

Imperial Valley Regional Occupational Program
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Nursing Assistant Outline - Combined Acute Care and Long Term Care – 290 Hours

Long Term Care: NATAP Model Curriculum for Nursing Assistants, Chancellor's Office, California Community Colleges

Acute Care: Acute Care Model Curriculum, Chancellor's office, California Community Colleges

Major Units of Instruction (Employability, Content Area Skills, and Proficiencies) Industry Sector / Pathways Aligned Health Science and Medical Technology Sector – Therapeutic Services Pathway (E)	Expected Student Learning Results (ESLRs)	Methods of Assessment and Materials Used	Long Term Care Required Hours		Acute Care Required Hours		Actual Hours		Academic Standards Reinforced
			Theory	Lab or Clinical	Theory	Lab or Clinical	Theory	Lab or Clinical	

LONG TERM CARE COMPONENT									
I. INTRODUCTION 1. DHS 283B Form – Nurse Assistant Initial Application 2. DHS 283C Form – Nurse Assistant Renewals	Responsible Individual Interpersonal Learner Effective Communicator Technological Producer Problem Solver	*Lecture *Demonstration *Guided practice *Independent practice *Use of Models *Tests & quizzes *Class participation	2	0					
II. PATIENT RIGHTS <i>E1.0, E1.2, E1.3, E3.0, E3.1, E3.2, E3.3, E3.4, E3.5</i> 1. SOC341 Form – Report of Suspected Dependant Adult/Elder Abuse 2. California Code of Regulations, Title 22, Division 5, Chapter 3, 72527 3. California Health and Safety Code 4. Maslow's Hierarchy of Needs	Responsible Individual Interpersonal Learner Effective Communicator Technological Producer Problem Solver	*Lecture *Demonstration *Guided practice *Independent practice *Use of Models *Tests & quizzes *Class participation	2	1					SS: 11.8, 11.11 R: 2.3
III. COMMUNICATION & INTERPERSONAL SKILLS <i>E1.1, E1.2, E1.3, E2.1, E2.2, E4.1, E4.2, E4.3, E5.1, E5.2</i> 1. Communication Exercise 2. Maslow's Hierarchy of Needs 3. Definition of Conflict 4. Myths about Conflict 5. The Five Conflict Handling Modes 6. The Coach's Toolkit: Inquiry and Advocacy 7. The Four "E's" of Giving Constructive Feedback 8. Systematic Approach of Thinking and Problem Solving	Responsible Individual Interpersonal Learner Effective Communicator Technological Producer Problem Solver	* Lecture * Discussion * Exercises, assignments and puzzles * Tests and quizzes * Conflict Management Summary * Assignment – Defense Mechanisms * Conflict Management Summary * Assignment – Defense	2	0					SS: 11.12 R: 1.1, 1.2, 1.3 LS: 2.1

		Mechanisms * Crossword Creations * Crossword Puzzle							
IV. SAFE ENVIRONMENT <i>E1.0, E1.1, E1.2, E1.3, E4.0, E4.1, E4.2, E4.3, E4.4</i> 1. R.A.C.E. Acronym 2. P.A.S.S Acronym 3. Homeland Security Advisory System 4. <u>Manual Skill:</u> Applying postural supports (restraints)	Responsible Individual Interpersonal Learner Effective Communicator Technological Producer Problem Solver	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * - Tests and quizzes	111	1					R: 2.7
V. BODY MECHANICS <i>E1.0, E1.1, E1.2, E1.3, E3.4, E4.0, E4.1, E4.2, E4.3</i> <u>Manual Skills:</u> 1. Turning and positioning the resident 2. Moving the helpless resident to the head of the bed using two assistants 3. Assisted transfer from bed to chair/wheelchair and return to bed 4. Mechanical lift 5. Assisted ambulation of resident 6. Assisting the resident to ambulate with walker/cane	Interpersonal Learners Effective Communicators Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * - Tests and quizzes	2	4					R: 2.3, 2.7
VI. PRINCIPLES OF ASEPSIS <i>E1.0, E1.1, E1.2, E1.3</i> 1. The Chain of Infection 2. <u>Manual Skills:</u> a. Passing ice b. Standard precautions – hand washing c. Standard precautions – gloving, gowning, applying mask	Responsible Individuals Effective Communicators Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * Tests and quizzes	2	8					S: 1a, 1b, 1c
VII. WEIGHTS AND MEASURES <i>E1.0, E1.1, E2.0, E2.1, E2.2</i>	Responsible Individuals Interpersonal Learners Effective Communicators Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Tests and quizzes	1	1					M: 1.1, 1.3
STEPS ONE THROUGH SEVEN MUST BE COMPLETED PRIOR TO PATIENT CONTACT									
VIII. RESIDENT CARE SKILLS <i>E1.0, E1.1, E1.2, E1.3, E3.0, E3.1, E3.2, E3.3, E3.4, E3.5, E4.0, E4.1, E4.2, E4.3, E5.0, E5.1, E5.2</i> 1. Handouts a. Staging of pressure ulcers High risk factors of skin breakdown and interventions to prevent b. Bowel and bladder assessment program chart 2. <u>Manual Skills</u> a. Bed bath/partial bath	Responsible Individuals Interpersonal Learners Effective Communicators Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration	14	44					S: 9a, 9b, 9c, 9d, 9e, 9f, 9g, 9h, 9i, 10a, 10b, 10c, 10d, 10e

<ul style="list-style-type: none"> b. Tub bath c. Back rub d. Assisting with oral hygiene e. Mouth care of the unconscious resident f. Denture care g. Nail care h. Combing the resident's hair i. Shampoo with shower or tub bath j. Shampoo of bedridden resident k. Shaving l. Dressing and undressing the resident m. Assist in the use of bedpan/urinal n. Perineal care o. Empty urinary drainage bags p. Colostomy care q. Measuring the weight of a resident using an upright scale r. Weighing the resident in bed s. Weighing the resident in a wheelchair t. Measuring the height of resident using an upright scale u. Measuring the height of a resident in bed v. Applying a behind-the-ear hearing aid w. Removing a behind the ear hearing aid 		* Tests and quizzes							W: 2.3, 2.4, 2.5, 2.6 SS: 2.1
<p>IX. RESIDENT CARE PROCEDURES <i>E1.0, E1.1, E1.2, E1.3, E4.0, E4.1, E4.2, E4.3, E5.0, E5.1, E5.2</i></p> <p>1. <u>Manual Skills:</u></p> <ul style="list-style-type: none"> a. Collecting and identifying specimens (sputum, urine, and stool) b. Occupied bed making c. Unoccupied bed making d. Administering the commercially prepared enema e. Rectal suppository – laxative f. Changing clothing of resident with an I.V. g. Measuring oral intake h. Measuring urinary output i. Anti-embolic hose, elastic stockings (T.E.D. Hose) 	Responsible Individuals Interpersonal Learners Effective Communicators Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * Tests and quizzes	7	20					S: 5a, 5b, 5c, 5d, 5e, 5f, 5g LS: 2.1
<p>X. VITAL SIGNS <i>E1.0, E1.1, E1.2, E1.3, E4.0, E4.1, E4.2, E4.3</i></p> <ul style="list-style-type: none"> 1. Vital Signs Chart 2. Pain Level 3. <u>Manual Skills:</u> <ul style="list-style-type: none"> a. Temperature – Oral b. Temperature – Axillary c. Temperature – Tympanic (aka Aural) d. Temperature – Rectal e. Temperature – Electronic 	Responsible Individuals Interpersonal Learners Effective Communicators Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * Tests and quizzes	3	6					M: 1.1, 1.2, 1.3

f. Pulse – Radial g. Pulse – Apical h. Respiration Blood Pressure									
XI. NUTRITION <i>E1.0, E1.1, E1.2, E1.3, E4.0, E4.1, E4.2, E4.3</i> 1. Sample tray handout 2. Food guide pyramid handout 3. Vegan Diet chart 4. <u>Manual Skills</u> a. Preparing the resident for mealtime b. Feeding the helpless resident c. Assisting the resident who can feed self	Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * Tests and quizzes	2	6					M: 1.1, 1.2, 1.3 S: 9h, 9i
XII. EMERGENCY PROCEDURES <i>E1.0, E1.1, E1.2, E1.3, E4.0, E4.1, E4.2, E4.3</i> 1. <u>Manual Skill</u> : Heimlich maneuver for the conscious and unconscious resident	Responsible Individual Interpersonal Learner Effective Communicator Technological Producer Problem Solver	*Lecture *Demonstration *Guided practice *Independent practice *Use of Models *Tests & quizzes *Class participation	2	1					
XIII. LONG TERM CARE RESIDENT <i>E1.0, E1.1, E1.2, E1.3, E3.0, E3.1, E3.2, E3.3, E3.4, E3.5, E4.0, E4.1, E4.2, E4.3, E5.0, E5.1, E5.2</i> 1. Handouts a. Effects of aging and nursing care measures b. Empathy c. An Alzheimer's disease bill of rights d. Alzheimer's elements of friendship e. The Alzheimer's best friends philosophy of communication 2. <u>Manual Skill</u> : reality orientation to promote or maintain awareness of person, time, place	Responsible Individuals Interpersonal Learners Effective Communicators Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * Tests and quizzes	2	0					S: 9a, 9b, 9c, 9d, 9e, 9f, 9g, 9h, 9i LS: 2.1
XIV. REHABILITATIVE/RESTORATIVE CARE <i>E1.0, E1.1, E1.2, E1.3, E4.0, E4.1, E4.2, E4.3, E5.0, E5.1, E5.2</i> 1. <u>Manual Skill</u> : Care of cast 2. <u>Manual Skill</u> : Range of Motion exercises	Responsible Individuals Interpersonal Learners Effective Communicators Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * Tests and quizzes	2	4					
XV. OBSERVATION & CHARTING <i>E1.0, E1.1, E1.2, E1.3, E2.0, E2.1, E2.2, E3.0, E3.1, E3.2, E3.3, E3.4, E3.5, E4.0, E4.1, E4.2, E4.3, E5.0, E5.1, E5.2</i> 1. Summary of charting guides 2. Prefixes, suffixes, and roots	Technological Producers Problem Solvers	* Lecture * Discussion * Exercises, assignments and puzzles * Tests and quizzes	4	4					M: 1.1, 1.2, 1.3
XVI. DEATH AND DYING <i>E1.0, E1.1, E1.2, E1.3, E5.0, E5.1, E5.2</i>	Responsible Individuals Technological Producers	* Lecture	2	0					LS: 2.1

	Problem Solvers	<ul style="list-style-type: none"> * Discussion * Exercises, assignments and puzzles * Skill Practice and Demonstration * Tests and quizzes 								R: 1.5, 2.6
TOTAL HOURS			164	108						