

HIBBING COMMUNITY COLLEGE COURSE OUTLINE

COURSE NUMBER & TITLE: ALHE 1500: Introduction to Nursing
(Nursing Assistant/Home Health Aide)

CREDITS: 4 (1 Lec / 3 Lab)

PREREQUISITES: None

CATALOG DESCRIPTION:

Students work directly under the supervision of a registered nurse to become familiar with the duties and responsibilities of the nursing assistant and home health aide. They learn to provide services contributing to the welfare of patients in a nursing home, private home, or hospital. The course includes classroom theory and testing as well as instruction on how to assist patients with hygiene, feeding, skin care, bed making, dressing, movement and other general assistance. Clinical experience at a local nursing home is included. Nursing ALHE 1500 is a prerequisite to HCC's nursing program and many other school's nursing programs as well.

OUTLINE OF MAJOR CONTENT AREAS:

- I. Theory
 - A. Introduction to Healthcare
 - B. Basic Human Needs
 - C. Communication
 - D. Safe and Clean Environment
 - E. Vital Signs and Measures
 - F. Personal Cares
 - G. Activity and Exercise
 - H. Food and Fluids
 - I. Elimination
 - J. Caring for Residents with Special Needs
 - K. Orientation to Work Environment
 - L. Home Health Care
 - M. Nursing assistant competencies
- II. Clinical
 - A. Tour area nursing home
 - B. Related patient care
 - C. Home Health Care

COURSE GOALS/OBJECTIVES/OUTCOMES:

Students will

1. display dependability.
2. display personal hygiene.
3. describe how the Federal and State Regulations relate to the nursing assistant.
4. discuss productive work habits for the nursing assistant.
5. incorporate personal values with ethics and etiquette.
6. discuss legal implications for the nursing assistant.
7. explain the Vulnerable Adult Act.
8. explain Resident/Client Bill of Rights.
9. describe role of the home health aide.
10. describe the basic human needs of human beings.
11. describe the general characteristics of aging.
12. discuss the normal aging process related to body systems.
13. discuss respecting resident's cultural diversity and individuality.
14. discuss growth and development throughout the lifespan.
15. discuss family dynamics.
16. describe how stress affects a family.
17. apply effective communication skills.
18. identify cultural variations in communication.
19. identify the nursing assistant's and home health aides responsibility in reporting and recording resident/client data.
20. demonstrate effective teamwork skills.
21. use critical thinking skills for problem solving.
22. maintain environmental safety.
23. identify situations which require emergency action.
24. describe homemaking duties.
25. describe principles of body mechanics.
26. describe principles of infection control.
27. describe standard precautions for infection control practices.
28. identify common pathogens and resulting diseases or conditions.
29. demonstrate proper hand washing technique.
30. demonstrate skills for a clean and safe environment.
31. identify normal vital signs of the adult, infant, toddler, child and adolescent.
32. discuss responsibilities of the nursing assistant when obtaining and documenting vital signs.
33. recognize how lack of oxygen affects vital signs.
34. demonstrate vital sign skills.
35. describe activities of daily living.
36. explain importance of skin care.
37. describe prevention and care of pressure ulcers.
38. discuss important actions when providing personal cares to an infant or child.
39. demonstrate personal care skills.
40. discuss benefits of exercise.

41. explain importance of range of motion exercise.
42. discuss the effects of immobility.
43. compare rehabilitation with restorative care.
44. discuss guidelines and considerations when moving, transferring or lifting residents.
45. discuss special care needs for residents with joint replacement or fractures.
46. describe appropriate activities for infants, toddlers and children.
47. demonstrate skills of activity and exercise.
48. describe factors which affect the nutritional needs of the resident.
49. identify types of diets.
50. explain alternative nutrition.
51. discuss dietary considerations related to cultural/religious diversity.
52. explain importance of fluid balance.
53. demonstrate skills related to food and fluids.
54. discuss preparations required when preparing a nutritious meal for the home care client.
55. discuss factors which interfere with elimination.
56. describe bowel and bladder management plans.
57. discuss importance of proper urinary catheter care.
58. discuss elimination factors concerning infants and children who are home care clients.
59. demonstrate skills related to elimination.
60. compare coping strategies with defense mechanisms.
61. discuss providing care to a client with special needs.
62. describe strategies to implement when caring for a resident with dementia/Alzheimer's disease.
63. compare late life cognitive impairment with dementia.
64. describe death and dying process.
65. identify grieving stages.
66. identify cultural beliefs related to death and dying.
67. discuss common disorders/diseases of the home care client.
68. discuss guidelines for assisting client's to self-administer medications at home.
69. demonstrate ways to modify behavior in response to resident behavior.
70. describe employee's rights and responsibilities in the workplace.
71. discuss importance of developing personal organizational skills.
72. identify purpose of the clinical experience.

MNTC GOALS AND COMPETENCIES MET:

N/A

HCC COMPETENCIES MET:

Working Productively and Cooperatively
Communicating Clearly and Effectively
Thinking Creatively and Critically
Social/Civic Responsibility

STUDENT CONTRIBUTIONS:

Students are expected to attend all classroom and clinical sessions, participate in activities and discussions, listen to and follow directions, complete assignments on time, and request assistance when needed. Attendance is critical in this class. Each student is expected to spend the necessary time to become adept at the procedures and their applications. Performance objectives will be completed in a safe, proper and timely manner.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVES ON HAZARDOUS MATERIALS):

Skill Competency Standard: Students must pass hand washing skill at 100% and all other skills at 80%.

AASC APPROVAL DATE: February 18, 2105
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REVIEW DATE: February 2020

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