

SAN DIEGO COMMUNITY COLLEGE DISTRICT  
CONTINUING EDUCATION  
COURSE OUTLINE

**SECTION I**

**SUBJECT AREA AND COURSE NUMBER**

HLTH 608

**COURSE TITLE**

RESTORATIVE NURSE ASSISTANT

**ALTERNATE TITLE(S)**

CNA IN RESTORATIVE CARE

**TYPE COURSE**

NON FEE

VOCATIONAL

**CATALOG COURSE DESCRIPTION**

This course will expand the knowledge and skills of the Certified Nurse Assistant, as well as expand on the principles of rehabilitative nursing, to work as a Restorative Nurse Assistant in a skilled nursing facility or rehabilitation center. Students will learn to use interventions that promote a patient's ability to adjust to living. Areas of instruction include supporting participation in activities of daily living, mobility, exercises, and practical experience using adaptive devices. This course is beneficial for caregivers and healthcare workers who provide basic nursing care. (FT)

**LECTURE/ LABORATORY HOURS**

70

**ADVISORIES**

Current California Certified Nurse Assistant certificate or work experience and/or courses in nursing or personal care assistant.

**RECOMMENDED SKILL LEVEL**

A 9<sup>th</sup> grade reading and writing level, ability to communicate effectively in the English language and basic math skills.

**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.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

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

1. Instruction regarding the role and job responsibilities of the CNA as a Restorative Nurse Assistant.
2. Instruction in anatomy and physiology basics to promote best practices of the CNA as a Restorative Nurse Assistant.
3. Instruction in exercise methods used in a restorative nursing facility.
4. Instruction in the methods used in promoting independence of patients with physical and mental limitations to perform Activities of Daily Living (ADL).
5. Provide the student with instruction and practical experience in using splints, lifts, and adaptive equipment.
6. Provide the student with instruction and practice communicating to patients, families and health care workers orally and in written documentation.
7. Provide student with hands-on training and practical experience in positioning, transfers and safe approach to a variety of diagnosis seen by Restorative Nursing Assistant.
8. Build student awareness of soft skills and career acquisition skills.

COURSE OBJECTIVES

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

1. Explain the responsibilities and the role of the CNA in Restorative Care setting.
2. Identify body changes that occur due to the aging process and common pathologies and diseases of patients seen in a restorative nursing program.
3. Demonstrate exercises methods used in a restorative nursing program.
4. Identify common cognition, hearing, communication, swallowing and mobility difficulties of patients.
5. Demonstrate knowledge of strategies, adaptive equipment, and safety techniques used to promote independence in performing activities of daily living.
6. Demonstrate application of splints used for supportive care or to prevent contractures.
7. Interpret and explain medical terminology and use oral and written communication processes employed in the healthcare setting.
8. Demonstrate knowledge of soft skills, career search methods and expectations during the job application process.

## **SECTION II**

### **COURSE CONTENT AND SCOPE**

This course expands upon the principles of Nurse Assistant Training, Title 22, Section 71835(n)

1. Facilities/lab
  - 1.1. Orientation
2. Restorative Nursing Care- Understanding the role of a CNA in Restorative Care
  - 2.1. Admission criteria
  - 2.2. Assessments
  - 2.3. Physician orders
  - 2.4. Documentation
  - 2.5. Discharge
3. Role of the Restorative Nurse Assistant- Understanding the role of a CNA in Restorative Care
  - 3.1. Leadership qualities
  - 3.2. Care plan/documentation
  - 3.3. Interdisciplinary approach
  - 3.4. Resident assignments/schedules
4. Safety Orientation as a CNA in Restorative Care
  - 4.1. Body mechanics
  - 4.2. Mechanical lift safety
  - 4.3. Adaptive equipment safety
5. Medical Overview as a CNA in Restorative Care
  - 5.1. Medical terminology
  - 5.2. Basic anatomy and physiology
  - 5.3. Major muscle groups involved in mobility
  - 5.4. Characteristics of the aging process
  - 5.5. Pathology and diseases
6. Cognitive Impairment as a CNA in Restorative Care
  - 6.1. Stages of Alzheimer's disease and dementia
  - 6.2. Strategies for dementia clients
    - 6.2.1. Guidelines
    - 6.2.2. Cueing
    - 6.2.3. Environment
7. Understanding Hearing Impairment as a CNA in Restorative Care
  - 7.1. Techniques used with hearing impaired
  - 7.2. Sensorineural and conductive hearing loss
  - 7.3. Hearing aids
8. Understanding Communication Disorders as a CNA in Restorative Care
  - 8.1. Left cerebral vascular accident
    - 8.1.1. Symptoms
    - 8.1.2. Strategies and techniques to use
  - 8.2. Right cerebral vascular accident
    - 8.2.1. Symptoms
    - 8.2.2. Strategies and techniques to use

COURSE CONTENT AND SCOPE (CONTINUED)

- 8.3. Motor speech impairment
- 8.4. Reporting and documentation
- 9. Understanding Dysphagia and Eating as a CNA in Restorative Care
  - 9.1. Common diagnoses associated with dysphagia
  - 9.2. Normal swallowing versus common swallowing problems
  - 9.3. Aspiration precautions
  - 9.4. Techniques to aid in safe swallowing
  - 9.5. Adaptive equipment to aid in feeding
  - 9.6. Dining program
  - 9.7. Reporting and documentation
- 10. Understanding Exercise and Joint Mobility as a CNA in Restorative Care
  - 10.1. Range of Motion Exercises
    - 10.1.1. Purpose
    - 10.1.2. Active and passive range of motion exercises
    - 10.1.3. Indications
    - 10.1.4. Contraindications
  - 10.2. Resistive exercise
  - 10.3. Edema reduction
  - 10.4. Splints
  - 10.5. Reporting and documentation
- 11. Understanding Activity of Daily Living Training as a CNA in Restorative Care
  - 11.1. Dressing and undressing techniques with orthopedic patients
  - 11.2. Dressing and undressing techniques with hemiplegic patients
  - 11.3. Grooming
  - 11.4. Adaptive devices
  - 11.5. Reporting and documentation
- 12. Understanding Functional Mobility as a CNA in Restorative Care
  - 12.1. Levels of assistance
  - 12.2. Weight bearing status
  - 12.3. Hip precautions
  - 12.4. Back precautions
  - 12.5. Positioning
    - 12.5.1. Assistive devices
    - 12.5.2. Hip surgery
      - 12.5.2.1. Open Reduction Internal Fixation (ORIF)
      - 12.5.2.2. Total Hip Replacement (THR)
    - 12.5.3. Hemiplegia
  - 12.6. Understanding Transfers as a CNA in Restorative Care
    - 12.6.1. Definitions and guidelines
    - 12.6.2. Wheelchair set-up and operation
    - 12.6.3. Assistive devices
      - 12.6.3.1. Gait belt
      - 12.6.3.2. Slide board
      - 12.6.3.3. Hand rails
      - 12.6.3.4. Raised seats
      - 12.6.3.5. Walker

COURSE CONTENT AND SCOPE (CONTINUED)

- 12.6.3.6. Canes/crutches
- 12.6.3.7. Lifts
- 12.6.4. One-person partial assist
- 12.6.5. Two-person full assist
- 12.6.6. ORIF
- 12.6.7. THR
- 12.6.8. Hemiplegic transfers
- 12.6.9. Toilet and Tub transfers
- 12.7. Understanding Ambulation Considerations as a CNA in Restorative Care
- 12.8. Reporting and Documentation as a CNA in Restorative Care
- 13. Employment Opportunities and Acquisition Skills
  - 13.1. Job search
  - 13.2. Interview skills
  - 13.3. Soft skills

APPROPRIATE READINGS

Reading assignments may include, but are not limited to the following:

1. Course manual
2. Instructor selected websites
3. News articles or periodicals

WRITING ASSIGNMENTS

Writing assignments are required and may include, but are not limited to, the following:

1. Topic papers related to restorative or rehabilitative care
2. Written examples of documentation in the healthcare setting
3. Written summaries of reading materials in restorative or rehabilitative care

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to, the following:

1. Skills practice
2. Short answer and multiple choice questions
3. Vocabulary and research assignments related to course topics

### APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments which demonstrate critical thinking may include, but are not limited to, the following:

1. Analysis and evaluation of reading and writing assignments and/or patient scenarios during classroom discussions.
2. Identification and application of skills in the nursing lab during role play scenarios or in the clinical setting.
3. Analysis and evaluation of nursing skills during role play scenarios.

### EVALUATION

The student's grade will be based on multiple measures. The evaluation will assess the development of independent critical thinking skills and may include, but are not limited, to the following:

1. Topic papers related to restorative or rehabilitative care.
2. Written examples of documentation in the healthcare setting.
3. Written summaries of reading materials in restorative or rehabilitative care.
4. Written exams.
5. Performance-based evaluation of skills and procedures taught.

### METHOD OF INSTRUCTION

Instruction will include, but is not limited to lecture, laboratory, instructor demonstration followed by student demonstration, role play, use of audio-visual aids, individualized and guided study, tutorials, group projects. Instruction may also include industry speakers and field trips.

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

### TEXTS AND SUPPLIES

*Restorative Nursing Program Certification Manual*, Ken Merchant Consulting Services, current edition.

Websites: American Occupation Therapist Association; <http://www.aota.org/>  
California Department of Public Health, <http://www.cdph.ca.gov>  
Health Workforce Initiative; <http://ca-hwi.org/>

Manuals, periodicals, websites, and software as recommended by instructor.

PREPARED BY: Kathy Campbell, RN, PHN DATE: March 6, 2013

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REVISED BY: Kathy Campbell, RN, PHN DATE: February 6, 2018

REVISED BY: Lisa Cork MSN, RN-BC DATE: December 17, 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