

RED ROCKS COMMUNITY COLLEGE: ALLIED HEALTH OCCUPATION
NURSE AIDE PROGRAM
NUA 101 (THEORY) 4 CREDITS AND NUA 170 (CLINICAL) 1 CREDIT-Fall 2011
Hours: Start Thursday October 21, 2011, until Friday, December 10, 2011
Friday, 5:00 p.m. until 9 p.m.; Saturday, 8:00 a.m. until 3:00 p.m.
Office Hours upon request, and 30 minutes prior to class
CLASS SCHEDULE AND SYLLABUS
Instructor: John Schreiber BSN, MA
Email: John.Schreiber@rrcc.edu
[Preferred contact is my email- I respond to my email once a day prior to class M-Sat.]

This course introduces the student to the basic knowledge and skills needed to complete the Nursing Assistant Program at Red Rocks Community College. Upon successful completion of this program, the student will be able to apply and take the Nurse Aide Certificate Exam in the state of Colorado.

Completion Policy: After the completion of this class, the student will be able to:

1. Demonstrate an understanding of all basic body system functions and related care.
2. Perform all basic nursing assistant skills
3. Participate in written and skill examination process for the nurse aide certificate.
4. Understand the nurse aide's role in promoting independence in the chronically ill and elderly, meeting the psychosocial needs of the cognitively impaired, and basic restorative skills.
5. Understand and perform skills within the scope of practice for the nurse aide.
6. Demonstrate skills for the Board of Nursing Terminal Competencies
7. Exhibit effective communication skills with patients, staff nurses, supervisors, physicians, instructors, and other personnel.
8. Demonstrate safety for all patients, and with colleagues.
9. Exhibit understanding of all basic nursing equipment necessary in providing patient care.
10. Demonstrate flexibility when dealing with difficult or immobilized patients.

REQUIRED READING:

Hegner, Barbara R.; Acello, Barbara; Caldwell, Esther; Nursing Assistant. A Nursing Process Basics edition, Thomsom Learning, Inc., Canada

IT IS THE STUDENT'S RESPONSIBILITY TO:

1. Attend all classes and clinical rotations – (8 hour clinical shifts).
2. Submit documentation of all immunizations first day of class.
3. Have all required applications and/or paperwork completed by their due dates.
4. Complete all reading assignments and be prepared for skills labs.
5. Ensure uniform and equipment are clean and ready prior to use.
6. Participate in skills testing that will be preparation for state boards.
7. CPR card must be valid the first day of class
8. Inform instructor if unable to attend class or clinical
9. *****NEW***For the Graduation applications have the student go online and fill them out. The students need to go to the RED ROCKS home page, click on A-Z box and go to graduation and the form is there.**[used to go to Carla Pluckett in Enrollment]

Classroom Conduct Policies:

Classroom conduct – Students are expected to assist in maintaining a classroom environment that is conducive to learning and is respectful to the instructor and the other students. Within the classroom, students are prohibited from using cellular phones or pagers, making offensive remarks, or engaging in any form of disruptive activity. Inappropriate behavior in the classroom may result in a request to leave the class. Students are expected to be familiar with their rights and responsibilities and with the student code of conduct contained in the RRCC catalog.

GRADE DISTRIBUTION:

A = 90-100 % = [points 450-500]

B = 80-89 % = [points 400-449]

C = 70-79 % = [points 350-399]

D = 65-69 % = [points 325-349]

F = 64 % = [points 324] and below

I = Incomplete (75% of the class must successfully completed with a C or better)

W = Withdraw

Dismissal = guidelines apply to RRCC tuition refund policies for withdrawal.

GRADE BREAKDOWN: Everyone starts off with an “A”. Points will be deducted as you lose points.

Attendance 30 pts [2.5 point for each day.]

Homework 120 pts [42 units @ 2.85 pts. - late homework will not be accepted]

5 Test 250 [50 pts each]

Skills Lab 100 [8x12.5 pts]

500 pts total

CLINICAL ROTATIONS:

There are 4 clinical assignments. The clinical assignment facilities and shifts may be changed according to availability. It is the student's responsibility to call the clinical instructor if they are going to be late or absent. Failure to do so will result in an "F" for that clinical rotation. Emergencies do arise. Please consult with your instructor about the circumstances as soon as possible. Clinical cannot be made-up and the student will need to take an incomplete for the class. RRCC cannot guarantee that the student will be able to finish their incomplete due to missed clinical during future semesters. Make-up is contingent based upon space availability. You will receive a separate grade for the clinical portion of this program. Grade for the clinical portion is assessed by your attendance and performance in the clinical area. The Skills Check List will be used for determination of your grade using observations by the instructor and the CNA preceptor to whom you are assigned.

OTHER: Red Rocks Community College in compliance with federal guidelines is committed to equal educational opportunity by assuring otherwise qualified students with disabilities equal access to RRCC programs and activities that are provided to students without disabilities. An otherwise qualified person with a disability is a student who meets the academic and technical standards required for admission or participation in all educational programs and activities.

Eligibility

To ensure the provision of reasonable and appropriate accommodations and services at Red Rocks, students with disabilities must identify themselves in a timely manner to the Office of Disability Services (ODS), Room 1182, Learning and Resource Center, 303-914-6733., in order to be eligible for the requested accommodation(s). Current and comprehensive documentation must be on file with the office prior to approval of the accommodation. It is strongly encouraged that students self-disclose their disabilities at the beginning of their academic experience because accommodations are not retroactive.

RRCC will provide accommodations for qualified students with disabilities through communication with your instructor via an Accommodation Certificate and your conversation with me. To request accommodations, contact the Office of Disability Services; Director, Jacquie Stanton at your earliest convenience. The Office of Disability Services located in the Learning and Resource Center (LARC) in Room 1185. You may contact Jacquie at 303.914.6731 V/TDD or email jacquelyn.stanton@rrcc.edu

DAY #1

Oct. 21, 2011, Friday 5-9 pm

Hand-outs and Videos

Introduction to class and classmates– Teacher and student expectations from the class. Review materials. Hand out syllabus, blue skills books, and signup sheet for clinical and phone numbers and emails for classmates' roster and include last 4 numbers of SS. Have students sign student conduct and class rules statement. Collect all paperwork: immunization records, CPR cards, physician statement, Drug screenings, and workman's comp sheet. Students are to go to student life desk and have NUA ID made. Copy for file.

Introduction Exercise – Have students interview each other and then introduce that student to the class. (Why are you taking this class? Do you have experience in the medical field? What are your likes and dislikes? What are your goals for education/life?)

HIPAA video and Test --Pass/Fail

OSHA Video and test --Pass/Fail → 2 videos 30” each

BLOODBORNE PATHOGENS → Show video → no test

Lutheran Booklets handed out.

Abuse ppt, and post test.

HOMEWORK: Read Units 1, 2, 12, 13, 14 and 42. Answer multiple-choice questions at the end of the units. Answers must be on paper and will be turned in for credit. [Students do not have to write out questions and answers, just the number and the letter answer, i.e. 1. A]

DAY 2

Oct. 22, 2011, Saturday 8-3 pm

WIZ Quiz – 0830 (Julie called-ok) Please bring a picture ID and \$25.00 cash or check made out to WIZ QUIZ

INFECTION: Chain of infection/Bacteria/Fungi -- Unit 12

Show video-Infection control, hand washing and PPE

INFECTION CONTROL: Show video Unit 13

Hand washing/Standard Precautions/Isolation

ENVIRONMENTAL AND NURSING ASSISTANT SAFETY Unit 14

EMERGENCIES:ROLE OF NUA IN CHOKING, CPR,CODES Unit 42

Review CPR and FBO Calling a Code; ROLE OF NA EMERGENCIES

MI/CVA/Seizures/Head Injuries

COMMUNITY HEALTH CARE ROLE OF N.A. Unit 1

Regulation of Nursing Assistant Practice/OBRA-Scope of Practice/NACEP/Pt. Focused Care/Attitude of NUA in working with patients and families

On the Job: Being a Nursing Assistant [video] Unit 2

Interdisciplinary Health Care teams/ Regulations/ Role and Responsibility/ Evidence-Based Practice/ Assessment/ Lines of Authority/ Organization

Clinical Rotation Sign up sheet passed around.

HANDWASHING & PPE PRACTICE (review 157)

Testing on hand washing --> video

PPE, Applying and Removing: (169 thru 173)

Gowning/ Gloving/Mask Disinfection/Sterilization --> video

Skills:

Skill #1 - Washes Hands Handbook pg. 24
 Skill #8 - Donning and Removing PPE(Gown and Gloves)Handbook pg. 27

HOMEWORK: Read units 3, 4, 11, 15, 16, and 17. Answer multiple choice questions at the end of the chapters. Answers must be on paper and will be turned in for credit.
 Students also need to complete Lutheran paperwork on HIPAA and read Lutheran HIPAA book. Reminder to bring picture ID and Money \$25 for WIZ Quiz!!! [Julie Calvert }
 Read all of Blue Booklet, "Colorado Nurse Aide Candidate Handbook".
 Vocabulary is extremely important!!

DAY #3

Oct. 28, 2011, Friday 5-9 pm

CONSUMER RIGHTS

Unit 3

Resident's Rights pg. 29

Patient's Rights pg. 30

Client's Rights in Home Care pg. 32

ETHICAL & LEGAL ISSUES

Unit 4

Respecting life/respecting the individual/Negligence/false imprisonment/ Abuse/ Theft/
 Assault and battery/Sexual Harassment/Confidentiality and PT. Info.

CULTURAL SENSITIVITY

Unit 11

Race, Ethnicity, Culture

PATIENT SAFETY AND POSITIONING

Unit 15

THE PATIENT'S MOBILITY:TRANSFER SKILLS

Unit 16

THE PATIENT'S MOBILITY: AMBULATION

Unit 17

HOMEWORK: Read Units 7, 8, 9, 10, 18, 19, 20, 21, and answer multiple-choice questions at the end of each chapter. Answers must be on paper and will be turned in for credit.

Study for Test #1. Review Skills # 3, 18, 24

Review Skills # 6, 7, 13, 15 for test

DAY #4

Oct. 29, 2011, Saturday 8-3 pm

Test # 1 Units 1-4, 11-17, 42 and Skills 1, 3, 8, 18, 24

VITAL SIGNS:

TEMPERATURE

Unit 18

Definition/normal values/Abnormal & meaning. Proper procedures: Oral non-mercury/tympanic/auxiliary/temporal/Electronic digital/cleaning & storing/reporting findings

PULSE	Unit 19
Locations: Brachial/apical/carotid/pedal/popliteal/femoral Temporal/radial/Rates and Rhythms/Characteristic Normal Values/Abnormal (refer to handouts)	
RESPIRATION	
Normal Values/Rates and Characteristics/Abnormal Findings and Reporting	
BLOOD PRESSURE	Unit 20
MEASURING HEIGHT AND WEIGHT	Unit 21
Equipment/procedure for applying equipment. Normal values/abnormal findings pulse oximeter/meaning of values/reporting and charting	
COMMUNICATION	Unit 7
Elements of communication/Verbal communication Non-verbal communication/Communication with pts. Hearing Impaired/Special Needs/Communication with families of pts.	
OBSERVATION/REPORTING/BASIC HUMAN NEEDS	Unit 8, 9
<u>COMFORT/PAIN</u>	Unit 10
Role of NUA in alleviating discomfort	
Skill #6 – Counts and Records Radial Pulse	
Skill #7 – Counts and records respirations	
Skill #13 – Measures and records Blood Pressure	
Skill #15 – Measure and Records Weight of Ambulatory Client	
Homework: Read Unit 22, 23, and 25. Answer multiple-choice questions at the end of the chapters. Answers must be written down and handed in for credit. Review Skills # 3, 18, 24,	

DAY #5	
Nov. 4, 2011, Friday, 5-9 pm	
<u>BEDMAKING</u> [2 ppt.s Unit 23 and low bed will be shown]	Unit 23
Closed/open/occupied/surgical	
<u>PATIENT BATHING</u>	
Complete/partial/shower/tub bath/peri care/shampooing	Unit 24
<u>GENERAL COMFORT MEASURES:</u>	Unit 25
Oral care: mouth and dentures/ AM & PM care/back rubs w/ lotion /comfort devices/bedpan & urinal/ bedside commode/dressing/hair care /Cleaning/storing equipment/safety/items w/in reach and to their satisfaction	
Skills:	
Skill #3 – Assist to ambulate using transfer belt	
Skill #18 – Positions client on side	

Skill #24 – Transfers Client from Bed to Wheelchair

Homework: Read Unit 22, 26, 27, 28, 38 and answer multiple choice questions at the end of the chapters. Answers must be written down and handed in for credit. Review Skills #4, 5, 10, 11, 12, 14, 20, 21, 22, 23.

DAY #6

Nov. 5, 2011, Saturday 8-3 p.m.

TEST # 2 - Units 7-10 and 18-21 and Skills #6, 7, 13, 15

Bedpan/urinals/cath care/peri care Units 26, 27

ADMISSION/TRANSFER/DISCHARGE Unit 22

Admission/Transferring/Discharging/reports and charts used

NUTRITION AND FLUIDS Unit 28

Food groups/guide pyramid

Common client diets: NPO/Full Liquid/Clear Liquid/Soft/Mechanical Regular/Low Na/Low Carbohydrates/Low Fat/Diabetic/ Religion and Ethnic Diets/Fluid Balance

Assisting and Feed Pts. Setting up trays/identifying proper meals/feeding

Impaired resident/using proper feeding devices dysphagia/using thickeners/alternative feeding

Measuring & recording Nutrition intake/How to assess/reporting/ Intake and Output

Caring for pts with disorders of the Sensory Organs Unit 38

Skills:

Skill #4 – Assists with use of bedpan

Skill # 5 – Cleans upper or lower denture

Skill #10 – Feeds Client who cannot feed self

Skill #11 – Gives Modified Bed Bath

Skill #12 – Makes an Occupied bed (Client does not need assistance to turn)

Skill #14 - Measures and Records Urinary output

Skill #20 – Provides fingernail care on one hand

Skill #21 – Provides foot care on one foot

Skill #22 – Provides mouth care

Skill #23 - Performs Perineal Care (Peri-Care) for female

Homework: Read units 5, 6, 29 and answer multiple choice questions at the end of the chapters. Answers must be written down and handed in for credit. Review Skills # 2, 9, 16, 17, 19. Study for Test #3.

DAY #7

Nov. 11, 2011, Friday, 5-9 pm

TEST 3: Units 22-28, 38 and Skills# 4-7, 10-15, 20-23

Medical Terminology and Body Organization Unit 5

Classification of Disease Unit 6

WARM & COLD APPLICATIONS:

Understanding of need/cautions in use/equipment

Reporting and charting/role of NUA in assisting RN with applying applications according to scope of practice for NUA

PHYSICAL EXAM:

Role of NUA

SURGICAL PATIENTS: Unit 29

Effects of anesthesia/pain perception & how to identify/before surgery prep/understanding terms

T, C, DB, Dangle, leg exercise used by staff at facility

Post-op care/dressings and drainage

Observation of drainage tubes used by staff:

Hemovac/penrose/Anti-embolism stockings/ACE bandage

Ambulating after surgery

Skills:

Skill #2 - Applies One Knee-High Elastic Stocking

Skill #9 – Dresses client with affected [Weak] right arm

Skill #16 - Performs Passive Range of Motion (PROM) for one knee and one ankle

Skill #17 - Performs Passive Range of Motion (PROM) for one shoulder

Skill #19 – Provides catheter care for female

Homework: Read Units 30, 31, 32, 33, and 34 and answer multiple-choice questions at the end of the chapters. Answers must be written down and handed in for credit. Review Skills. Study for Test #4.

DAY #8

Nov. 12, 2011, Saturday, 8-3 pm

TEST 4: Unit 5, 6, 29, 30, 32 and skills 2, 9, 16, 17, 19

EMOTIONALLY STRESSED Unit 30

Agitation/panic disorder/phobias/depressed/substance

Abuse/maladaptive behavior/NUA role in caring for patients

EFFECTS OF AGING Unit 31

Physical/nutrition/emotional 7 mental/Psychosocial/hygiene

Dementia: Alzheimer's: {video- Living with Grace (Alzheimer's)}

Definition: Role of NUA in care/restorative care/definition/care given

DEATH AND DYING CONTINUED:

TRENDS IN HEALTH CARE

Home health/assessment/observations/time management reporting/liability

CARING FOR BARIATRIC PATIENTS: Unit 32
 Definition/cause/Role of NUA in care/special equipment
 used/complications/skin/elimination/health concerns/treatment

DEATH AND DYING [video - Death and Dying] Unit 33
 Stages of grief/recognizing signs of impending death/Role of NUA in post mortem
 care/assisting family [check off skills competency checklist]

CARE OF ELDERLY AND CHRONICALLY ILL

Types of facilities:

Assisted living/intermediate care/skilled care

NUA IN HOME HEALTH CARE Unit 34

Responsibilities/equipment/infection control in home safety in home/working with
 family/reporting and charting

SUBACUTE CARE

Recognizing normal and abnormal/reporting abnormal findings/special equipment
 used/responsibilities and limitations of NUA/reporting and Charting/surgical

ALTERNATIVE CARE

CAM therapies/holistic care/role of religion in care/role of NUA and actions to take

Skills Testing #1

Homework: Read Units 35 and 36 and answer multiple-choice questions at the end of the
 chapters. Answers must be written down and handed in for credit. Review Skills.

DAY #9

Nov. 18, 2011, Friday, 5-9pm

BODY SYSTEMS –

Integumentary System: [2 videos-->skin and Pressure Ulcer] Unit 35

Brief review of anatomy and physiology complications

Special care/equipment used in care of pressure ulcers

Observation and daily skin care/reporting any changes in skin appearance

Respiratory System: Unit 36

Brief knowledge of anatomy and physiology/knowledge of O2 equipment/conditions that
 occur/complications of respiratory conditions/equipment used/Role of NUA in Care and
 reporting of any untoward findings

Cardiac System: Unit 36

Brief review of anatomy and physiology/conditions that occur/Role of NUA in caring for
 cardiac patients

Practice skills for Skills testing

Homework: Review for Skills Testing #2 and 3.

DAY #10

Nov. 19, 2011, Saturday, 8-3 pm

Skills Testing #2
Skills Testing #3

Homework: Read Units 37 and 39 and answer multiple-choice questions at the end of the chapters. Answers must be written down and handed in for credit. Review Skills as needed.

Nov. 25th and 26th, 2011, Friday and Saturday, THANKSGIVING BREAK-no class

DAY #11

Dec. 2, 2011, Friday, 5-9 pm

Musculoskeletal System: [video: by same name] Unit 37

Brief review of anatomy and physiology/conditions that occur
role of NUA in caring for patients/recognizing signs & Recognizing signs &
symptoms/Reporting any untoward findings symptoms/reporting
of any untoward findings/special equipment used and precautions

Endocrine System: Unit 39

Review of anatomy and physiology/disorders of endocrine system/understanding
diabetes/role of NUA in caring for Diabetic pts./understanding of equipment used in testing
for diabetics by trained staff/treatments used to treat complications of diabetic pt./reporting
of untoward findings/special observation of skin and feet

Nervous Systems: Unit 37

Review of anatomy and physiology/conditions that occur/role of NUA in care of patients
with nervous system disorders

Gastrointestinal System:

Review of anatomy and physiology/conditions that occur
Role of NUA in care for bowel training/collecting specimens

Practice skills for Skills testing

Homework: Read Units 40 and 41 and answer multiple-choice questions at the end of the chapters. Answers must be written down and handed in for credit. Review Skills as needed.

DAY #12

Dec. 3, 2011, Saturday 8-3 pm

Urinary System:

Review of Anatomy and Physiology/conditions that occur/Equipment used/role of NUA in
caring for Pts for bladder training/reporting any untoward findings

Collecting specimens

Reproductive System: Unit 40

Obstetric and neonates/review of anatomy and physiology/conditions that occur/role of NUA
in care of patients/pediatric pts. Developmental tasks/taking vital signs/normal and abnormal
values/feeding/specimen collection/safety/helping families

PT WITH CANCER

Physical needs/emotional needs/signs & symptoms

Treatments/role of NUA in care

REHAB & RESTORATIVE CARE

Unit 41

Objectives:

interdisciplinary team/assisting in the training for the pt/resident to attain self-care as much as possible to the level of their capabilities/assisting in their program for maintaining their highest level of function and independence/role of NUA in daily care/understands need for and care of adaptive devices such as prosthetic and orthotic/assists in bowel and/or bladder training the pt/resident may need/complication occurring

SPECIAL ADVANCED PROCEDURES

Understanding of what is a sterile field/colostomy care/airway care

Role of NUA in care/resume writing/interviewing/Proper attire/accepting & keeping positions/background checks and drug testing/Suzanne Sullivan

Pearson Vue Application for State Testing is due with Money Order OR Certified check {no personal check!} for \$95. [If application is not complete and right check not presented at this time, Application will be returned to student and student will have to mail in application, affidavit of taking the class and \$95 to Pearson Vue and set up time to do testing.]

Skills Testing #4, #5

Homework: Study for Test #5. Review Skills.

DAY #13

Dec. 9, 2011, Friday, 5-9 pm

FINAL TEST [#5]: UNITS 31, 33-37, 39-41

Skills Testing #6

Homework: Review Skills.

DAY #14 → LAST DAY of classes!

Dec. 10, 2011, Saturday, 8-3 pm

Skills Testing #7, #8,

Evaluations: Class and Clinical

Graduation!!!

Clinical Rotations: [LMC = Lutheran Medical Center. CLH = Colorado Lutheran Home]

11/19/11 – Saturday – Evening only – LMC

11/20/11 – Sunday – Day and Evening – CLH

11/27/11 – Sunday – Day and Evening - CLH

12/3/11 – Saturday – Evening only – LMC

12/4/11 – Sunday – Day and Evening – LMC

12/11/11 – Sunday – Day and Evening – LMC

12/18/11 – Sunday – Day and Evening - LMC

[instructor will call 5 days before clinical the site to remind them that we are coming.]