

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION 1

SUBJECT AREA AND COURSE NUMBER

HLTH 605

COURSE TITLE

NURSING ASSISTANT TRAINING

TYPE COURSE

NON-FEE

VOCATIONAL

COURSE DESCRIPTION

This course will prepare the student for the California Nurse Assistant certification exam and for employment as an entry-level health care worker in a skilled nursing facility or other healthcare organization or agency. The student will gain knowledge of basic nursing theory and practice nurse assistant procedures. This course is approved by the California Department of Public Health. Successful completion of this course enables student to take California's Nurse Assistant Competency Exam to become a Certified Nurse Assistant in California. (FT)

LECTURE/LABORATORY HOURS

330

ADVISORIES

Health and background review required for clinical participation by California Department of Public Health and the clinical site. This may include current (subject to change):

1. Proof of negative tuberculosis screening
2. Physical exam
3. Immunizations
4. Livescans
5. Background checks
6. Drug screening

RECOMMENDED SKILL LEVEL

9th grade reading, ability to communicate clearly in verbal and written form, and basic math skills including multiplication, division, fractions and decimals are needed.

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

Students will learn:

1. Roles and responsibilities of a Certified Nurse Assistant.
2. Patient/resident rights and skills needed to promote rights and independence.
3. Safety and emergency concepts and procedures used in long-term care.
4. Infection control concepts and practices.
5. Concepts and skills to assist with personal care needs, rehabilitative care, and basic nursing procedures.
6. Communication, reporting and documentation practices- used long-term care
7. Skills necessary to perform procedures in accordance with the National Nurse Assistant Assessment Program (NNAAP) and the Nurse Assistant Training and Assessment Program (NATAP)
8. Weight and measurements calculations used in healthcare.
9. Basic anatomy and physiology including the aging process and nutritional needs.
10. Disease processes, interventions and treatments that are common in long term care.
11. Behaviors and treatments related to mental health issues.
12. Issues related physical and psychosocial changes during death and dying.
13. Soft skills and career opportunities.

COURSE OBJECTIVES

Upon completion of this course the student will be able to:

1. Explain patient/resident rights and the methods to promote and uphold rights.
2. Describe the role and responsibilities of the Certified Nurse Assistant in California.
3. Perform patient/resident care skills and procedures as defined in the NNAAP and NATAP.
4. Calculate weights and measurements.
5. Recognize the nutritional needs of patient/resident and implement appropriate nutritional practices.
6. Demonstrate and explain proper infection control practices.

COURSE OBJECTIVES (CONTINUED)

7. Identify and report changes in patient/resident conditions.
8. Modify and adapt nursing behavior as an appropriate response to the patient behavior, expressed or implied needs.
9. Identify psychosocial and physical needs associated with the aging process and demonstrate techniques to promote independence and provide nursing care.
10. Communicate effectively in the healthcare setting.
11. Describe the approaches to meet the physical and psychological needs of the dying resident.
12. Describe grievance process.
13. Implement safety measures to prevent injury to self and patient.
14. Demonstrate interventions in a medical emergency and emergency codes and protocols
15. Identify body systems and organs and describe functions.
16. Describe signs and symptoms and treatments of common diseases and disorders found in long-term care.
17. Search careers and/or colleges on-line.
18. Describe a professional job interview and resume and resources for further career development.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction
 - 1.1. Role and responsibilities of the Certified Nursing Assistant (CNA)
 - 1.2. Review Title 22, division 5, California code of regulations
 - 1.3. Requirements for nurse assistant certification
 - 1.4. Professionalism for the CNA
 - 1.5. Ethics and confidentiality
2. Promoting Patient/Resident Rights and Independence
 - 2.1. Purpose of a long term care facility
 - 2.2. Title 22, Certified Nurse Assistant Program section
 - 2.3. California Health and Safety code
 - 2.4. Ombudsman
 - 2.5. CNA's role in monitoring patient/residents' rights
 - 2.6. Patient/residents' rights for security, belonging, self-esteem and privacy
3. Communication and Interpersonal Skills
 - 3.1. Five basic physical and psychological needs
 - 3.1.1. Maslow's Hierarchy of Human Needs
 - 3.2. Patient/resident behavior that demonstrates unmet needs
 - 3.3. Nursing assistants response to recognizing and reporting unmet needs of patient/resident
 - 3.4. Steps in the communication process and methods used to communicate
 - 3.5. Barriers to communication
 - 3.5.1. Verbal
 - 3.5.2. Nonverbal

COURSE CONTENT AND SCOPE (CONTINUED)

- 3.5.3. Culture
- 3.5.4. Socio-economic
- 3.5.5. Age
- 3.5.6. Reaction to illness/medication
- 3.6. Communicating with members of the health team
- 4. Medical/Surgical Asepsis
 - 4.1. The body's lines of defense
 - 4.2. Micro-organisms
 - 4.2.1. Types
 - 4.2.2. Common diseases
 - 4.2.3. Transmission and growth
 - 4.3. Signs and symptoms of infection
 - 4.4. Asepsis, purpose and practices
 - 4.5. Medical vs. surgical asepsis
 - 4.6. Precautions
 - 4.6.1. Transmission-based precautions
 - 4.6.2. Standard precautions
 - 4.7. Psychological effects of precautions
- 5. Body Mechanics
 - 5.1. Purpose of body mechanics
 - 5.2. Proper body mechanics and rules
 - 5.3. Safety measures for lifting and moving residents
 - 5.4. Positioning and transfer
 - 5.5. Ambulation
- 6. Rehabilitative/Restorative Care
 - 6.1. Rehabilitative/restorative care
 - 6.1.1. Promoting independence and patient/residents' potential
 - 6.2. Goals to independence
 - 6.3. Rehabilitation team
 - 6.4. Nursing assistants' responsibilities
 - 6.5. Activities of daily living
 - 6.6. Comfort devices
 - 6.7. Range of motion
 - 6.8. Patient/Residents' self-esteem vs. family involvement
- 7. Emergency Procedures and Prevention of Catastrophe
 - 7.1. A safe environment
 - 7.2. Rules for residents on oxygen therapy
 - 7.3. Postural supports and their implications
 - 7.4. Psychological implications of postural supports
 - 7.5. Signs and symptoms of distress and intervention
 - 7.6. Nursing assistant's role in emergency situation
 - 7.6.1. Disaster/fire
 - 7.7. Emergency codes
- 8. Patient/resident Care Skills
 - 8.1. Bathing
 - 8.2. Oral hygiene

COURSE CONTENT AND SCOPE (CONTINUED)

- 8.3. Grooming
- 8.4. Skin care (and decubitus prevention/care)
- 8.5. Dressing
- 8.6. Bowel and bladder
 - 8.6.1. Elimination needs
 - 8.6.2. Retraining
- 8.7. Measuring heights and weights
- 8.8. Prosthetic devices
- 9. Patient/resident Care Procedures
 - 9.1. Specimen collection
 - 9.2. Bed care
 - 9.3. Enemas and suppositories
 - 9.4. Intake and output
 - 9.5. Bandages and dressings
 - 9.6. Ointments, powders and lotions
 - 9.7. Admission, transfer and discharge
- 10. Vital Signs
 - 10.1. Temperature
 - 10.2. Pulse
 - 10.3. Respiration
 - 10.4. Blood pressure
 - 10.5. Measure and record
- 11. Weights and Measures
 - 11.1. Metric and English units
 - 11.2. Military time
 - 11.2.1. Traditional/military
- 12. Nutrition
 - 12.1. Body's requirement for food and liquids
 - 12.2. Common nutrients and their food sources
 - 12.3. Basic food groups
 - 12.4. Food pyramid
 - 12.5. Vegan groups
 - 12.6. Nutritional needs of patient/resident
 - 12.6.1. Dietary needs of the elderly
 - 12.7. Therapeutic diets and nursing assistant's responsibility
 - 12.8. Techniques for feeding patient/resident
 - 12.9. Modifications of diet due to culture and religion
 - 12.10. Alternative ways to administer nutrients
- 13. Observation and Charting
 - 13.1. Observation of patient/resident
 - 13.2. Signs and symptoms
 - 13.3. Charting procedures and legal implications
 - 13.4. Medical terminology and abbreviations
- 14. Long Term Care Resident
 - 14.1. Basic body organization
 - 14.2. Body systems and organs

COURSE CONTENT AND SCOPE (CONTINUED)

- 14.3. Changes of each system with aging
- 14.4. Common diseases and disorders
- 14.5. Common needs and intervention
 - 14.5.1. Physical
 - 14.5.2. Social
 - 14.5.3. Recreational
 - 14.5.4. Spiritual
- 14.6. Community resources
- 14.7. Mental and behavioral issues
 - 14.7.1. Dementia and Alzheimer
 - 14.7.2. Depression
 - 14.7.3. Developmental disabilities
 - 14.7.4. Schizophrenia
- 14.8. Other
- 15. Death and Dying
 - 15.1. Five stages of grieving
 - 15.2. Meeting emotional and spiritual needs of terminally ill
 - 15.3. Rights of the dying patient/resident
 - 15.4. Signs of approaching death
 - 15.5. Comfort measures for the dying
 - 15.6. Procedures and responsibilities for post mortem care
- 16. Career Exploration
 - 16.1. Career search
 - 16.1.1. Internet
 - 16.2. Resume, cover letter, interview skills
 - 16.3. Nursing career ladder and further education
 - 16.4. Alternate healthcare careers and education requirements
- 17. Certification Preparation
 - 17.1. Skills Lab
 - 17.2. Theory Review

APPROPRIATE READINGS

Readings assignments may include, but are not limited to, nursing journals, instructor selected websites, and nursing assistant handbook.

WRITING ASSIGNMENTS

Writing assignments may include, but are not limited to, completing assignments in workbook and sample nurse assistant documentation forms.

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to, practicing performing vital signs and nursing skills and practicing computerized documentation at clinical sites.

APPROPRIATED ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments which demonstrate critical thinking may include, but are not limited to, reviewing, discussing, and evaluating clinical observations and nursing procedures, and effectively applying healthcare terminology in role play scenarios.

All students must read, comprehend and apply the principles outlined in the "Student Handbook for Nursing Assistant".

EVALUATION

Student must attain a 75% on all theory related tests throughout the course and 75% on the midterm and final examination. Students will not be advanced to the clinical phase of training unless this standard is maintained throughout academic instruction. Clinical evaluations must be consistent with the State approved level of clinical proficiency in all learned clinical tasks and assignments. Students who demonstrate unsafe practices in providing patient care, can upon the discretion of the Director of Nursing, be terminated immediately from the program.

Upon successful completion of each individual course a Certificate of Course Completion will be issued. Upon successful completion of both courses included in the program a Certificate of Program Completion will be issued.

METHODS OF INSTRUCTION

Methods of instruction will include but are not limited to, lecture, lab, clinical, group discussion, role-playing, field trips, demonstration and actual hands-on practice with patients under supervision.

This course, or sections of this course, may be offered through distance education.

A minimum of clinical hours, as defined by Title 22, must occur in an approved clinical site.

TEXTS AND SUPPLIES

Nursing Assistant Care Long-Term Care Hedman, Fuzy, RN, MS and Rymer, MSTE, RN-BC, LSW Hartman's Publishing, Inc., current edition

Workbook: Hartman's Nursing Assistant Care Long Term Care, Hartman Publishing, Inc., current edition

Nurse Assistant and Training Assessment Program Model (NATAP) curriculum, Chancellor's Office California Community Colleges, current edition.

TEXTS AND SUPPLIES (CONTINUED)

Supplies:

Uniform

Watch

Stethoscope

Blood pressure cuff Binder

Note pad

PREPARED BY Florence Downs DATE May 24, 1996

REVISED BY Kathy Campbell, RN, PHN DATE February 19, 2007

REVISED BY Instructional Services/SLO's Added DATE April 4, 2013

REVISED BY Kathy Campbell, RN, PHN DATE February 2, 2019

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog