

Nursing Assistant

Active as of Fall Semester 2017

I. General Information

1. Course Title:
Nursing Assistant

2. Course Prefix & Number:
NSGA 1110

3. Course Credits and Contact Hours:
Credits: 3

Lecture Hours: 2

Lab Hours: 2

4. Course Description:

The Nursing Assistant course introduces concepts of basic human needs, health/illness continuum and basic nursing skills. Skills are demonstrated and practiced in a supervised laboratory setting environment. This course also allows for practical application of skills developed and practiced in the nursing laboratory setting. Students will demonstrate learned skills under the supervision of their instructor in a nursing care setting. This course meets State and Federal requirements for placement on the State Registry. Students must complete with a grade of "C" or better to pass this course. Attendance is mandatory; no more than four hours may be missed.

5. Placement Tests Required:
Accuplacer (specify test): No placement tests required

6. Prerequisite Courses:
There are no prerequisites for this course.

7. Other Prerequisites
Students must pass a background check which indicates that they can have direct contact with patients/residents.

9. Co-requisite Courses:
There are no corequisites for this course.

II. Transfer and Articulation

1. Course Equivalency - similar course from other regional institutions:
Northwest Technical College, Nursing Assistant, 3 credits
Fond du Lac, Nursing Assistant, 3 credits

III. Course Purpose

1. Program-Applicable Courses – This course is required for the following program(s):
Pre-requisite to the Practical Nursing Diploma and the Associate in Science Degree Traditional Nursing program.

IV. Learning Outcomes

1. College-Wide Outcomes

College-Wide Outcomes/Competencies	Students will be able to:
Demonstrate oral communication skills	Able to demonstrate effective communication with other members of the health care team by providing information about the status of a client, such as vital signs.
Demonstrate interpersonal communication skills	Communicate effectively in a professional manner with patients/residents, other students, instructors and health care members.
Analyze and follow a sequence of operations	Demonstrate skills appropriate to the role of the nursing assistant by following a sequence of actions to provide safe, effective care to clients in the health care setting.

2. Course Specific Outcomes - Students will be able to achieve the following measurable goals upon completion of the course:

- Describe the role and responsibility of the nursing assistant;
- Describe how Federal and State Regulations are related to nursing assistant responsibilities;
- Describe safety of the resident;
- Describe principles of body mechanics;
- Describe standard precautions;
- Describe communication within the nursing team;
- Identify the nursing assistant's responsibility in record keeping;
- Describe basic human needs/physical and psychological;
- Discuss individual differences;
- Describe activities of daily living;
- Describe prevention and care of pressure ulcers;
- Describe safety when caring for the resident with therapeutic tubing;
- Discuss caring for a resident with a stoma;
- Describe safety when caring for the resident with pressure relieving devices;
- Describe care of cognitively impaired resident; and
- Describe standard pre-steps and post-steps for all resident care skills.

V. Topical Outline

Listed below are major areas of content typically covered in this course.

1. Lecture Sessions

1. Introduction
2. Basic Human Needs
 - Describe basic physical, emotional and spiritual needs of human beings
 - Describe common characteristics of growth and development
 - Identify developmental tasks associated with aging
 - Discuss the general characteristics of aging
 - Describe the normal aging process related to body systems
 - Describe the emotional, spiritual and social needs of the resident's family
 - Discuss respecting resident's cultural diversity and individuality
3. Communications
 - Describe communication

- Identify components of verbal communication
 - Identify components of non-verbal communication
 - Describe effective communication
 - Identify cultural variations in communication
 - Describe effective communication within the nursing team
 - Identify the nursing assistant's responsibility in record keeping
 - Describe basic telephone etiquette
 - Discuss conflict: causes and management strategies
4. Safe and Clean Environment
- Describe safety of the resident
 - Identify actions relating to resident safety
 - Identify situations which require emergency action
 - Describe principles of body mechanics
 - Describe principles of infection control
 - Describe standard precautions for infection control practices
 - Describe transmission based precautions
 - Identify common pathogens and resulting diseases or conditions
 - Describe standard pre- and post-steps for resident care skills
 - Discuss admission and transfer procedures
 - Demonstrate skills for a safe and clean environment
5. Vital signs and measures
- Identify vital signs
 - Discuss responsibilities of the nursing assistant when obtaining and documenting vital signs
 - Identify methods and responsibilities when obtaining height and weight
 - Recognize how lack of oxygen affects vital signs
 - Identify effective methods of providing oxygen to residents
 - Demonstrate vital sign skills
6. Personal Care
- Describe activities of daily living
 - Discuss importance of skin care
 - Describe prevention and care of pressure ulcers
 - Describe personal care for the resident
 - Demonstrate personal care skills
7. Activity and Exercise
- Review importance of body mechanics
 - Discuss benefits of exercise
 - Compare rehabilitation with restorative nursing care
 - Discuss effects of immobility
 - Discuss body alignment
 - Discuss guidelines and considerations when moving, transferring and lifting residents
 - Discuss importance of range of motion exercises
 - Discuss special care needs for residents with joint replacement or fractures
 - Discuss importance of support/anti-embolism of elastic stockings
8. Food and Fluids
- Discuss nutrition
 - Describe factors which affect the nutritional needs of the resident
 - Identify types of diets
 - Discuss dietary considerations related to cultural/religious diversity
 - Discuss importance of fluid balance
 - Describe preparations for resident's meal time
 - Discuss alternative nutrition
9. Elimination
- Discuss elimination
 - Factor which interfere with elimination
 - Describe bowel and bladder management plans
 - Discuss importance of proper urinary catheter care

10. Caring for Residents with Special Needs

- Discuss behavioral health/mental health
- Compare coping strategies with defense mechanisms
- Discuss individuals who are developmentally disabled
- Compare late life cognitive impairment with dementia
- Describe general areas of concern and strategies to implement when caring for a resident with dementia/ Alzheimer's Disease
- Recognize importance of awareness of personal behavior and approaches when caring for residents with behavioral challenges
- Describe death and dying
- Describe post-mortem care
- Describe the grieving process

2. Laboratory/Studio Sessions

1. Orientation to Work

- Identify purpose of clinical experience
- Describe employee's rights and responsibilities in the workplace
- Discuss importance of developing personal organizational skills
- Discuss personal wellness for the nursing assistant

2. Demonstrate the following skills

- Hand washing
- Resident unit order
- Unoccupied bed making
- Transfer belt placement
- Clear obstructed airway on conscious resident
- Gown, glove and bag linen
- Oxygen tubing safety
- Temperature with a non-mercury glass thermometer
- Temperature with an electric thermometer
- Pulse and respiration
- Blood pressure
- Weight measurement
- Height measurement
- Height measurement/resident unable to stand
- Bed bath
- Partial bath
- Tub bath or shower bath
- Perineal care
- Back rub
- Mouth care
- Mouth care for unconscious resident
- Denture care
- Fingernail care
- Foot care
- Hair care
- Bed shampoo
- Shave with electric razor
- Eyeglasses care
- Hearing aid placement
- Dressing the resident
- Occupied bed making
- Ambulate
- Walk with a cane
- Walk with a walker
- Wheelchair transfer
- Wheelchair transport
- Wheelchair transfer (two-person)

- Mechanical lift
 - Supine position placement
 - Side-lying position placement
 - Move up in bed
 - Move up in bed using lift sheet
 - Passive range of motion of the shoulder and elbow
 - Passive range of motion of the hip, knee and ankle
 - Support stocking application
 - Feed a resident
 - Measure intake
 - Gastrostomy tubing safety
 - Intravenous tubing safety
 - Measure output
 - Bathroom/commode assistance
 - Bedpan
 - Urinal
 - Indwelling catheter care
 - Perineal care/incontinent resident
 - Empty urine drainage bag
 - Indwelling catheter tubing safety
3. Demonstrate ways to modify behavior in response to resident behavior

VI. Textbook and Supplemental Reading Materials

Textbooks			
<i>Author(s)</i>	<i>Title(s)</i>	<i>Publisher(s)</i>	<i>Edition/Date(s)</i>
Minnesota State	MN State Long Term Care Nursing Assistant Course	Reproduction	2009
Other Materials			
Must have white scrub pants and top, watch with a second hand.			