

Collin College - Continuing Education

Course Syllabus

Course Title: Nurse Aide for Health Care

Course Number: NURA 1001 & NURA 1060

Course Description: Collin College Continuing Education offers a 100-hour training course as a mirror course to provide the skills needed to work as a Nurse Aide. Upon completion of this course, students are eligible to take the National Nurse Aide Assessment Examination. Certification as a nurse aide allows students to gain entry level employment in a variety of healthcare work environments including hospitals, nursing homes and other long term care facilities, home health agencies and rehabilitation facilities. Topics such as healthcare communications, patient safety, and restorative health practices together with hands-on clinical applications will allow the knowledge and skills necessary to practice among today's healthcare leaders.

Hours: 100

Course Prerequisite(s): All students are required to complete the pre-admissions requirements (found in Admissions Packet) prior to starting class.

Student Learning Outcomes:

1. Differentiate between the various patient care populations.
2. Demonstrate effective provider-client communication.
3. Demonstrate proper body mechanics in the provision of patient care.
4. Describe and demonstrate the process for obtaining vital signs.
5. Describe and implement safe and efficient nurse aide care measures.
6. Describe the processes for restorative health practices.

Textbook & Workbook: (Contact bookstore for current edition and cost)
Nursing Assistant Care: The Basics
Hartman Publishing

Withdrawal Policy: See the current *Career Skills Training* catalog for the tuition refund policy.

Collin College Academic Policies: See the current *Collin Student Handbook*.

Americans with Disabilities Act: Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal opportunity. It is the student's responsibility to contact the ACCESS office, SCC-G200 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

Meeting Location: Central Park Campus, McKinney

Attendance Policy: Students must be in attendance for 100% in order to pass competencies.

Lesson Plan – by week or session

- Session 1: Introduction to Long-Term care: Describe the residents for whom they will provide care, list examples of professional behavior, discuss proper grooming guidelines, describe four methods of nursing care, describe the nursing assistant code of ethics, and explain “The Five Rights of Delegation.”
- Session 2: Healthcare communication: Initiate conversations and send messages, communicate with residents who have vision loss, communicate with residents who have hearing loss, communicate with residents who have problems with speech, communicate with residents who are demanding or angry, and communicate with residents who have memory loss, confusion, or understanding problems.
- Session 3: Patient Safety/Body Mechanics: Demonstrate proper handwashing technique, demonstrate proper use of a gait belt, move a helpless resident to the head of the bed with one assistant
- Session 4: Patient Safety/Body Mechanics (cont’d): Making an occupied bed, and making an unoccupied bed.
- Session 5: Implementing Patient Care: Tub and shower bath with shampooing the hair, shaving the male resident – safety or disposable razor, shaving the male resident – electric razor, complete bed bath
- Session 6: Implementing Patient Care (cont’d): Perineal care/incontinent care – female with or without catheter, perineal care/incontinent care – male with or without catheter
- Session 7: Implementing Patient Care (cont’d): brushing the teeth, denture care, mouth care of the depended resident
- Session 8: Implementing Patient Care (cont’d): hand and fingernail care, assisting the totally dependent resident with dressing, hair combing, and application of prosthetic devices, feeding the dependent resident (offering food and fluids.)
- Session 9: Implementing Patient Care (cont’d): turning the resident on his side toward you, assisting the resident with use of the bedpan, obtaining the weight of an ambulatory resident
- Session 10: Vital Signs (cont’d): oral temperature / pulse / respirations
- Session 11: Vital Signs (cont’d): axillary temperature / pulse / respirations
- Session 12: Vital Signs (cont’d): rectal temperature / pulse / respirations, and blood pressure
- Session 13: Restorative Health Practices: implementing range of motion (ROM) exercise for right or left upper extremity, implementing range of motion (ROM) exercise for right or left lower extremity
- Session 14: Restorative Health Practices (cont’d): assisting resident with ambulation, assisting resident to sit up on the side of the bed
- Session 15: Restorative Health Practices (cont’d): assisting the resident to transfer from chair to bed and bed to chair.
- Sessions 16-21: Clinical practice

Sessions listed are a guideline to indicate all topics that will be covered during your course. Do not plan your personal calendar based on these sessions. Your instructor will give you a calendar for your class that will indicate specific topics, labs, and days.

Method of Evaluation: Students must achieve a minimum of 75% final average and must be in attendance 100% of the class time in order to pass competencies.

Students who do not perform satisfactorily in class may not be permitted to attend clinical practice and/or be given authorization to take the NNAA Exam.