

NRSA 0003 - PRECERTIFICATION NURSING ASSISTANT TRAINING

Catalog Description

Hours: 202 (85 lecture, 117 laboratory)

Description: Introduction to nursing practice based on the humanistic philosophy of Abraham Maslow. Includes basic skills necessary to assist in satisfying the patient's physical, psychological, social, and cultural needs. Students must be fingerprinted and submit documentation related to received conviction; certification may be denied. Students must meet regulatory requirements for class attendance, health clearance, background check clearance, and valid social security number to participate in the course. Upon successful completion, students are eligible to take the State of California Certification Examination to become a Nursing Assistant qualified for employment in an acute or long-term health care facility. Testing and certification fees are required. (letter grade only) (not transferable)

Course Student Learning Outcomes

- CSLO #1: Apply the knowledge and skills to respond appropriately in emergencies.
- CSLO #2: Demonstrate appropriate attitudes in providing nursing care.
- CSLO #3: Demonstrate behavior that protects and respects the rights of residents.
- CSLO #4: Demonstrate effective communication and interpersonal skills.
- CSLO #5: Demonstrate skills that provide for the restoration needs of residents.
- CSLO #6: Exhibit proper ethical and legal behavior in providing nursing care.
- CSLO #7: Perform basic nursing assistant skills for residents.
- CSLO #8: Perform nursing care with regard for the principles of infection control (Standard Precautions).
- CSLO #9: Recognize the psychosocial, emotional, physical and spiritual needs of residents and respond appropriately.
- CSLO #10: Safely and effectively perform personal care skills for residents.

Effective Term

Fall 2021

Course Type

Credit - Degree-applicable

Contact Hours

202

Outside of Class Hours

170

Total Student Learning Hours

372

Course Objectives

Lecture Objectives:

1. Describe the fundamental concepts of OBRA and California Title 22 regulations for safe and quality care in long term care setting.
2. Discuss resident's rights related to psychosocial, spiritual, and cultural needs and review effective communication strategies for certified nursing assistants within the health care environment to include the dying patient.
3. Describe the principles of positioning and transporting residents using proper body mechanics and infection control techniques.
4. Accurately calculate intake and output using the common system of weights and measures in relationship to common therapeutic diets considering residents' nutrition and hydration needs.
5. List the resident care skills that support and/or assist the resident with activities of daily living (ADL), personal hygiene, and elimination.
6. Document how, when and why vital signs are taken, how and when to report findings.
7. Discern subjective and objective observations skills and describe observations in the appropriate area of the medical record using appropriate medical terms and abbreviations.
8. Compare/contrast effects of aging on body structure and function related to restorative care, rehabilitative care and the dying patient.
9. Review and discuss procedures and concepts related to caring for residents in emergency situations related to the responsibilities of a certified nursing assistant.

Clinical (Laboratory) Objectives:

1. Provide safe, efficient, and therapeutic basic nursing care under the direct supervision of a registered or licensed vocational nurse;
2. Perform the basic nursing procedures using scientific principles included in the certified nurse aide's scope of practice;
3. Use knowledge to modify or withhold assigned interventions based upon knowledge of normal or expected patient conditions or reactions;
4. Use application of basic principles of communication and psychosocial theory in caring for patients;
5. Identify, report and record basic physical and psychological observations; exercise judgment in follow-through actions when changes occur in the patient's condition or circumstances.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- Not Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Standard exams consisting of a variety of question formats, evaluating all levels of performance according to Bloom's taxonomy. Sample questions: 1. When bathing a resident, the nurse assistant sees a swelling around the knee that is tender to touch. The nurse assistant should: a. avoid washing the sensitive area b. apply a warm wet washcloth to the knee c.

report this observation to the nurse d. remind the resident not to ambulate without assistance. 2. Mr. Alfred has a bleeding ulcer. He is suffering from internal bleeding. The nurse assistant should:

- provide fluids by mouth to prevent dehydration
- insert a nasogastric tube
- have Mr. Alfred sit up in bed to prevent aspiration of blood.
- keep Mr. Alfred calm, warm and quiet.

- Skill Demonstrations
 - Example: Student will demonstrate accurate assessment of vital signs.

- OER Link:
- OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

Students required to purchase school-designated uniform.

Repeatable

No

Methods of Instruction

- Laboratory
- Lecture/Discussion

Lab:

1. Lecture and demonstration by instructor, with in-class practice, including feedback, coaching and evaluation by the instructor of proper use of restraints. In-class discussion and evaluation of case study related to the patient with confusion and dementia. Students will have written examination covering all major topics required to meet California State and Federal regulations.

Lecture:

1. The instructor will lecture on the principles of positioning and transporting residents using proper body mechanics and infection control techniques. Students will then outline the key considerations regarding body mechanics.

Typical Out of Class Assignments

Reading Assignments

In the Nursing Assistant Textbook: 1. Read chapter on Confusion and Dementia and be prepared to discuss the care of the patient with dementia. 2. Read chapter on preventing infection and be prepared to discuss preventing infection with a focus on the older person.

Writing, Problem Solving or Performance

1. Identify the proper application of patient restraints. 2. Record information about patient restraints in the resident's medical record.

Other (Term projects, research papers, portfolios, etc.)

1. Maintain accurate record of theory and clinical hours and skills using the forms regulated by the California Department of Public Health (CDPH).

Required Materials

- Hartman's Nursing Assistance Care: Long-Term Care
 - Author: Hedman & Rymer
 - Publisher: Hartman Publishing
 - Publication Date: 2018
 - Text Edition: 4th
 - Classic Textbook?: