

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

HLTH 606

COURSE TITLE

HOME HEALTH AIDE

TYPE COURSE

NON-FEE

VOCATIONAL

COURSE DESCRIPTION

This course prepares Certified Nurse Assistant's for certification as a Home Health Aide by the California Department of Public Health (CDPH). This certification allows students to function as an entry-level worker on a health care team or with a home health agency. Training will include, medical and social needs of the client, personal care services, nutrition, and cleaning and care tasks in the home. (FT)

LECTURE/LABORATORY HOURS

64

ADVISORIES

Current California Nurse Assistant Certification.

RECOMMENDED SKILL LEVEL

9th grade reading and writing level

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.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

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. State and Federal regulations and responsibilities associated with Home Health Agencies
2. Purpose of home health care and the roles of members of the home health care team.
3. Adaptions of personal and nursing care delivered in the home versus a healthcare facility.
4. Nutritious meal preparation.
5. Safety and sanitation for the home environment.
6. Communication process and methods to be used with clients, families, team members and community agencies.
7. Soft skills and career opportunities.

COURSE OBJECTIVES

Upon completion of this course the student will demonstrate ability to:

1. Describe the purpose and goals of home care.
2. Demonstrate an understanding of state/federal regulations and the role and scope of practice of the Home Health Aide.
3. Demonstrate communication processes and methods.
4. Identify community resources/agencies.
5. Demonstrate organizational skills and time management pertinent to the Home Health Aide.
6. Identify how to support basic physical and emotional needs of clients in different age groups.
7. Describe how culture, lifestyle, and life experiences influence nursing care provided.
8. Demonstrate how to maintain client/family rights and privacy.
9. Identify common diseases seen in the home and signs and symptoms that should be reported.
10. Describe common reactions to illness/disabilities and appropriate interventions to provide to the client.
11. Describe the emotional and spiritual needs of the terminally ill client and their family, and the appropriate nursing interventions.
12. Demonstrate knowledge of safety and emergency procedures in the home.
13. Demonstrate personal care and nursing procedures and methods to adapt or improvise for delivery of care in the home. Procedures include but are not limited to bathing, decubitus prevention, and range of motion, ambulation, ostomy care and vital signs.
14. Demonstrate appropriate infection control procedures to use in the home.
15. Describe the key principles of nutrition.

COURSE OBJECTIVES (CONTINUED)

16. Select, purchase, prepare and serve a meal within the therapeutic dietary guidelines, budget, culture, religion and preferences of the client.
17. Demonstrate safe food handling and storage.
18. Demonstrate how to monitor fluid intake and output.
19. Identify the Home Health Aide's areas of responsibility in maintaining a clean, safe, and healthy home environment.
20. Identify supplies and procedures to be followed when cleaning and doing other household tasks.
21. Demonstrate methods to launder household and personal items.
22. Describe the application and interview process for home healthcare employment.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction to Aide and Agency Role
 - 1.1. State and federal regulations and requirements for Certified Home Health Aide (CHHA) certification
 - 1.2. Purpose and goals of home health care
 - 1.2.1. Members of the home health care team, functions, and interactions
 - 1.2.2. Role and responsibilities of the CHAA
 - 1.2.3. Common observations and documentation to be completed by CHHA
 - 1.2.4. Steps involved in the communication process and methods used in communication
 - 1.2.5. Techniques for communication with Home Health team members
 - 1.2.6. Community agencies and resources to meet client needs
 - 1.2.7. Organizational and time management techniques for daily work schedule
2. Interpretation of Medical and Social Needs of Clients
 - 2.1. Basic physical and emotional needs of clients in each age group in life span
 - 2.2. Maintaining client and family rights and privacy
 - 2.3. Relating client's and family's rights and privacy to Maslow's Hierarchy of Needs
 - 2.4. How culture, lifestyle, and life experiences of client and family influences and effects on care provided
 - 2.5. Common reaction to illness/disability and its effects on the individual and family, including techniques to support adjustment
 - 2.6. Conditions and changes that should be reported
 - 2.7. Disease and disorders in the home care client and their signs and symptoms
 - 2.8. Common emotional and spiritual needs of terminally ill clients and their families, and appropriate interventions
3. Personal Care Services
 - 3.1. Personal care delivery in a home setting
 - 3.2. Improvising equipment and adapting care activities in the home
 - 3.3. Benefits of self care in promoting wellness
 - 3.4. Principles of body mechanics
 - 3.5. Safe ambulation and positioning

COURSE CONTENT AND SCOPE (CONTINUED)

- 3.6. Passive and active range of motion exercises
- 3.7. High risk factors for skin breakdown and methods of prevention
- 3.8. Pressure ulcers/decubitus
- 3.9. Ostomies types and procedures
- 3.10. Emergencies in the home and situations requiring immediate action
- 3.11. Infection control measures in the home care setting
- 3.12. Role and responsibilities of the CHHA in assisting the client to self-administer medications
4. Nutrition
 - 4.1. Principles of nutrition
 - 4.2. Meal planning and guidelines
 - 4.3. Therapeutic diet menus
 - 4.4. Selection and purchase of food with consideration of nutritional principles, budget, preference and storage
 - 4.5. Feeding the home care client and the importance of fluid balance
 - 4.6. Community resources for meeting nutritional needs
5. Cleaning and Care Tasks in the Home
 - 5.1. Role and responsibility of the HHA for maintaining a clean, safe and healthy environment
 - 5.2. Procedures, equipment, and supplies for household tasks, including inexpensive alternatives
 - 5.3. Procedures for washing dishes
 - 5.4. Methods for laundering household and personal items
 - 5.5. Organization of household tasks
6. Current Trends in Home Health Care
 - 6.1. Types of home health agencies
 - 6.1.1. Hospital agencies
 - 6.1.2. Private agencies
 - 6.1.3. Government agencies
 - 6.1.4. Hospice
 - 6.2. San Diego home health agency information/presentations
 - 6.2.1. Overview of client demographics and diseases
 - 6.2.2. Documentation
 - 6.2.3. Communication with agency/Registered Nurse/Licensed Vocational Nurse
 - 6.2.4. Emergency procedures
 - 6.2.5. Scheduling
 - 6.2.6. Salary and benefits
7. CHHA Nursing Skills Review and Practice
 - 7.1. Vital signs
 - 7.2. Ostomy care
 - 7.3. Transfer techniques and equipment
 - 7.4. Splints
 - 7.5. Care of clients with catheter, tracheotomy and intravenous lines
 - 7.6. Client case studies, role play and discussion
8. Employment Preparation
 - 8.1. Job search

COURSE CONTENT AND SCOPE (CONTINUED)

- 8.2. Resume and cover letters
- 8.3. Interview skills
- 8.4. Completing an application
- 8.5. San Diego Continuing Education and education resources

APPROPRIATE READINGS

Reading assignments may include, but are not limited to:

1. Websites (Webmd.com)
2. Nursing journals
3. Health related articles

WRITING ASSIGNMENTS

Writing assignment may include, but are not limited to:

1. A case study of a client with formation of a nursing care plan appropriate to that client.
2. Using sample agency forms documentation formats to document care activities. Given sample HHA assignment, student provides plan for that day, using basic principles of organization and time management.
3. A report on the safety, communication, activities, and nursing care that is used in the clinical setting that can be used in home care.

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to:

1. Prepare a therapeutic (e.g. low salt, diabetic, low fat) meal with proper portions.
2. Prepare for in-class presentation
3. Prepare oral report on nutritional value; calories, fat, fiber, protein, carbohydrates, vitamins and minerals of meal.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignment which demonstrates critical thinking may include role-playing in different client care scenarios using emergency situations, communication difficulties, cultural differences, abnormal signs and symptoms that need to be attended to and reported to licensed staff.

EVALUATION

Students will be evaluated on quizzes, final examination, and basic competency checklist.

Documentation of completion of this course will be sent to California Department of Public Health.

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, classroom lecture and discussion, laboratory, role-playing activities, guest speakers, handouts, manual skills demonstration, group exercises/activities, audiovisual aids, laboratory, clinical and field trips.

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

TEXTS AND SUPPLIES

Nursing Assistant Care; Long-Term Care and Home Care, Hedman, Susan A, Fuzzy, Jetta, and Rymer, Suzanne, Hartman's Publishing, current edition

Lippincott's Textbook for Nursing Assistants: A Humanistic Approach, Pamela Carter, Wolters Kluwer, current edition

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 6, 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