

NAST 1100 - Nurse Aide Fundamentals (version 202112L)

Course Title	Course Development	Learning Support
Nurse Aide Fundamentals	Standard	No

Course Description

Introduces student to the role and responsibilities of the Nurse Aide. Emphasis is placed on understanding and developing critical thinking skills, as well as demonstrating knowledge of the location and function of human body systems and common disease processes; responding to and reporting changes in a residents /patients condition, nutrition, vital signs; nutrition and diet therapy; disease processes; vital signs; observing, reporting and documenting changes in a residents condition; emergency concerns; ethics and legal issues and governmental agencies that influence the care of the elderly in long term care settings; mental health and psychosocial well-being of the elderly; use and care of mechanical devices and equipment; communication and interpersonal skills and skills competency based on federal guidelines. Specific topics include: roles and responsibilities of the Nurse Aide; communication and interpersonal skills; topography, structure, and function of the body systems; injury prevention and emergency preparedness; residents rights; basic patient care skills; personal care skills; and restorative care.

Pre-requisites

Pre-requisites: All Required

Program Admission

Regstr. Co-requisites

Regstr. Co-requisites: None

True Co-requisites

True Co-requisites: None

Course Length

	Lecture Contact Time	Regular Lab Type	Reg. Lab Contact Time	Other Lab Type	Oth. Lab Contact Time	Total Contact Hrs
Contact Hours Per Week	4 hrs	Lab	2 hrs	Clinical	3 hrs	9 hrs
Contact Min/Hrs Per Semester	3000 min		1500 min		2250 min	135 hrs
	Lecture Credit Hours		Lab Credit Hours		Total Credit hours	WLU
Semester Credit Hours		4		2	6	217.5

Competencies & Outcomes

Order Description

1 Role and Responsibility of the Nurse Aide

Order	Description	Learning Domain	Level of Learning
1	Discuss communication and interpersonal skills including stress management and chain of command.	Cognitive	Comprehension
2	Discuss infection control.	Cognitive	Comprehension
3	Discuss standard & transmission based precautions.	Cognitive	Comprehension
4	Demonstrate donning and doffing of PPE, and safety measures.	Cognitive	Application
5	Discuss safety/emergency/FBAO/Body Mechanics.	Cognitive	Comprehension

6	Discuss promoting residents' independence.	Cognitive	Comprehension
7	Discuss respecting residents' rights.	Cognitive	Comprehension
8	Discuss legal/ethical behavior and scope of practice.	Cognitive	Comprehension
9	Discuss the role of the nurse aide.	Cognitive	Comprehension
10	Discuss the scope of practice of the nurse aide.	Cognitive	Comprehension

2 Basic Nursing Skills

Order	Description	Learning Domain	Level of Learning
1	Review documentation and care plans and the Nurse Aide role and responsibility.	Cognitive	Comprehension
2	Perform and record vital signs & vital sign parameters.	Psychomotor	Guided Response
3	Perform measuring & recoding height and weight.	Psychomotor	Guided Response
4	Discuss and demonstrate the caring of the residents' environment.	Cognitive	Application
5	Recognizing abnormal changes in body function and the importance of reporting such changes to a supervisor, a. Shortness of breath b. Rapid respiration c. Fever d. Coughs e. Chills f. Pains in chest g. Blue color to lips h. Pain in abdomen i. Nausea j. Vomiting k. Drowsiness l. Excessive thirst m. Sweating n. Pus o. Blood or sediment in urine p. Difficulty urinating q. Frequent urination in small amounts r. Pain or burning on urination s. Urine has dark color or strong odor t. Behavioral change u. Talks or communicates less v. Physical appearance/mental health changes w. Participated less in activities or refused to attend x. Eating less y. Drinking less z. Weight change aa. Appears more agitated/nervous bb. Appears tired, weak, confused or drowsy cc. Change in skin color or condition dd. Requires more assistance with dressing, toileting, transfers	Cognitive	Analysis
6	Recognize the signs & symptoms of pain.	Cognitive	Analysis
7	Report pain to supervisor.	Cognitive	Comprehension
8	Discuss the care of a resident when death is imminent and post-mortem care.	Cognitive	Comprehension

3 Personal Care Skills, including but not limited to

Order	Description	Learning	Level of
-------	-------------	----------	----------

		Domain	Learning
1	Demonstrate the following personal care skills and achieve proficiency, a. Bathing (to include observation for pressure ulcers) b. Grooming, including mouth care, c. Dressing d. Toileting including incontinence care for female and males (to include the basic care and observation of ostomy) e. Assisting with eating and hydration f. Proper feeding techniques g. Skin-care to include observation for pressure ulcers and skin tears h. Transfers, positioning and turning (to include observation for pressure ulcers)	Psychomotor	Guided Response
2	Review specimen collection process.	Cognitive	Comprehension
3	Demonstrate proficiency in the oral care for the conscious & unconscious resident.	Psychomotor	Guided Response
4	Demonstrate proficiency in the denture care.	Psychomotor	Guided Response

4 **Mental Health and Social Service Needs**

Order	Description	Learning Domain	Level of Learning
1	Demonstrate the ability to recognize and respond to changes in resident's behavior including depression & anxiety.	Cognitive	Application
2	Discuss the response to changes in a resident behavior.	Cognitive	Comprehension
3	Discuss the awareness of development tasks associates with the aging process.	Cognitive	Comprehension
4	Discus the importance of resident's independence and allowing personal choices.	Cognitive	Comprehension
5	Discuss the importance of redirecting behaviors consistent with the resident's dignity.	Cognitive	Knowledge
6	Utilize the resident's family as a source of emotional support.	Cognitive	Application
7	Recognizing emotional and mental health needs of the residents.	Cognitive	Analysis
8	Discuss the importance of respecting spiritual and cultural needs of the residents.	Cognitive	Comprehension

5 **Care of Cognitively Impaired Residents**

Order	Description	Learning Domain	Level of Learning
1	Analyzing techniques for addressing the unique needs and behaviors of individuals with Dementia (Alzheimer's and others).	Cognitive	Analysis
2	Identify communication techniques when dealing with cognitively impaired residents.	Cognitive	Knowledge
3	Understand the behavior of cognitively impaired residents.	Cognitive	Comprehension
4	Explain the appropriate responses to the behavior of cognitively impaired residents.	Cognitive	Comprehension
5	Identify the methods of reducing the effects of cognitive impairments.	Cognitive	Knowledge

6 **Basic Restorative Services**

Order	Description	Learning Domain	Level of Learning
1	Demonstrate skills, which incorporate principles of restorative nursing, including: a. Training the resident in self-care according to the resident's abilities b. Ambulation with/without a gait belt c. The use of assistive devices in transferring, ambulation, eating and dressing d. Maintenance of range of motion e. Proper turning and positioning in bed and chair f. Bowel and bladder training g. Care and use of prosthetic/orthotic devices and eyeglasses	Psychomotor	Guided Response
2	Define the barriers to communicating with hearing and visually impaired, a. Discuss care of hearing & visual aids	Cognitive	Knowledge
3	Discuss and review safe use of various medical equipment.	Cognitive	Comprehension

7 **Residents Rights**

Order	Description	Learning Domain	Level of Learning
1	Demonstrate behavior which maintains residents' right, including but not limited to: a. Providing privacy and maintenance of confidentiality b. Promoting the residents' right to make personal choices to accommodate their needs c. Giving assistance in resolving grievances and disputes (to include the role of the ombudsman) d. Providing needed assistance in getting to and participating in resident and family groups and other activities e. Maintaining care and security of resident's personal possessions f. Providing care which maintains the resident free from abuse, mistreatment and neglect and reporting any instances of such treatment to appropriate facility staff; (Recognizing and reporting signs of misappropriation of funds) g. Avoiding the need for restraints in accordance with current professional standard (Review of restraint use and guidelines)	Psychomotor	Guided Response

8 **Federal & State Guidelines of Skills Check-off Checklist**

Order	Description	Learning Domain	Level of Learning
1	Utilizing the federal & state guidelines core curriculum required skills checklist, the instructor must ensure students display comprehension of required skills within the following areas, A. Infection Control B. Safety & Emergency C. Position, Turning & Transfer D. Vital Signs E. Resident's Environment F. Role of the Nurse Aide G. Resident's Grooming & Personal Care with observation of Pressure Ulcers H. Resident's Meal Time & Hydration I. Bowel & Bladder Care & Training J. Care and Use of Orthotic, Prosthetic & Assistive Devices K. Restraint Use & Guidelines L. Post Mortem Care M. Residents Right's Confidentiality & Privacy N. Observation & Reporting 1. Beginning Procedure 2. Ending Procedure	Cognitive	Comprehension