HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE TITLE & NUMBER:  Introduction to Nursing: ALHE 1500
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 ALHE1500 is a prerequisite to HCC's nursing program and many other school's nursing programs as well. Prerequisites: None

OUTLINE OF MAJOR CONTENT AREAS:
1. 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
2. Clinical
   A. Tour area nursing home
   B. Related patient care
   C. Home Health Care

COURSE GOALS/OBJECTIVES/OUTCOMES:
1. Students will discuss Federal and State Regulations related to the nursing assistant.
2. Students will demonstrate importance of dependability, values, ethics, organization, and productive work habits of nursing assistant.
3. Students will describe basic human needs of people throughout the life span, aging process, and respect of individual and cultural diversity.
4. Students will demonstrate importance of verbal and written communication in a variety of health care settings.
5. Students will discuss emergency situations and intervention in a facility and home environment.
6. Students will demonstrate use of proper body mechanics for injury prevention to self and patient.
7. Students will demonstrate use of infection control techniques and use of personal protective equipment.
8. Students will demonstrate how to take vital signs, document, and report abnormal concerns to charge nurse.
9. Students will demonstrate how to provide activities of daily living throughout the lifespan and reporting changes in patient status.
10. Students will demonstrate the importance of safe transfers, aiding with exercise, ambulation, and ROM or PROM throughout the lifespan.
11. Students will identify importance of nutritional needs at all ages, describe therapeutic diets, and demonstrate proper feeding techniques.
12. Students will discuss and demonstrate assisting patients with elimination needs throughout the lifespan, care of catheters, and documenting output.
13. Students will display skills to assist patients with behavioral health or mental health concerns and Alzheimer’s disease.
14. Students will describe death and dying, identify stages of grief, and respect cultural differences/beliefs of death and grief.

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.

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

Curriculum Committee Approval Date: April 3, 2018

AASC APPROVAL DATE: April 18, 2018
REVIEW DATE: April 2023