DATE OF LAST REVIEW: 02/11/2013
CIP CODE: 51.3902
SEMESTER: Departmental Syllabus
COURSE TITLE: Certified Nurse Aide Refresher Course
COURSE NUMBER: ALHT0105
CREDIT HOURS: 1
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC-issued email accounts are the official means for electronically communicating with our students.

COURSE REQUIREMENTS:

Refresher course is for certified nurse aides who have not been employed in the past 2 years. The course consists of 15 hours. 5 hours of didactic and 10 hours of laboratory skills.

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

Watch with a second hand, a notebook, a black pen, blood pressure cuff and a stethoscope.

COURSE DESCRIPTION

This course is a review of the basic nursing skills and concepts necessary to update the student to function as a nurse aide in a long term facility. This course will help the student learn about the geriatric client and the type of care unique this population needs. The course will review the responsibilities and the role of the CNA.

METHOD OF INSTRUCTION:

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, conferencing, learning experiences, and there may be performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

I. The nurse aide’s responsibility in health care delivery.
II. Communication.
III. Resident’s rights (Including preventing and reporting any known events).
IV. Safety (including the Heimlich Maneuver).
V. Infection control (including hand washing).
VI. Bed making.
VII. Personal care skills (including feeding, bathing, oral hygiene, dressing, and elimination).
VIII. Transfers, positioning, and turning.
IX. Measurement and recording vital signs.
X. The student will complete a skills checklist.

EXPECTED LEARNER OUTCOMES:

A. The student will be able to identify the role of the nurse aide in a long term care facility.
B. The student will be able to discuss communication and documentation skills necessary to be a caregiver in a long term care facility.
C. The student will be able to identify legal issues associated with working as an aide in long term care.
D. The student will be able to provide a safe environment for the resident in long term care.
E. The student will be able to recognize physical, psychological, and emotional needs of the long term care resident.
F. The student will be able to describe care of dying resident.
G. The student will be able to identify skills necessary to safely transfer and mobilize a resident.
H. The student will be able to identify physical changes associated with aging.
I. The student will be able to discuss techniques to utilize to assist with aging changes.
J. The student will be able to identify skills necessary to care for the geriatric resident.
K. The student will be able to identify needs and techniques necessary to meet nutritional needs of the older adult.

COURSE COMPETENCIES:

The student will be able to identify the role of the nurse aide in a long term care facility.

1. The student will be able to identify responsibilities of the nurse aide in health care delivery system, identify health care professionals responsible and actions of the nurse aide.

The student will be able to discuss communication and documentation skills necessary to be a caregiver in a long term care facility.

2. The student will be able to demonstrate professional attitude and behavior which enhances communication between the trainee and the resident, resident’s family members, and staff.

The student will be able to identify legal issues associated with working as an aide in long term care.

3. The student will be able to demonstrate responsibility for resident’s rights by offering choices, promoting independence and the client’s right to be free of abuse, neglect, or exploitation.
4. The student will be able to describe proper reporting of abuse, neglect and exploitation.

The student will be able to provide a safe environment for the resident in long term care.

5. The student will be able to describe safety precautions to avoid resident injuries. Describe fire escape plan.
6. The student will be able to utilizing proper body mechanics, demonstrate techniques of making an occupied or unoccupied bed using measures to (1) provide for resident’s comfort, (2) prevent the transfer of microorganisms while handling linen and (3) prevent skin irritations/pressure ulcers.
7. The student will be able to follow the concepts of standard precautions, demonstrate practices which reduce the transfer of infection by: keeping resident’s immediate area clean, disposing of soiled articles in proper receptacles, and cleaning equipment after resident use.
8. The student will be able to use disposable gloves when in contact with body fluids (blood, urine, vomitus, excretions, saliva.)
9. The student will be able to demonstrate effective hand washing techniques following all rules of asepsis, including washing hands when entering and leaving the resident’s room.
The student will be able to recognize physical, psychological, and emotional needs of the long term care resident.

10. The student will be able to observe skin and recognize the need for and provide skin care.
11. The student will be able to assist and/or provide oral care to include care of the mouth, gums, teeth, or dentures.
12. The student will be able to assist and/or provide a shampoo (sink, tub, or bed) and comb/brush hair or beard.
13. The student will be able to assist and/or provide nail care to include soaking the nails before trimming, trimming fingernails to oval shape and toenails straight across.

The student will be able to describe care of the dying resident.

14. The student will be able to describe care of the dying resident.

The student will be able to identify skills necessary to safely transfer and mobilize a resident.

15. The student will be able to utilize proper body mechanics, demonstrate safe transfer, using the gait belt and/or mechanical lift from: (1) bed to chair, (2) chair to toilet/commode, utilizing proper body mechanics, demonstrate (3) logroll to side of bed, (4) up to a sitting position.
16. The student will be able to assist with ambulation, utilizing assistive devices when needed. The resident should wear skid-proof shoes for safety. Be aware of signs or complaints of dizziness.

The student will be able to identify physical changes associated with aging changes.

17. The student will be able to demonstrate accurate measurement and recording of weight, and height and accurate location, measurement, and recording of vital signs: (1) temperature, (2) pulse, (3) respirations, (4) blood pressure.
Report to supervisor any change in resident’s measurements.

The student will be able to discuss techniques to utilize to assist with aging changes.

18. The student will be able to assist and/or provide a bath using shower, tub, sponge, or bed bath while providing for (a) privacy, (b) safety, and (c) comfortable room and appropriate water temperature.
19. The student will be able to assist and/or dress/undress, allowing for appropriate personal choices while encouraging independence.
20. The student will be able to assist with urinations and bowel elimination needs, providing for safety and privacy, while using the toilet, commode, bed pan, or urinal.
21. The student will be able to demonstrate proper body alignment and positioning

The student will be able to identify skills necessary to care for the geriatric resident.

22. The student will be able to demonstrate the abdominal thrust (Heimlich maneuver) technique.

The student will be able to identify needs and techniques necessary to meet nutritional needs of the older adult.

23. The student will be able to demonstrate feeding techniques, guarding for safety and encouraging independence of resident. Demonstrate knowledge of the importance of fluid intake.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

SPECIAL NOTES:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and
discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, include Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of Academic Resource Center, Room 3354 or 288-7670.