

# HS 064: NURSE ASSISTANT

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**Originator**

mcamargo

**Justification / Rationale**

Changing class cap. Clinical sites have decreased the number of students they will allow us to bring to clinical sites.

**Effective Term**

Fall 2022

**Credit Status**

Credit - Degree Applicable

**Subject**

HS - Health Sciences

**Course Number**

064

**Full Course Title**

Nurse Assistant

**Short Title**

NURSE ASSISTANT

**Discipline****Disciplines List**

Health

**Modality**

Face-to-Face

**Catalog Description**

This course includes basic nursing principles used in the care of clients in long-term care facilities. The content addresses the basic needs of clients; concepts of ethics and confidentiality; techniques of communication; reporting and recording of observations and basic assessments; performance of special treatments, procedures and skills required for client care. Successful completion of the course results in eligibility to take the state-approved test that leads to certification as a nursing assistant.

**Schedule Description**

This course includes basic nursing principles used in the care of clients in long-term care facilities and other health care settings.  
Advisory: ENG 061

**Lecture Units**

3.5

**Lecture Semester Hours**

63

**Lab Units**

2.5

**Lab Semester Hours**

135

**In-class Hours**

198

**Out-of-class Hours**

126

**Total Course Units**

6

**Total Semester Hours**

324

**Prerequisite Course(s)**

Advisory: ENG 061

**Required Text and Other Instructional Materials****Resource Type**

Book

**Open Educational Resource**

No

**Formatting Style**

APA

**Author**

Dugan, D.

**Title**

Hartman's Nursing Assisting: A Foundation in Caregiving

**Edition**

5

**City**

Upper Saddle River NJ

**Publisher**

Hartman Publishing

**Year**

2019

**College Level**

Yes

**Flesch-Kincaid Level**

15

**ISBN #**

9781604251210

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**Class Size Maximum**

10

**Entrance Skills**

Read texts and respond in writing.

**Requisite Course Objectives**

ENG 061-Demonstrate both literal and analytic/interpretive reading skills, and convey these skills in writing.

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**Entrance Skills**

Demonstrate basic vocabulary and tone verbally.

**Requisite Course Objectives**

ENG 061-Demonstrate, in writing, the integration of purpose, audience, and tone, to achieve particular rhetorical goals.

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**Entrance Skills**

Develop, organize and express ideas in paragraph and essay form.

**Requisite Course Objectives**

ENG 061-Construct and organize paragraphs in multi-paragraph essays.

ENG 061-Write essays that reflect critical thinking and clear expression, in a variety of rhetorical genres and for a variety of purposes.

ENG 061-Demonstrate a basic understanding of research-based writing, including the use of library resources to identify research sources.

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**Course Content**

1. Introduction
  - a. Role and responsibilities of the Certified Nurse Assistant (CNA)
  - b. Government regulations of practice under CA Title 22
  - c. Requirements for nurse assistant certification
  - d. Professionalism
  - e. Ethics and confidentiality
2. Patients' Rights
  - a. Title 22 regulations and codes
  - b. Health and Safety Code
  - c. Code of Federal Regulations
3. Communication/Interpersonal Skills
  - a. Communications
  - b. Defense mechanisms
  - c. Sociocultural factors
  - d. Attitudes illness/health care
  - e. Family interaction
4. Prevention and Management of Catastrophe and Unusual Occurrences
  - a. Emergency
  - b. General safety rules
  - c. Fire and disaster plans
  - d. Roles and procedures of the CNA
  - e. Patient safety
5. Body Mechanics
  - a. Basic body mechanics
  - b. Transfer techniques
  - c. Ambulation
  - d. Proper body mechanics/positioning techniques
6. Medical and Surgical Asepsis
  - a. Microorganisms
  - b. Universal precautions
  - c. Principles of asepsis
7. Weights and Measures
  - a. Metric system
  - b. Weight, length, and liquid volume
  - c. Military time, i.e., a 24-hour clock
8. Patient Care Skills
  - a. Bathing/medicinal baths
  - b. Dressing
  - c. Oral hygiene
  - d. Hair care, shampoo, medicinal shampoo, nail care, shaving
  - e. Prosthetic devices
  - f. Skin care/decubitus ulcers
  - g. Elimination needs

- h. Bowel and bladder retraining
  - i. Weigh and measure patient
9. Patient Care Procedures
- a. Collection of specimens including stool, urine, and sputum
  - b. Care of patient with tubing; gastric, oxygen, urinary, IV
  - c. Intake and output
  - d. Bed making
  - e. Cleansing enemas, laxative suppositories
  - f. Admission, transfer, discharge
  - g. Bandages, non-sterile dry dressing, application of non-legend topical ointment to intact skin
10. Vital Signs
- 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. Nutrition
- a. Proper nutrition
  - b. Feeding technique
  - c. Diet therapy
12. Emergency Procedures
- a. Signs and symptoms of distress
  - b. Immediate and temporary intervention
  - c. Emergency codes
13. Long-Term Care Resident
- a. Needs of persons with retardation, Alzheimer's, cerebral palsy, epilepsy, dementia, mental illness
  - b. Introduction to anatomy and physiology
  - c. Physical and behavioral needs and changes
  - d. Community resources available
  - e. Psychological, social, and recreational needs
  - f. Common diseases/disorders including signs and symptoms
14. Rehabilitation Nursing
- a. Promoting patient potential
  - b. Devices and equipment
  - c. ADLs (activities of daily living)
  - d. Family interactions
  - e. Complications of inactivity
  - f. Ambulation
  - g. Range of motion (ROM)
15. Observation and Charting
- a. Observation of patients and reporting responsibilities
  - b. Patient care plan
  - c. Patient care documentation
  - d. Legal issues of charting
  - e. Medical terminology and abbreviations
16. Death and Dying
- a. Stages of grief
  - b. Emotional and spiritual needs of patient and family
  - c. Rights of dying patient
  - d. Signs of approaching death
  - e. Monitoring the patient'
  - f. Postmortem care

**Lab Content**

1. Medical and Surgical Asepsis
  - A. Hand washing
  - B. Proper handling of linen
  - C. Universal precautions
    - Gloving
    - Gowning
    - Applying mask
  - D. Double bagging trash/waste
2. Body Mechanics
  - A. Use of gait belt
  - B. Helping the helpless resident up to the head of the bed with two assistants
  - C. Turning and positioning the resident
    - Supine
    - Side-lying
    - Use of lift-sheet
  - D. Assisting transfer from bed to chair or wheelchair
  - E. Assisting transfer from chair or wheelchair to bed
  - F. Mechanical lift
3. Resident's Rights
  - A. Knocks on door before entering
  - B. Pulls privacy curtains during personal care
  - C. Keeps resident information confidential
  - D. Treats resident with respect and dignity
  - E. Encourages resident to make choices
  - F. Explains procedure to resident
4. Rehabilitative/Restorative Care
  - A. Range of motion exercises
  - B. Assisting the resident to ambulate with gait belt
  - C. Assisting the resident to ambulate with walker
  - D. Assisting the resident to ambulate with cane
  - E. Rehabilitative devices
5. Emergency Procedures and prevention of Catastrophe
  - A. Applying postural supports (safety devices)
  - B. Applying soft wrist/ankle restraint as safety device
  - C. Heimlich maneuver for the conscious resident
  - D. Heimlich maneuver for the unconscious resident
  - E. Positioning of call light
  - F. Demonstrates fire/disaster procedures
  - G. Handles O2 safely
  - H. Use of fire extinguisher
6. Patient Care Skills
  - A. Back rub
  - B. Bed bath/partial bath
  - C. Tub bath
  - D. Shower
  - E. Assisting with oral hygiene
  - F. Mouth care of the unconscious resident
  - G. Denture care
  - H. Nail care
  - I. Combing the resident's hair
  - J. Shampoo of bedridden resident
  - K. Shampoo with shower or tub bath
  - L. Medicinal shampoo
  - M. Shaving - electric razor
  - N. Shaving - razor blade
  - O. Dressing and undressing the resident
  - P. Changing the clothes of a resident with IV
  - Q. Assist with use of urinal
  - S. Assist with use of bedpan
  - T. Assisting resident to commode/toilet
  - U. Bladder retraining
  - V. Bowel retraining
  - W. Perineal care
  - X. Artificial limbs

- Y. Splints
- Z. Applying a behind-the-ear hearing aid
  - aa. Removing behind-the-ear hearing aid
  - bb. Removing, cleaning, and reinserting an artificial eye
- 7. Vital Signs
  - A. Measure and Record Vital Signs
    - a. Temperature
      - oral
      - axillary
      - rectal
      - Electronic
    - b. Pulse
      - radial
      - apical
    - c. Respiration
    - d. Blood pressure
- 8. Resident Care Procedures
  - A. Collect and identify specimen
    - a. Sputum
    - b. Urine
      - routine voided
      - clean catch
    - c. Stool
  - B. Occupied med making
  - C. Unoccupied bed making
  - D. Administering the commercially prepared cleansing enema
  - E. Administering enemas
    - a. tap water
    - b. soap suds
  - F. Administering laxative suppository
  - G. Empty urine bags
  - H. Care of the resident with tubing
    - a. oxygen
    - b. IV
    - c. gastrostomy
    - d. nasogastric
    - e. urinary catheter
  - I. Antiembolitic hose, elastic stocking (TED Hose)
  - J. Admitting the resident
  - K. Transferring the resident
  - L. Discharging the resident
  - M. Application of non-sterile dressing
  - N. Application of non-legend topical ointments
- 9. Weights and Measures
  - A. Measuring oral intake
  - B. Measuring urinary output
  - C. Measuring the height of resident in bed
  - D. Weighing the resident in bed
  - E. Measuring and weighing th resident using and upright scale
  - F. Documents in military time
- 10. Nutrition
  - A. Feeding the helpless resident
  - B. Assisting the resident who can feed self
  - C. Verifying that resident has been given correct diet tray
  - D. Use of feeding assistance devices
- 11. Observation and Charting
  - A. Reports appropriate information to charge nurse
  - B. Documents V/S, ADLs timely/correctly
  - C. Documents changes in resident's body functions/behavior
  - D. Participates in resident care planning

### Course Objectives

| Objectives  |   |
|-------------|---|
| Objective 1 | Identify the role of certified nursing assistant in the nursing team's care of the resident in the long-term care facility. |
| Objective 2 | Complete the care of a client in the long-term care facility - personal/activities of daily living needs.                   |

- Objective 3 Demonstrate competence in performing basic care, such as positioning, transfer of residents from bed to wheelchair, range of motion exercises, dry dressings, enemas, bathing and providing skin care, and performing vital signs.
- Objective 4 Assist residents with meals.
- Objective 5 Assist with meeting residents' psychosocial and spiritual needs, including those of dying residents and their families.

### Student Learning Outcomes

**Upon satisfactory completion of this course, students will be able to:**

- Outcome 1 Provide care of residents in long-term care with an emphasis on assistance with client ambulation.
- Outcome 2 Demonstrate components of safe, effective care for residents of long-term care facilities.
- Outcome 3 Identify the scope and limitations of practice for a Certified Nursing Assistant.
- Outcome 4 Provide care of residents in long-term care with an emphasis on vital signs.
- Outcome 5 Provide care of residents in long-term care with an emphasis on personal care (hygiene).
- Outcome 6 Identify and define effective communication with clients and peers

### Methods of Instruction

| Method                             | Please provide a description or examples of how each instructional method will be used in this course.             |
|------------------------------------|--|
| Clinical                           | Patient care in facilities   |
| Self-exploration                   | Read articles or watch videos on patient care  |
| Role Playing                       | Role playing and simulation in lab   |
| Participation                      | Students will be expected to participate in large group discussions and clinical skills activities, per objectives |
| Observation                        | Observations of procedures such as wound care, splint care, etc.   |
| Lecture                            | Large group discussion   |
| Laboratory                         | Simulation, skills practice  |
| Discussion                         | Large and small group discussion   |
| Demonstration, Repetition/Practice | Return demonstrations  |
| Collaborative/Team                 | Group presentations  |

### Methods of Evaluation

| Method  | Please provide a description or examples of how each evaluation method will be used in this course. | Type of Assignment  |
|---|---|---------------------|
| Group activity participation/observation      | Student Case study presentations  | In and Out of Class |
| Field/physical activity observations          | Demonstration of competence of Nursing Skills/ Performance in Lab/clinical setting.                 | In and Out of Class |
| Mid-term and final evaluations                | Written examinations  | In Class Only       |
| Self/peer assessment and portfolio evaluation | Student Mid-Term Self-Evaluation  | In and Out of Class |

### Assignments

#### Other In-class Assignments

1. Assigned demonstrations
2. Return demonstrations
3. Case Study reviews
4. Self-Reflection Essay
5. Scholarship Essay

#### Other Out-of-class Assignments

1. On-line audiovisual presentations and demonstrations
2. Textbook reading assignments

3. Mid-Term Self Evaluations
4. Clinical rotations

**Grade Methods**

Letter Grade Only

**MIS Course Data****CIP Code**

51.3902 - Nursing Assistant/Aide and Patient Care Assistant/Aide.

**TOP Code**

123030 - Certified Nurse Assistant

**SAM Code**

C - Clearly Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Stand-alone

**Transfer Status**

Not transferable

**General Education Status**

Y = Not applicable

**Support Course Status**

N = Course is not a support course

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No



## Approvals

**Curriculum Committee Approval Date**

12/03/2019

**Academic Senate Approval Date**

12/12/2019

**Board of Trustees Approval Date**

06/16/2022

**Chancellor's Office Approval Date**

6/17/2020

**Course Control Number**

CCC000229767

**Programs referencing this course**

Community Health Worker: Children and Families Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=326>)

Nursing Assistant (<http://catalog.collegeofthedesert.eduundefined/?key=369>)