

Nurse Aide for Health Care (NURA 1301)



Credit: 3 semester credit hours (2 hours lecture, 1 hour lab)

Co-requisite: NURA 1160

Course Description

Preparation for entry level nursing assistants to achieve a level of knowledge, skills, and abilities essential to provide basic care to residents of long-term care facilities. Topics include resident's rights, communication, safety, observation, reporting and assisting residents in maintaining basic comfort and safety. Emphasis is placed on effective interaction with members of the health care team.

Textbook and Materials

1. Mosby's Textbook for Long-Term Care Nursing Assistants; 5th Edition.
Sorrentino. Gorek
 - a. ISBN#: 13 978-0-323-04518-6

Course Objectives

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

1. Provide basic care to residents in a long-term facility.
2. Communicate and interact effectively with residents and their families based on sensitivity to the psychosocial needs.
3. Assist residents in attaining and maintaining basic comfort and safety.
4. Protect, support, and promote the rights of the residents.
5. Provide safety and preventive measures in the care of residents.
6. Demonstrate skills in observing and reporting.
7. Function effectively as a member of the health care team.

SCANS Skills and Competencies

Beginning in the late 1980's, the U.S. Department of Labor Secretary's Commission on Achieving Necessary Skills (SCANS) conducted extensive research and interviews with business owners, union leaders, supervisors, and laborers in a wide variety of work settings to determine what knowledge workers needed in order to perform well on a job. In 1991 the Commission announced its findings in *What Work Requires in Schools*. In its research, the Commission determined that "workplace know-how" consists of two elements: foundation skills and workplace competencies.

Course Outline

Unit 1 Working in Long-Term Care Settings

A. Working in Long-Term Care

B. Nursing Assistant in Long-Term Care

C. Work Ethics

- D. Communicating with the Health Team

Unit 2 Focusing on the Person

- A. Understanding the Resident
- B. Body Structure and Function
- C. Older Person
- D. Sexuality

Unit 3 Protecting the Person

- A. Safety
- B. Preventing Falls
- C. Restraint Alternatives and Safe Restraint Use
- D. Body Mechanics
- E. Safe Resident Handling, Moving, and Transfers

Unit 4 Assisting with Activities of Daily Living

- A. The Resident's Unit
- B. Bed making
- C. Hygiene, Grooming
- D. Urinary Elimination, Bowel Elimination
- E. Nutrition, Fluids

- F. Nutritional Support and IV Therapy
- G. Exercise, Activity
- H. Comfort
- I. Oxygen Needs
- J. Assisted Living

Unit 5 Assisting with Assessment

- A. Vital Signs
- B. Physical Exam
- C. Testing Specimens

Unit 6 Assisting with Care Needs

- A. Admitting, Transferring, Discharging
- B. Wound Care
- C. Heat/Cold Applications
- D. Common Health Problems
- E. Mental Health
- F. Confusion, Dementia
- G. Developmental Problems
- H. Rehab/Restorative Care
- I. Basic Emergency Care
- J. The Dying Person

Teaching Methodology

A variety of techniques will be used. They will include lecture and class participation with study from the student textbook. There will also be hands-on participation in lab and during the clinical period. Clinical will be at the Clairmont in Beaumont.

Grade Scale

- 90 – 100 = A
- 80 – 89 = B
- 70 – 79 = C
- 60 – 69 = D
- 0 – 59 = F

Course Evaluation

All final grades are averaged equally.

1. Course Assignments
2. Quizzes
3. Unit Exams
4. Comprehensive Final Exam

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All exams will include content discussed in lecture as well as content covered in the skills lab. Questions will also be taken from content covered in the textbook. The exams may include T/F, fill-in-blank, matching, and/or multiple choice.

Course Requirements

1. Research Papers (2) “Quality of Living”; “Caring for Culture”
2. Vocabulary grade
3. Reading assignments
4. Nursing Skills

Classroom Policies

1. No food, drinks, or use of tobacco products in class.
2. **No profanity!**
3. Pagers, cell phones, i-Pods, and any other electronic device must be turned off while in class.
4. Do not be late to class. If more than ten minutes late, the student will be counted absent for the day.
5. If absent for an exam, student must see instructor to take the exam.

Attendance Policy

1. Due to a variety of content, attendance is very important.
2. Roll will be taken daily, including on clinical days.
3. Attendance will be a determinant of final grade for lecture, lab, clinical, and eligibility to take CNA State exam.
4. **A minimum number of lecture hours as well as clinical hours are required by the State of Texas.**

Lab & Clinical Policies

1. No food, drinks, candy, or tobacco products allowed in lab or clinical.
2. Pagers, cell phones, i-Pods, and any other electronic device must be turned off while in lab and/or clinical.
3. **NO TEXTING** in lab or while at the clinical facility!
4. **NO PROFANITY** in lab or while at the clinical facility!
5. Everyone leaves the clinical facility together.
6. Be in appropriate attire. When in clinical, wear assigned uniform and/or scrubs. No open toed shoes. Wear white shoes ---No dangling jewelry---Wear name tag (above waist).
7. The only acceptable jackets in clinical are white lab jackets.
8. All students are to participate in lab and at the clinical facility.
9. Clinical attendance will be a determinant of clinical grade as well as eligibility to take State CNA exam.

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10. There are no 'make-up' days for missed clinical.

Disabilities Statement

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the office in Student Services, Cecil Beeson Building.

Course Schedule *LTC/Long Term Care

| Week | Topic | Required Reading |
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| 1 Paper | Quality Of Life | Quality Of Life boxes ch. 1-41 |
| 2 Power Point – “Texas Curriculum for Nurse Aides in LTC Facilities”, Text, Skills, Vocabulary | Intro. to OBRA, intro. to LTC, medical abbreviations, safe environment, identifying residents in LTC, work ethics | Ch. 1,2, 3, and 10, 11, 15 Skill handbook, medical abbreviations, and hand-outs |
| 3 Power Point, Text, Skills, Paper on “Caring About Culture” | Heat & cold applications, O2 safety, fire prevention, fire emergency rules | Skill handbook, text ch. 10, 33, 26 |
| 4 Power Point, Text, Skills, Vocabulary | OSHA, emergency measures, infection control, isolation precautions, restraints, vital signs, charting, ROM, | Skill handbook, text ch. 12, 13, 28, 40 |
| 5 Power Point, Text, Skills | Personal protective equipment, biohazardous waste, common infectious diseases, residents rights, abuse/neglect, reporting & communication, bedmaking, hygiene | Skill handbook, text ch. 4, 5, 6, 10, 16, 17, 18, 19, 34 |
| 6 Power Point, Text, Skills | Preventing injuries, body mechanics, preventing skin breakdown, nail care, feeding, hydration, bowel elimination, coping with death, restorative care, psychosocial needs of residents, dementia, AD | Skill handbook, text ch. 8, 20, 21, 22, 24, 35, 36, 37, 39,41 |
| 7 Clinical at Clairmont | Long Term Care | |
| 8 Clinical At Clairmont | Long Term Care | |
| 9 Clinical At Clairmont | Long Term Care | |
| 10 Clinical At Clairmont | Long Term Care | |
| 11 Clinical At Clairmont | Long Term Care | |
| 12 Clinical At Clairmont | Long Term Care | |
| 13 Clinical At Clairmont | Long Term Care | |
| 14 Clinical At Clairmont | Long Term Care | |
| 15 Clinical At Clairmont | Long Term Care | |

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| 16 Final Exam, Practice Exams for State Test | | |
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Date of exams TBA. Course Schedule subject to change. Additional assignments may be given during the course.