



MASTER COURSE OUTLINE

A. HCNA 1200 Nursing Assistant Home Health Aide

B. COURSE DESCRIPTION:

Riverland Community College is an approved Nursing Assistant training program through the Minnesota Department of Health. This 4 credit course provides students with the theory and laboratory experience to meet state and federal criteria for employment as a nursing assistant in various healthcare settings. Completion of this course enables the student to take the Nurse Aide Competency Evaluation. After successfully completing the competency evaluation, the student will be placed on the Minnesota Nursing Assistant Registry. This course emphasizes the role of the nursing assistant and home health aide as a valuable member of any health care team. This course introduces concepts of basic human needs, acquaints students with the philosophy of home health and teaches basic nursing skills that will be demonstrated and practiced in the laboratory setting. This course focuses on personal care, nutrition/feeding, elimination, clean and safe environment, communication, vital signs, body mechanics, death and dying, and principles related to various healthcare settings including acute care, long term care or home health care. This course meets application requirements for the Riverland Community College nursing program.

(4 cr – 2 lect, 2 lab,)

C. **Core Theme: Critical Thinking

D. MAJOR CONTENT AREAS :

- Introduction to healthcare, and federal and state regulations
- Resident's bill of rights, Vulnerable Adult Law and Patient Self Determination Act
- Basic human needs and Maslow's hierarchy of needs
- Respecting cultural diversity and individuality
- Patient-centered communication, teaching/learning, informatics
- Safe and clean environment, infection control, and standard precautions relating to infectious diseases
- Vital signs through the life span and how to properly obtain and document findings. Clinical manifestations/rationales that present with altered vital signs.
- Personal care and activities of daily living.
- Pressure ulcer prevention, identification, and care
- Activity and exercise related to health. Principles of rehabilitation and restorative care utilizing proper body alignment and body mechanics
- Foods and fluids and factors that affect the resident. Various types of diets and dietary considerations related to culture/religion

- Elimination and factors that interfere with elimination. Bowel and bladder programs and proper catheter care
- Caring for residents with physical and behavioral special needs.
- Death, dying, post mortem care and cultural and religious beliefs that influence care
- Orientation to work environment including legal aspects and employee rights and responsibilities

E. GOAL, TYPE, OBJECTIVES AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u> Students will be able to:	<u>OUTCOMES</u> The student will successfully:
<u>**Critical Thinking</u>	Gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. Utilize course materials and apply them to develop a plan for patient care and principles of growth and development, health promotion, and life span issues during supervised practical training dates in the laboratory.
<u>CS</u>	Describe the role and responsibility of the nursing assistant/home health aide.	1. Apply the role as a nursing assistant appropriately within the scope of practice during activities during supervised practical training dates in the laboratory.
<u>CS</u>	Identify the Bill of Rights and Vulnerable Adult Law.	1. Describe the significance of the patient Bill of Rights.
<u>CS</u>	Understand safety practices and care of residents in emergency situations.	1. Describe the necessary steps to take in the event of a fire utilizing the RACE acronym.
<u>CS</u>	Describe communication – verbal, non-verbal, written and informatics.	1. Utilize effective inter-professional communication techniques in the classroom and laboratory setting with peers and faculty. 2. Demonstrate proper documentation in the laboratory setting-
<u>CS</u>	Describe basic human needs/ physical and psychological.	1. Identify Maslow’s hierarchy of needs to establish appropriate levels for patients during simulations in the laboratory setting and with case studies. 2. Describe aspects of each tier in Maslow’s hierarchy of needs and how to ensure client’s needs will be met when advancing to the professional workforce.
<u>CS</u>	Identify coping mechanisms with grief and loss.	1. Reflect on appropriate coping mechanisms and describe the stages of grief.
<u>CS</u>	Describe proper nutrition and special diets. Describe normal elimination and factors which interfere with normal elimination.	1. Apply the ability to ensure the client has an appropriate diet/meal tray according to their care plan. 2. Identify concerns with altered elimination during supervised practical training dates in the

		laboratory. 3. In small teams complete the class activity identifying appropriate foods encompassed in various diets and how to best care for patients meeting nutritional needs. 4. Complete case study identifying disease states and pharmacological interventions that affect elimination patters.
<u>CS</u>	Describe principles of behavior management.	1. Explain de-escalation methods and identify safety protocols to protect the resident and yourself regarding behavioral management.
<u>CS</u>	Demonstrate knowledge of vital signs.	1. Apply knowledge and accurately obtain vital signs on peers in the laboratory.
<u>CS</u>	Demonstrate personal skills on the mannequins and peers in the laboratory setting to ensure competency before advancing in the workplace.	1. Apply proper steps for perineal care when completing cares. 2. Demonstrate knowledge of mouth care, bathing, and personal hygiene skills during supervised practical training dates.

F. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact their instructor or the Student Success Center at the beginning of the class. Special program needs include a Riverland name tag, watch with a second hand, and scrubs. Students enrolled in this course must be able to provide their own transportation to class and testing locations.

G. COURSE CODING INFORMATION:

Course Code J/Class Maximum 20; Letter Grade

Revision date: 02/24/2019 ; 11/16/2021
 AASC Approval date: 03/26/2019 ; 12/14/2021

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3

Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

***The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.