

Course Outline for: NURS 1060 Nursing Assistant-Home Health Aide**A. Course Description:**

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

The Nursing Assistant/Home Health Aide Certificate course prepares the student to provide physical nursing care to individuals in long term care facilities, hospitals, board and care homes, and in the client's own home. Students learn how to measure vital signs, 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. Attendance is mandatory, per Minnesota Department of Health regulations. Students successfully completing this course are eligible to take the D&SDT-Headmaster Nursing Assistant Competency Exam. After passing this exam students can be placed on the Minnesota Department of Health Nursing Assistant Registry. Lecture 2 hours, Lab 4 hours, Clinical 24 hours at the end of the course.

B. Date Last Revised: February 2022**C. Outline of Major Content Areas**

1. Introduction to Healthcare
2. Introduction to Home Health Care
3. Safe and clean environment
4. Communication
5. Basic Human Needs
6. Personal Care
7. Activity and Exercise
8. Food and Fluids
9. Elimination
10. Vital Signs – Weight/Height
11. Special Procedures
12. Mental Health and Social Service Needs
13. Orientation to Work Place

D. Course Learning Outcomes

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

1. Demonstrate the following skills for a safe and clean environment
 - a. Hand washing
 - b. Resident unit order
 - c. Unoccupied bed making
 - d. Transfer belt placement
 - e. Waist restraint application
 - f. Clear obstructed airway on conscious resident
 - g. Glove, gown and bag linen
2. Demonstrate the following skills for personal care
 - 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. Eye glass care
 - o. Hearing aid placement
 - p. Dress the resident
 - q. Occupied bedmaking
3. Demonstrate skills of activity and exercise
 - a. Ambulate
 - b. Walk with cane
 - c. Walk with 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/shoulder and elbow
- m. Passive range of motion/hip and knee
- 4. Demonstrate skills related to food and fluids
 - a. Feed a resident
 - b. Measure intake
 - c. Demonstrate skills related to elimination
 - d. Bathroom/commode assistance
 - e. Bedpan
 - f. Urinal
 - g. Indwelling catheter care
 - h. Perineal care/incontinent resident
 - i. Empty urine drainage bag
 - j. Measure output
 - k. Demonstrate vital sign skills
 - l. Temperature measurement/glass thermometer
 - m. Temperature measurement/electronic thermometer
 - n. Pulse and respiration
 - o. Blood pressure
 - p. Weight measurement
 - q. Height measurement
 - r. Height measurement/resident unable to stand
- 5. Demonstrate skills of special procedures
 - a. Oxygen, feeding and IV tubing safety
 - b. Support stocking application
- 6. Demonstrate skills of mental health and social service needs
 - a. Modify own behavior in response to resident's behavior changes

E. Methods for Assessing Student Learning

- 1. Skills demonstration and evaluation
- 2. Written testing
- 3. To pass this course you must have a "C"
 - 92-100% = A
 - 85-91% = B
 - 77-84% = C
- 4. Written exams: 78% or greater to pass
- 5. Skills competency test: 80% or greater to pass
- 6. Student must pass the theory and skill portion of the course before attending clinical
- 7. Clinical is graded on a pass/fail basis
- 8. 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 criminal background check prior to participating in clinical.
3. Students must have a negative TB test within 90 days of starting clinical.