

Common Course Numbering System

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