

Course Outline for: NURS 1057 Nursing Assistant**A. Course Description**

1. Number of credits: 4
2. Lecture hours per week: 2
Lab hours per week: 4
Clinical hours: 24 total hours
3. Prerequisites: None
4. Corequisites None
5. MnTC Goals: None

The Nursing Assistant Certificate course prepares the student to provide physical nursing care to individuals in long term care facilities, hospitals, or board and care homes. Students learn how to measure vital signs and assist individuals with physical needs such as personal hygiene, elimination, mobility, exercise, and nutrition. This course also includes information on emotional, spiritual, and psychosocial needs, and basic training in behavior management for persons with dementia. Students participate on campus in lecture and by practicing in the lab. Students apply what they have learned in class to residents in a long-term care facility during 24 hours of clinical participation at the end of the course. Attendance is MANDATORY, per Department of Health regulations. Students successfully completing this course are ready to take the D&SDT-Headmaster Competency Exam. After passing this test students can be placed on the Minnesota Department of Health Nursing Assistant Registry. Weekly average of 2 hours lecture/3 hours lab/3 hours clinical.

B. Date last reviewed: February 2022**C. Outline of Major Content Areas**

Introduction to:

1. Healthcare
2. Basic Human Needs
3. Communication
4. Safe and Clean Environment
5. Vital Signs and Measures
6. Personal Care
7. Activity and Exercise
8. Food and Fluids
9. Elimination
10. Caring for Residents with Special Needs
11. Orientation to Work Place

D. Course Learning Outcomes

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

1. Describe how the federal and state regulations are related to the nursing assistant
2. List personal qualifications for being a nursing assistant
3. Discuss productive work habits for the nursing assistant
4. Incorporate personal values with ethics and etiquette
5. Discuss legal implications for the nursing assistant
6. Describe the Nursing Home Resident Bill of Rights
7. Describe the Vulnerable Adult Law
8. Describe the Patient Self-Determination Act
9. Compare institutionalized care with individualized care
10. Describe basic physical, emotional and spiritual (mind, body, spirit) needs of human beings
11. Identify developmental tasks associated with aging
12. Discuss the general characteristics of aging
13. Describe the normal aging process related to body systems
14. Describe the emotional, spiritual and social needs of the resident's family
15. Discuss respecting resident cultural diversity and individuality
16. Describe communication
17. Identify components of verbal communication
18. Identify components of non-verbal communication
19. Describe effective communication
20. Identify cultural variations in communication
21. Describe effective communication within the nursing team
22. Identify the nursing assistant's responsibility in record keeping
23. Describe basic telephone etiquette
24. Discuss conflict: causes and management strategies
25. Describe safety of the resident
26. Identify actions relating to resident safety
27. Identify situations which require emergency action
28. Describe principles of body mechanics
29. Describe principles of infection control
30. Describe standard precautions for infection control practices
31. Describe transmission based precautions
32. Identify common pathogens and resulting diseases or conditions
33. Describe standard pre- and post-steps for resident care skills
34. Discuss admission and transfer procedures
35. Demonstrate skills for a safe and clean environment
 - a. Hand washing
 - b. Resident unit order
 - c. Unoccupied bed making
 - d. Transfer belt placement
 - e. Clear obstructed airway on conscious resident
 - f. Glove, gown and bag linen
36. Identify vital signs
37. Discuss responsibilities of the nursing assistant when obtaining and documenting vital signs

38. Identify methods and responsibilities when obtaining height and weight
39. Recognize how lack of oxygen affects vital signs
40. Identify effective methods of providing oxygen to residents
41. Demonstrate vital sign skills
 - a. Oxygen tubing safety
 - b. Temperature measurement/glass thermometer
 - c. Temperature measurement/electronic thermometer
 - d. Pulse and respiration
 - e. Blood pressure
 - f. Weight measurement
 - g. Height measurement
 - h. Height measurement/resident unable to stand
42. Describe activities of daily living
43. Discuss importance of skin care
44. Describe prevention and care of pressure ulcers
45. Describe personal care for the resident
46. Demonstrate personal care skills
 - a. Bed bath
 - b. Partial bath
 - c. Tub or shower bath
 - d. Perineal care
 - e. Backrub
 - f. Mouth care
 - g. Mouth care for unconscious resident.
 - h. Denture care
 - i. Fingernail care
 - j. Foot care
 - k. Hair care
 - l. Bed shampoo
 - m. Shave with electric razor
 - n. Eyeglasses care
 - o. Hearing Aid placement
 - p. Dressing the resident
 - q. Occupied bed making
47. Review importance of body mechanics
48. Discuss benefits of exercise
49. Compare rehabilitation with restorative nursing care
50. Discuss of effects of immobility
51. Discuss body alignment
52. Discuss guidelines and considerations when moving, transferring and lifting residents
53. Discuss importance of range of motion exercises
54. Discuss special care needs for residents with joint replacement or fractures
55. Discuss importance of support/anti-embolism of elastic stockings
56. Demonstrate skills of activity and exercise
 - a. Ambulate
 - b. Walk with a cane
 - c. Walk with a walker

- d. Wheelchair transfer
 - e. Wheelchair transport
 - f. Wheelchair transfer (2 person)
 - g. Mechanical lift
 - h. Supine position placement
 - i. Side-lying position placement
 - j. Move up in bed
 - k. Move up in bed with lift sheet
 - l. Passive range of motion of the shoulder and elbow
 - m. Passive range of motion of the hip, knee and ankle
 - n. Support stocking application
57. Discuss nutrition
58. Describe factors which affect the nutritional needs of the resident
59. Identify types of diets
60. Discuss dietary considerations related to cultural/religious diversity
61. Discuss importance of fluid balance
62. Describe preparations for resident meal time
63. Discuss alternative nutrition
64. Demonstrate skills related to food and fluids
- a. Feed a resident
 - b. Measure intake
 - c. Gastrostomy tubing safety
 - d. Intravenous tubing safety
65. Discuss elimination
66. Describe factors which interfere with elimination
67. Describe bowel and bladder management plans
68. Discuss importance of proper urinary catheter care
69. Demonstrate skills related to elimination
- a. Measure output
 - b. Bathroom/commode assistance
 - c. Bedpan
 - d. Urinal
 - e. Indwelling catheter care
 - f. Perineal care/incontinent resident
 - g. Empty urine drainage bag
 - h. Indwelling catheter tubing safety
70. Discuss behavioral health/mental health
71. Compare coping strategies with defense mechanisms
72. Discuss individuals who are developmentally disabled
73. Compare late life cognitive impairment with dementia
74. Describe areas of concern and strategies to implement when caring for a resident with dementia/Alzheimer's Disease
75. Discuss general principles of behavior management when caring for residents with Dementia/Alzheimer's Disease
76. Recognize importance of personal behavior or approaches when caring for residents with behavioral challenges
77. Describe death and dying

78. Identify cultural beliefs related to death and dying
79. Describe post-mortem care
80. Describe the grieving process
81. Demonstrate skills of behavioral health and social service needs
 - a. Demonstrate ways to modify own behavior in response to resident's behavior changes
82. Identify purpose of clinical experience
83. Describe employee's rights and responsibilities in the workplace
84. Discuss importance of developing personal organizational skills
85. Discuss developing personal organizational skills for working in the workplace
86. Discuss personal wellness for the nursing assistant

E. Methods for Assessing Student Learning

1. Skills, Demonstrations and Evaluation
2. Written Testing:
 - 92-100% = A
 - 85-91.99% = B
 - 78-84.99% = C
 - 72-77.99% = D
 - 71.99% or less =F
3. Written Exams: 78% or greater to pass
4. Skills Competency Test: 80% or greater to pass
5. Student must pass the theory and skill portion of the course before attending clinical.
6. Clinical is graded on a pass/fail basis.
7. Upon successful completion of this course, the candidate is awarded a Certificate of Achievement and Application for Competency Evaluation. The student is then eligible to take the Minnesota Competency Exam for Nursing Assistant. Individuals successfully completing this examination are placed on the Minnesota Nursing Assistant Registry

F. Special Information

1. Students must be able to lift at least 50 pounds.
2. Students must pass a MN Department of Human Services background check prior to participating in clinical.
3. Students must have a negative TB test within 90 days of starting clinical.