

ALL HEALTHCARE INSTITUTE

12235 Beach Blvd., Suite 206

Stanton, CA 90680

All-hci.com

Phone: 562-469-9302 or 562-565-5724



Course Title: NURSE ASSISTANT

No. of Weeks: 6 weeks – Day Program, 8 weeks – Evening Program

Course Description:

The course prepares the students to function as Nurse Assistant in nursing centers, hospitals and home care settings. It also emphasizes the needs of individuals across life span like caring, understanding, protecting and respecting the person's and resident's rights as persons with dignity and values. It includes understanding of the legal principles both federal and state laws with regards to their roles, range of functions and limitations. This also focuses on the role, limitations, responsibilities and professional boundaries.

Student Learning Outcomes

Students will be able to demonstrate knowledge of common elements required for certification by the CDPH. This will be measured by student achievement of a passing grade on instructor developed and administered final examinations.

Students will be able to demonstrate compliance with standards of practice for Nurse Assistants. This will be measured by an administered skills test given at the end of each program to each student that contains core elements of practice such as privacy, safety, dignity and patient rights.

Students will be able to demonstrate competence with all skills required for certification. This will be measured by an administered skills competency test given at the end of each program that contains elements of all required steps for all required skills.

Method of Delivery Nurse Assistant Program:

The method of instructional delivery of the course is a face-to-face (F2F) course in which class meetings are delivered fully on-site with face-to-face interaction between the instructor and student. A face-to-face course includes lecture, class discussions, role play, Power Point discussions and Q&A.

Instructional Methodology

The class is conducted through interactive presentation by using Power Point presentation and audio visuals to facilitate group learning, discussion and presentation. Foreexample, video camera is used during simulation laboratory to record students performing skill demonstration for self-improvement leading to mastery of the skills. Examinations are given to assess student learning and understanding of the instructions. Take home assignments and activities are given to students to enhance learning and reinforcement.



NA Course Syllabus

| | Theory | Skills | Clinical |
|--|--------|--------|----------|
| (1) Module 1. Introduction. | 2 | | |
| (A) Role and responsibilities of the Certified Nurse | | | |
| (B) Title 22, division 5, California Code of Regulations, | | | |
| (C) Requirements for nurse assistant certification. | | | |
| (D) Professionalism. | | | |
| (E) Ethics and confidentiality. | | | |
| (2) Module 2, Patients' Rights. | 3 | 0.5 | 1 |
| (A) Title 22 | | | |
| (B) Health and Safety Code | | | |
| (C) Code of federal regulations | | | |
| (D) Preventing, Recognizing & reporting of resident right violations | | | |
| (E) Preventing, Recognizing and reporting of residents abuse. | | | |
| (3) Module 3. Interpersonal skills. | 2 | | |
| (A) Communications. | | | |
| (B) Defense mechanisms. | | | |
| (C) Sociocultural factors. | | | |
| (D) Attitudes toward illness and health care. | | | |
| (E) Family interaction | | | |
| 4) Module 4. Prevention and Management of Catastrophe and Unusual Occurrences. | 1 | 0.5 | 1 |
| (A) Emergency. | | | |
| (B) General safety rules. | | | |
| (C) Fire and disaster plans. | | | |
| (D) Roles and procedures for Certified Nurse Assistants. | | | |
| (E) Patient safety. | | | |
| (5) Module 5. Body Mechanics. | 2 | 0.5 | 4 |
| (A) Basic rules of body mechanics. | | | |
| (B) Transfer techniques | | | |
| (C) Ambulation. | | | |
| (D) Proper use of body mechanics and positioning | | | |
| (6) Module 6. Medical and Surgical Asepsis. | 2 | 2 | 8 |
| (A) Micro-organisms. | | | |
| (B) Universal precautions | | | |

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| (C) Basic principles of asepsis. | | | |
| (7)) Module 7. Weights and Measures. | 1 | | 1 |
| (A)) The metric system. | | | |
| (B) Weight, length and liquid volume. | | | |
| (C) Military time i.e. a twenty-four (24) hour clock. | | | |
| (8) Module 8. Patient Care Skill. | 14 | 4 | 40 |
| (A) Bathing and medicinal baths | | | |
| (B) Dressing. | | | |
| (C) Oral hygiene. | | | |
| (D) Hair care, hair shampoo, medicinal shampoo, nail care and shaving. | | | |
| (E) Prosthetic devices. | | | |
| (F) Skin care including prevention of decubitus ulcers. | | | |
| (G) Elimination needs. | | | |
| (H) Bowel and bladder retraining. | | | |
| (I) Weighing and measuring the patient. | | | |
| (9) Module 9. Patient Care Procedures. | 7 | 3 | 20 |
| (A) Collection of specimens, including stool, urine and | | | |
| (B) Care of patients with tubing | | | |
| (C) Intake and output. | | | |
| (D) Bedmaking. | | | |
| (E) Cleansing enemas and laxative suppositories | | | |
| (F) Admission, transfer and discharge. | | | |
| (G) Bandages and nonsterile dry dressings | | | |
| (10) Module 10. Vital Signs. | 3 | 2 | 6 |
| (A) Purpose of vital signs. | | | |
| (B) Factors affecting vital signs. | | | |
| (C) Normal ranges. | | | |
| (D) Methods of measurement. | | | |
| (E) Temperature, pulse, respiration. | | | |
| (F) Blood pressure. | | | |
| (G) Abnormalities. | | | |
| (H) Recording. | | | |
| (11) Module 11. Nutrition. | 2 | 2 | 6 |
| (A) Proper nutrition. | | | |
| (B) Feeding techniques. | | | |
| (C) Diet therapy. | | | |

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| (12) Module 12. Emergency Procedures. | 2 | | 1 |
| (A) Signs and symptoms of distress. | | | |
| (B) Immediate and temporary intervention. | | | |
| (C) Emergency codes. | | | |
| (13) Module 13. Long-Term Care Patient (Non-SNF/ICF) | 5 | 2 | 4 |
| (A) Special needs of persons with developmental and mental disorders including intellectual disability, Alzheimer's disease, cerebral palsy, epilepsy, dementia, Parkinson's disease, and mental illness (2hours) | | | |
| (A2) Special needs of persons with Alzheimer's disease and related dementias (2 hours) | | | |
| (B) Introduction to anatomy and physiology (B-F Minimum 1 hour) | | | |
| (C) Physical and behavioral needs and changes | | | |
| (D) Community resources available. | | | |
| (E) Psychological, social and recreational needs. | | | |
| (F) Common diseases and disorders including signs and symptoms. | | | |
| (14) Module 14. Rehabilitative Nursing. | 2 | 1 | 4 |
| (A) Promoting patients' potential. | | | |
| (B) Devices and equipment. | | | |
| (C) Activities of daily living. | | | |
| (D) Family interactions. | | | |
| (E) Complication of inactivity. | | | |
| (F) Ambulation. | | | |
| (G) Range of Motion. | | | |
| (15) Module 15. Observation and Charting. | 4 | 0.5 | 4 |
| (A) Observation of patients and reporting responsibility. | | | |
| (B) Patient care plan. | | | |
| (C) Patient care documentation. | | | |
| (D) Legal issues of charting. | | | |
| (E) Medical terminology and abbreviations. | | | |
| (16) Module 16. Death and Dying. | 2 | | |
| (A) Stages of grief. | | | |
| (B) Emotional and spiritual needs of the patient and | | | |
| (C) Rights of the dying patient. | | | |
| (D) Signs of approaching death. | | | |

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| (E) Monitoring of the patient. | | | |
| (F) Post mortem care. | | | |
| Module 17: Abuse (as per HSC 1337.1 and 1337.3) | 8 | | |
| (A) Preventing, recognizing, and preventing instances of resident abuse | | | |
| Total Hours | 62 | 18 | 100 |

Module 1 – Introduction

The purpose of this unit is to introduce the student to California Code of Regulations, Division 5, Title 22, which regulates healthcare facilities, and to introduce the roles and responsibilities of the Nurse Assistant, including requirements for Nurse Assistant certification, professionalism, ethics, and confidentiality.

Module 2 – Patient Rights

The purpose of this unit is to introduce the Nurse Assistant to patient/resident rights. The fundamental principle behind resident rights is that each resident is a member of a family and of society as a whole and must be cared for in a manner that protects their rights and meets the individual family, psychosocial and spiritual needs in a long – term care setting. These rights are protected by federal and state regulations.

Module 3 – Communication/Interpersonal Skills

The purpose of this unit is to introduce concepts and skills required for the nurse assistant to communicate effectively and interact appropriately with residents, residents’ families and guests, and other members of the healthcare team.

Module 4 – Prevention and Management of Catastrophe and Unusual Occurrences

The purpose of this unit is to introduce the student to the concepts and procedures related to the resident’s safety including environmental emergency issues. The nurse assistant’s role in creating a safe environment for the resident is discussed.

Module 5 – Body Mechanics

The purpose of this unit is to provide students with an understanding of efficient and proper use of the body in performing tasks related to the role of the CNA. Students will understand the principles of positioning and transporting residents and will implement these principles when providing resident care.

Module 6 – Medical and Surgical Aepsis

The purpose of this unit is to present information about asepsis and the control of infection. Procedures and precautions to protect residents, healthcare workers and others from infection are presented, including standard precautions, transmission – based precautions and bio hazardous waste management.

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Module 7 – Weights and Measures

The purpose of this unit is to introduce a measuring system for weight, length, and volume used by Nurse Assistant in the clinical setting.

Module 8 – Patient Care Skills

The purpose of this unit is to teach the students skills needed to support and/or assist the resident in the areas of personal hygiene, an area of activities of daily living, and elimination. Personal hygiene or personal care is generally performed independently. The nurse assistant should assist with or perform personal care only when residents are unable to perform a skill for themselves. Other activities included in this Module are use of prosthetic devices, bowel and bladder retraining, and weighing and measuring height of the resident.

Module 9 – Patient Care Procedures

The purpose of this unit is to provide learning experiences that will prepare the nurse assistant to safely carryout procedures that support the resident in meeting physical care needs that cannot be performed independently.

Module 10 – Vital Signs

The purpose of this unit is to prepare students to know how, when and why vital signs are taken and how to report and chart these procedures. Students will learn the correct procedure for measuring temperature, pulse, respirations, and bloodpressure. They will learn to recognize and report normal and abnormal findings.

Module 11 – Nutrition

The purpose of this unit is to examine the body's need for food and the effect of food on the body. This Module includes the basic food groups, nutrients, and common therapeutic diets, as well as ways to assist a resident to meet nutrition and hydration needs.

Module 12 – Emergency Procedures

The purpose of this unit is to introduce the student to the concepts and procedures related to emergency procedures, signs and symptoms of distress, and the role of the nurse assistant in Long Term Care (LTC) in the response to immediate and temporary intervention in emergency situations.

Module 13 – Long Term Care Resident

The purpose of this unit is to introduce the student to the basic structure of the body and to review the effect of aging on body structure and function. Common physical and psychological conditions found in elderly patients are presented along with approaches to care. Community resources commonly available to assist elderly patients with their psychological, recreational, and social needs are presented.