Course Description
AH 122 Nurse Aide. 5 hours credit. Prerequisite: A score at a predetermined level on a diagnostic and placement instrument. This course will enable the student to learn basic nursing skills and concepts of aging through classroom and clinical experience. The student will follow the guidelines of the Kansas Department of Health and Environment (KDHE), in order to prepare to take the Kansas Certified Nurse Aide examination and work in Kansas Nursing Homes.

Course Relevance
We live in an aging society. The concepts learned in this course will prepare the student to give basic nursing care in an adult care facility under the supervision of a licensed nurse. As the population ages, the need for trained health care workers will continue to increase.

Required Materials*
Kostelnick, C., Mosby's textbook for long-term nursing care assistants.
Mosby.

Kostelnick, C., Mosby's workbook for long-term nursing care assistants.
Mosby.

* - For complete textbook information, refer to https://bookstore.butlercc.edu

Learning Outcomes
The intention is for the student to be able to:
1. Demonstrate nursing skills compatible with the job description for nurse aide.
2. Complete the state certification exam for nurse aide.

Learning PACT Skills that will be developed and documented in this course
Through involvement in this course, the student will develop ability in the following PACT skill areas:

Technology Skills
1. Discipline-specific technology
   • Through return demonstrations in the simulated laboratory and/or clinical setting, the student will demonstrate critical elements of selected nursing skills.

Major Summative Assessment Task(s)
These learning outcomes and the Learning PACT skills will be demonstrated by
1. Providing appropriate basic nursing care to nursing home residents.
Course Content

I. Skills or Competencies-Actions that are essential to achieve the course outcomes:
   A. Memorization of terms
   B. Application of concepts
   C. Communication/coordination
   D. Recognize legal and ethical responsibilities
   E. Maintain a clean, safe environment
   F. Care for personal needs of residents
   G. Recognize Pressure Ulcer prevention and awareness techniques
   H. Assist with nutrition and elimination needs of residents
   I. Assist with special procedures
   J. Describe basic emotional needs
   K. Describe death and dying stages

II Themes - Key recurring concepts that run throughout this course:
   A. Safety
   B. Sensitivity to resident as a person
   C. Work ethics
   D. Ethical aspects
   E. Legal aspects
   F. Confidentiality

III Issues - Key areas of conflict that must be understood in order to achieve the intended outcome:
   A. Aging
   B. Scope of practice
   C. Work ethic

IV Concepts - Key concepts that must be understood to address the issues:
   A. Awareness of and understanding of the work environment and the individuals in that environment
   B. Respect for the resident as a physical, social, psychological, and spiritual being with basic needs and protected rights
   C. Understanding of body structure and function for the safe and competent performance of skills
   D. Recognition of the role of cultural heritage in health and illness practices
   E. Following the resident's care plan when delivering nursing care
   F. Respecting importance of delegation from supervising licensed nurse in delivering care

Learning Units
(The following learning units are taken from the Kansas Nurse Aide Checklist and comply with the Kansas Department of Health and Environment (KDHE) guidelines.)

I. Working in an adult care home
   A. Goals of a long term care facility
   B. Types of long term care facilities in Kansas
   C. Members of the health care team
   D. Organization of an adult care home
   E. Roles and responsibilities of the certified nurse aide
   F. Desirable personal grooming habits
G. Employment policies of the adult care home
H. Confidentiality/HIPPA
I. Legal aspects of working as a certified nurse aide
J. Residents' rights
K. Facts about aging

II. Basic communication skills
   A. Communication with resident
   B. Communication with resident's family and friends
   C. Communication with other staff members
   D. Mechanical devices to promote communication

III. Phone and intercom techniques
   A. Communicating with confused residents
   B. Symptoms of confusion
   C. Psychosocial implications of confusion

IV. Principles of body mechanics
   A. Definition
   B. Lifting and moving
   C. Body alignment and position in bed, chair
   D. Assistive devices

V. Safe use of mechanical devices
   A. Equipment
   B. Alternatives to restraints
   C. Types of restraints

VI. Infection prevention and control
   A. Basic principles of infection control
   B. Techniques used to control infection
   C. Isolation

VII. Basic nursing care - Resident's unit
   A. Furniture and equipment
   B. Ways of providing environmental comfort in resident's unit
   C. Daily maintenance of the resident's unit
   D. Bed-making

VIII. Obtaining vital signs
   A. Temperature, pulse, respirations
   B. Blood pressure

IX. Safety
   A. Safety precautions and the elderly
   B. Safety with oxygen use
C. Fire safety
D. Tornados and other natural disasters
E. Elopement

X. Cleanliness and grooming
A. Factors affecting hygiene
B. Oral hygiene
C. Skin care, bathing
D. Backrub
E. Dressing and undressing
F. Hair care
G. Nail care
H. Shaving
I. Special skin care: dressings, wounds, ulcers

XI. Nutrition and fluids
A. Structure and function of the digestive system
B. Factors affecting nutritional state of elderly
C. Responsibilities of dietary in providing for the resident's nutrition
D. Role of certified nurse aide in promoting good nutrition
E. Hydration
F. Measuring weight
G. Modified diets
H. Assisting the resident at mealtime
I. Documentation

XII. Elimination
A. Assisting the resident with elimination
B. Maintaining skin care and comfort for incontinent resident
C. Measuring and recording fluids: intake and out put

XIII. Basic human needs
A. Maslow's Theory
B. Meeting physiological needs
C. Meeting safety and security needs
D. Meeting love and belonging needs
E. Meeting self-esteem needs
F. Meeting self-actualization needs

XIV. Possible losses due to aging
A. Psychosocial losses which may accompany aging
B. Physical losses
C. Entering a long term care facility
D. Ways staff can ease the resident's feeling of loss
E. Healthy emotional responses to aging
XV. Caring for the confused or withdrawn resident
   A. Confusion
   B. Managing withdrawal
   C. Managing depression
   D. Causes of restlessness/wandering and/or combative behavior
   E. Validation therapy
   F. Responses to inappropriate behavior
   G. Remotivation groups
   H. Reminiscence groups

XVI. Sexuality in aging
   A. Physical changes of aging
   B. Social aspects of sexuality in aging

XVII. Caring for the dying resident
   A. Society's attitudes about death
   B. Stages of reaction to dying or to any loss
   C. Emotional needs of dying person
   D. Responses to the death of others
   E. Physical signs of approaching death
   F. Handling death in the long term care facility
   G. Physical care of the dying resident
   H. Post mortem care

XVIII. Basic anatomy, physiology and age related changes to:
   A. Loss of sense of touch
   B. Loss of taste and smell
   C. Cardiovascular system
   D. Gastrointestinal system
   E. Endocrine system
   F. Reproductive system
   G. Urinary system
   H. Musculoskeletal system
   I. Nervous system

XIX. Immobility
   A. Prevention
   B. Stages of tissue breakdown
   C. Complications of immobility
   D. Treatment
   E. Special care: casts, amputations, prosthesis

XX. Rehabilitative and restorative care
   A. Restorative nursing care
   B. Facility services
   C. Responsibilities of all certified nurse aides
D. Modalities

XXI. Special procedures
A. Heat and cold
B. IVs
C. Oxygen
D. Circulatory stockings
E. Hearing aids
F. Eye prosthesis
G. Restraints
H. Specimens
I. Tube feedings

XXII. Urinary elimination
A. Structure and function of urinary system and age related changes
B. Diseases of urinary system
C. Catheter care
D. External catheter
E. Incontinence care
F. Bladder retraining

XXIII. Bowel elimination
A. Ostomy care
B. Constipation: cause and prevention
C. Incontinence
D. Bowel programs

XXIV. Observing, reporting, recording
A. Observations to be made while caring for residents
B. Reporting and recording observations
C. Medical abbreviations
D. The medical record or chart

XXV. Resident's plan of care
A. Purpose
B. Certified nurse aide's role in using care plan

XXVI. Admitting or discharging a resident
A. Admission
B. Transfer, discharge

XXVII. First Aid in the adult care home
A. General guidelines
B. Abrasions and lacerations
C. Nosebleeds
D. Burns
E. Medical emergencies
F. Falls
G. Poisoning
H. Choking
I. Seizure
J. Heimlich Maneuver

XXVIII. Teamwork
   A. Being a member of the team
   B. Value of teamwork

Learning Activities
Independent and collaborative learning activities will assist the student to achieve the intended learning outcomes. The following teaching/learning activities will assist the student to achieve course outcomes: lecture, audio-visual aids, class discussion, study guides and workbook, unit tests, demonstration, return demonstration, and supervised clinical experience.

Grade Determination
The student will be graded on learning activities and assessment tasks. The student must hand in assignments as directed by instructor and be able to demonstrate competency of basic nursing skills as illustrated on the Kansas Nurse Aide Checklist, Part I and Part II. The student is required to attend or make up all classroom and clinical sessions.