Course: NUA 101
Title: Nurse Aide Health Care Skills
Long Title: Nurse Aide Health Care Skills
Course Description: Prepares the student to perform the fundamental skills of the nurse aide. Basic nursing skills, communication skills, restorative services, personal care skills, safety and emergency care issues are covered. Course includes knowledge and/or principles of asepsis, OSHA and HIPAA regulations. Ethical behaviors, cultural sensitivity and principles of mental health will be addressed, as well as patient/resident rights
Min Credit: 4

STANDARD COMPETENCIES:

I. Form a relationship, communicate and interact competently on a one-to-one basis with patients/residents.
II. Demonstrate sensitivity to patients`/residents` emotional and mental health needs.
III. Assist patients/residents in attaining and maintaining independence.
IV. Exhibit behavior that supports and promotes patients`/residents` rights
V. Demonstrate observational and documentation skills needed in the care of patients`/residents` health, physical condition and well-being.
VI. Demonstrate fundamental competency in basic skills for patient/resident care in a lab setting.
VII. Demonstrate principles of OSHA in all manual skills.
VIII. Explain general concept of HIPAA and relate it to nurse aide practice.
IX. Acquire beginning knowledge and skill related to end of life care.
X. Demonstrating an awareness of the Colorado Nurse Aide Practice Act.

TOPICAL OUTLINE:

I. Introduction to Nurse Aide Course
II. The Health Care System
III. Role of the Nurse Aide
IV. Communication Skills
V. Patient/Resident Rights¿Promotion of Independence
VI. The Human Body
VII. Medical Terminology
VIII. Emergency Care-Heimlich Maneuver
IX. The Circulatory System and Related Care
X. Measuring Vital Signs
XI. Infection Control-Handwashing
XII. The Patient's Environment
XIII. Body Mechanics: Transfer, Repositioning in Bed and Wheelchair
XIV. Admitting/Transferring and Discharging a Patient; Height/Weight
XV. Bed Making
XVI. Personal Care of the Patient
XVII. Bed Bath, Back Rub
XVIII. Bedpans, Peri-care, Grooming, Shaving, Denture Care, Hair Care, Care of Eyeglasses and Hearing Aids.
XIX. The Respiratory System and Related Care, Oxygen and CPR
XX. The Gastrointestinal System and Related Care, Colostomy Care
XXI. Nutrition for the Patient
XXII. The Urinary System and Related Care, I & O
XXIII. Specimen Collection
XXIV. Integumentary System & Related Care, Warm/Cold Applications
XXV. Care of the Surgical Patient, TEDS, Ace Bandages, Thrombophlebitis
XXVI. Growth and Development
XXVII. The Musculoskeletal System & Related Care, ROM
XXVIII. The Older Adult Patient & Long Term Care
XXIX. The Nervous System & Related Care
XXX. The Endocrine System & Related Care
XXXI. Home Health Care
XXXII. Restorative Care
XXXIII. Patients with Special Needs
XXXIV. End of Life Care and Postmortem Care