

Course Outline for: NURS 1057 Nursing Assistant**A. Course Description:**

1. Number of credits: 4
2. Lecture hours per week: 2
Lab hours per week: 2
Clinical hours per week: 3
Prerequisites: None
3. Corequisites: None
4. MnTC Goals: None

The Minnesota State Nursing Assistant curriculum is the approved preparation for nursing assistants. Students are introduced to the basic nursing skills and concepts necessary to become a certified nursing assistant and work in a health care setting under the direct supervision of a licensed nurse. Students learn how to measure vital signs and assist individuals with physical needs such as personal hygiene, elimination, mobility, exercise, and nutrition. Students also learn about emotional, spiritual, and psychosocial needs, and receive basic training in behavior management. Students participate online and on campus in lecture and by practicing in the lab. Students apply what they have learned in class to care for residents in a long-term care facility during 16 hours of clinical participation at the end of the course. Attendance is mandatory per Department of Health regulations. Students successfully completing this course are ready to take the Headmaster LLP Nursing Assistant Competency Test. After passing this test, students can be placed on the Minnesota Department of Health Nursing Assistant Registry.

B. Date last reviewed/updated: March 2024**C. Outline of Major Content Areas:**

Introduction to:

1. Healthcare
2. Basic human needs
3. Body systems and their common diseases
4. Aging process
5. Communication
6. Safe and clean environment
7. Infection control
8. Vital Signs
9. Activities of Daily Living
10. Activity and Exercise
11. Food and Fluid
12. Elimination
13. Caring for patients with special needs
14. Orientation to the workplace

D. Course Learning Outcomes:

Upon successful completion of the course, the student will be able to:

1. Describe Federal and State Regulations Related to the Nurse Aide and Employment
2. Requirements and Expectations
3. List Personal Qualifications for Being a Nurse Aide
4. Describe the Qualities of a Professional and Discuss How a Nurse Aide Can Display
5. Professionalism on the Job
6. Incorporate Personal Values with Ethics and Etiquette
7. Describe the Nursing Home Resident's Bill of Rights
8. Describe Abuse and Neglect
9. Discuss Legal Implications for the Nurse Aide
10. Describe the Patient Self-Determination Act
11. Compare Task-Oriented Care with Person-Centered Care
12. Describe the basic physical, emotional, and spiritual needs of the resident
13. Describe the common characteristics of growth and development
14. Identify developmental tasks associated with aging
15. Introduction to Body Systems and the Aging Process
16. Describe Communication and Components of Verbal and Non-Verbal Communication
17. Describe Effective Communication and cultural considerations
18. Discuss Communication with Families
19. Identify Components of the Care Plan
20. How the Nurse Aide Contributes to and Uses the Care Plan
21. Describe Incidents and the Nurse Aide's Responsibilities When Incidents Occur
22. Discuss Documentation in the Medical Record / Chart
23. Describe Safety of the Resident
24. Identify Actions Related to Resident Safety
25. Discuss Regulations and Safety Related to Restraints
26. Identify Facility Emergencies That Require Action
27. Identify Resident Related Emergencies That Require Action
28. Describe principles of body mechanics
29. Discuss General Infection Control Practices and Define Chain of Infection
30. Describe Standard Precautions and Transmission Based Precautions
31. Identify Common Pathogens
32. Identify Vital Signs and Nurse Aide Responsibilities
33. Identify Methods and Discuss NA's Responsibilities when Obtaining Height and Weight
34. Discuss Considerations Regarding Pain
35. Identify Effective Methods of Providing Oxygen to Residents
36. Describe Activities of Daily Living (ADL's).
37. Discuss the Importance of Skin care and Providing Personal Cares for the Resident
38. Describe Prevention and Care of Pressure Injuries
39. Discuss importance of Support/Anti-Embolism/Elastic Stockings
40. Discuss the Benefits of Exercise and the Importance of Range of Motion Exercises
41. Compare Rehabilitation with Restorative Nursing Care
42. Discuss the Effects of Immobility
43. Discuss Body Alignment and Positioning

44. Discuss Guidelines and Considerations When Moving, Transferring, and Lifting Residents
45. Discuss Nutrition and Alternative Nutrition
46. Describe Factors Which Affect the Nutritional Needs of the Resident
47. Identify Types of Diets and the Importance of Fluid Balance
48. Discuss Dietary Considerations Related to Cultural/Religious Diversity
49. Discuss Elimination and Factors Which Interfere with Elimination
50. Describe Bowel and Bladder Management Plans
51. Discuss the Importance of Proper Urinary Catheter Care and Stoma Care
52. Discuss Behavioral Health/Mental Health
53. Compare Coping Strategies with Defense Mechanisms
54. Discuss Individuals Who are Developmentally Disabled
55. Discuss Cognitive Impairment, Dementia, and Alzheimer's Disease
56. Describe Strategies when Caring for residents with Dementia/Alzheimer's Disease
57. Discuss Emotional and Behavioral Changes Related to Dementia and Positive Approaches
58. Discuss Death and Dying and the Grieving Process
59. Identify the purpose of the supervised practical training experience
60. Describe the employee's rights and responsibilities in the workplace
61. Discuss the importance of developing personal organizational skills
62. Discuss personal wellness for the nursing assistant

E. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Written exams
2. Demonstration of skills in lab

F. Special Information:

1. Student must be able to lift at least 50 pounds
2. Student must pass a MN Department of Human Service background check prior to participating in clinical
3. Student must have negative TB test prior to clinical
4. Student must be vaccinated against Rubella and Rubeola (MMR) or have a titer showing immunity
5. Indicate Covid-19 vaccination status
6. Students must pass the theory portion of class to attend clinical