COMMON COURSE OUTLINE: Course discipline/number/title: NA 1500: Nursing Assistant Theory and Clinical

A. CATALOG DESCRIPTION
1. Credits: 4
2. Hours/Week: 2 lecture/1 lab/1 clinical
3. Prerequisites (Course discipline/number): Qualified for college level reading or concurrent enrollment in READ 0900
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course introduces the concepts of basic needs and basic nursing skills in the long term care environment. Skills are taught in a simulated laboratory setting utilizing demonstration of skills and guided practice. Performance mastery of skills is emphasized. The student must successfully complete the theory portion of this class to participate in the clinical component. This course meets the Federal OBRA law and Minnesota Department of Health requirements for educating the Nursing Assistant. Upon completion of this class, the student will be eligible to complete the State Nursing Assistant Registry. This course is a Technology, Practical Nursing, and Associate Degree Nursing.

B. DATE LAST REVISED (Month, year): January, 2011

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Introduction to Nursing Assistant
2. Basic Needs
3. Geriatrics
4. Safety
5. Communication
6. Activity and Exercise
7. Nutrition and Fluids
8. Elimination
9. Emergency Measures
10. Death Dying
11. Mental Health issues in long-term care
   a) Dementia
   b) Special populations
12. Infection Control
13. Special Procedures
   a) Oxygen delivery
   b) Tube feedings
   c) Catheter care
   d) Ostomy care
   e) Admission and discharge from long-term care
14. Skills
   a) Hand washing
   b) Unoccupied bed
   c) Heimlich Maneuver
   d) Restraints
   e) Occupied bed
   f) Gown, glove, isolation
   g) Transfer belt application
   h) Lifting and lift sheet
   i) Transfers
   j) Positioning
   k) Range of Motion
   l) Blood Pressure
   m) TPR
   n) Bathing and personal cares
      i. Perineal care
      ii. Back care
   o) Bedpans, urinals, commodes
C. OUTLINE OF MAJOR CONTENT AREAS: Continued...
   p) Height and weight
   q) Intake and output
   r) EDs and Aces
15. Long-term Care Clinical
   a) Application of previously learned theory concepts and skills

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Describe health care worker’s role and responsibilities.
2. Describe resident rights.
3. Identify Vulnerable Adult Law.
4. Describe basic needs.
5. Describe stages of growth and development.
6. Describe communication techniques.
7. Describe communication with hearing/vision impaired.
8. Describe confidentiality.
9. Explain observations.
10. Describe importance of documentation.
11. Describe infection control.
12. Describe standard precautions.
14. Demonstrate infection control procedures.
15. Describe death and dying.
16. Explain advanced directives.
17. Describe hospice care.
18. Describe changes of the elderly.
19. Describe safety of the resident.
20. Make unoccupied bed.
21. Describe situations requiring emergency measures.
22. Perform Heimlich maneuver.
23. Demonstrate body mechanics.
24. Demonstrate positioning and transfer techniques.
25. Describe personal care.
26. Make occupied bed.
27. Describe nutrition and fluid principles.
29. Describe intake and output.
30. Measure weight.
31. Discuss elimination needs.
32. Demonstrate assisting with elimination.
33. Describe pressure sores.
34. Describe mental health and social service needs.
35. Discuss care of special population resident/client.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
(Students must achieve a minimum of 80% to pass this course.)
1. Written exams
2. Quizzes
3. Skill performance evaluations
4. Worksheets

G. RCTC CORE OUTCOME(S) ADDRESSED:
☒ Communication
☒ Critical Thinking
☒ Global Awareness/Diversity
☒ Civic Responsibility
☒ Personal/Professional Accountability
☒ Aesthetic Response
H. SPECIAL INFORMATION (if any):
This course utilizes a curriculum approved by the Minnesota Department of Health. 100% attendance is required. All students must pass a Minnesota State Background Check prior to entering the clinical facility.