversional activities • 18.08- Identify common alterations in elderly patient behavior or health status and follow up within the home health aide scope of performance • 18.09- Provide care for patients with special needs (e.g., impaired hearing, impaired vision, immobility, impaired body functions). | <ul style="list-style-type: none"> • Ch 3. P 31-32; ch 8, p 106-107; ch 17, p 312; ch 20, p 346-348 • Ch 10, p 168 • Ch 10, p 168-169 • Ch 2, p 12-13; ch 11, p175-183 • Ch 4, p 36-38, 49-50; ch 9,p 118-127; ch 10, p 158-159; ch 17, p 305-313 | |
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| <p>Lesson 8</p> | <p>19.0: Apply the principles of infection control specific to home health aide</p> <ul style="list-style-type: none"> • 19.01- Provide care for patients with infectious diseases in the home • 19.02- Follow isolation procedures with food tray, personal protective equipment (PPE), supplies/equipment, and other materials in the home • 19.03- Utilize universal (standard) precautions in all home care • 19.04 Discuss transmission-based precautions | <ul style="list-style-type: none"> • Ch 5, p 53, 62-72; ch 21, p 360, 362-363 • Ch 5, p 59-61; 63-64; ch 21, p 360, 362-363 • Ch 5, p 53-62 • Ch 5, p 54-55, 62-64 | <p>ZOOM Review & Quiz 19.0-21.02</p> |

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| <p>Lesson 8 Cont'd</p> | <p>20.0: Provide bio-psycho-social support</p> <ul style="list-style-type: none"> • 20.01- Discuss family roles and their significance to health • 20.02 -Respond to patient and family emotional needs. <p>21.0: Perform supervised management functions, following the patient plan of care</p> <ul style="list-style-type: none"> • 21.01- Organize patient-care assignments • 21.02- Complete assignments accurately and in a timely manner | <ul style="list-style-type: none"> • Ch 8 p 105-107; ch 10, p 169-170 • Ch 8, p 105-107; ch 10, p 169-170 • Ch 2, p 12-15; 18-19; ch 24, p 401-402 • Ch 2, p 12-19; ch24, p 401-402 | |
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| <p>Lesson 9</p> | <p>22.0: Assist with rehabilitative activities</p> <ul style="list-style-type: none"> • 22.01- List the purpose of restorative (rehabilitation) programs. • 22.02- Assist patient with specified restorative (rehabilitation) needs • 22.03- Assist patients/residents to reach the optimum level of independence <p>23.0: Perform home health-care services</p> <ul style="list-style-type: none"> • 23.01- Establish and follow a collaborative care plan with patient and family | <ul style="list-style-type: none"> • Ch 16, p 289-291 • Ch 16 p 289-304 • Ch 12, p 184-204; ch 16, p 289-292, 300-303 • Ch 2,p 12-15, 18-19; ch 24, p 401-402 | <p style="text-align: center;">ZOOM Review & Quiz 22.0-23.05</p> |

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| Lesson 9 Cont'd | <ul style="list-style-type: none"> • 23.02- Perform patient-related cleaning tasks and laundry per care plan • 23.03- Identify methods for medication storage • 23.04- Assist patient with taking self administered prescribed medication in the home • 23.05- Demonstrate how to improvise equipment and supplies in the home | <ul style="list-style-type: none"> • Ch 21, p 352-364 • Ch 15, p 282 • Ch 15, p 280-281 • Ch 1, p 7-8 | |
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| Lesson 10 | Lab/Skills | | Hands on skills check-off; Resume completion; complete job interview-role play; Final Exam |