

Nurse Aide for Health Care (NURA 1301)



Credit: 3 semester credit hours (2 hours lecture, 2 hours lab)

Co-requisite: NURA 1260

Course Description

Knowledge, skills, and abilities essential to provide basic care to residents of long-term care facilities. Topics include resident's rights, communication, safety, observation, reporting and assisting residents in maintaining basic comfort and safety. Emphasis on effective interaction with members of the health care team.

Required Textbook and Materials

1. *Hartman's Nursing Assisting, A Foundation in Caregiving* by Diana L. Dugan, RN 4th edition. Hartman Publishing Company
 - a. ISBN number is 978-1-60425-061-9
2. A package of #882 Scantrons and #2 pencils.

Course Objectives

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

1. Discuss basic care of residents in a long-term care facility.
2. Communicate and interact effectively with residents and their families based on sensitivity to psychosocial needs.
3. Discuss the rights of the residents.
4. Discuss the safety and the preventive measures in the care of the residents.
5. Demonstrate skills in observing and reporting.
6. Function effectively as a member of the health care team.

Course Outline

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| <p>A. Introduction to Long Term Care (LTC)</p> <ol style="list-style-type: none">1. Understanding Healthcare Settings<ol style="list-style-type: none">a. Structure of the Healthcare Settingb. Long Term Care Facilitiesc. Residents of the LTC Facilitiesd. Policies and Procedurese. Culture Change and Person-Directed Care | <ol style="list-style-type: none">2. The Nursing Assistant, Care Team, Caring for Yourself and Career<ol style="list-style-type: none">a. Nursing Assistant's Role in LTCb. Professionalismc. Chain of Command and Scope of Practiced. Resident Care Plane. Nursing Processf. Five Rights of Delegationg. Time Managementh. Careers and How to Find a Jobi. Conflict Resolutionj. Certification and State Registry |
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- k. Continuing Education Requirements
- l. Managing Stress
- 3. Legal and Ethical Issues
 - a. Law and Ethics
 - b. OBRA
 - c. Residents Rights
 - d. Abuse and Neglect
 - e. HIPPA
 - f. Advance Directives
- 4. Communication and Cultural Diversity
 - a. Verbal and Nonverbal Communication
 - b. Barriers to Communication
 - c. Communication and Culture
 - d. Objective and Subjective Information
 - e. Accurate Observation and Reporting
 - f. Medical Terminology
 - g. Documentation
 - h. Incident Reporting and Recording
 - i. Telephone Communication
 - j. Use of Technology
 - k. Resident Call System
 - l. Communicating with Special Need Residents
- 5. Preventing Infection
 - a. Infection Prevention
 - b. Those at Risk for Infection
 - c. Standard Precautions
 - d. Hand Hygiene
 - e. PPE
 - f. Transmission Based Precautions
 - g. Bloodborne Pathogens
 - h. Tuberculosis, MRSA, VRE, and C. Difficile
- 6. Safety, Body Mechanics and Emergency Care
 - a. Those at Risk for Accidents
 - b. Oxygen Use
 - c. MSDS
 - d. Restraints and Restraint Alternatives
 - e. Body Mechanics
 - f. Fire Safety
 - g. How to Recognize and Respond to Medical Emergencies

- h. First Aide Procedures
- i. Disasters
- B. Personal Care Skills
 - 1. Communicable Disease and Infection Control
 - 2. Bloodborne and Airborne Pathogens
 - 3. Workplace Safety
 - 4. Patient Safety and Restraint Alternatives
 - 5. Positioning, Lifting, and Transferring Residents
- C.
 - 1. The Patient or Resident Environment
 - 2. Admissions, Transfers, and Discharges
 - 3. Bedmaking
 - 4. Vital Signs, Height, and Weight
 - 5. Comfort and Rest
 - 6. Cleanliness and Hygiene
 - 7. Grooming
 - 8. Basic Nutrition
 - 9. Assisting with Urinary and Bowel Elimination
- D.
 - 1. Caring for People who are Terminally Ill
 - 2. Caring for People who are Dying
- E.
 - 1. Basic Body Structure and Function
 - 2. The Integumentary System
 - 3. The Musculoskeletal System
 - 4. The Respiratory System
 - 5. The Cardiovascular System
 - 6. The Nervous System
 - 7. The Sensory System
 - 8. The Endocrine System
 - 9. The Digestive System
 - 10. The Urinary System
- F.
 - 1. Caring for People with Rehabilitation Needs

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2. Caring for People with Mental Illness
3. Caring for People with Dementia
4. Caring for people with Cancer
5. Caring for People with HIV/AIDS

Grade Scale

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
0 – 59	F

NURA 1301 and NURA 1260 are co-requisites, and must be taken together. A letter grade of D or F, in either course, constitutes a failing grade. If the student receives a failing final grade in either section, he/she is required to repeat both sections.

Course Evaluation

Final grades will be calculated according to the following criteria:

1. 4-5 Unit Exams, Medical Terminology Exam 25%
2. Lab Skills Checkoff Sheets 25%
3. Course Assignments 25%
4. Comprehensive Final Exam 25%

Course Requirements

1. Homework assignments, poster projects, quizzes, case studies, reading assignments
2. Unit Exams and Final Exam
3. Lab participation and successful mastery of required skills based on the Texas Nurse Aide Performance Record
4. Compliance with classroom, lab and attendance policies
5. Completion of criminal background check free of offenses listed in the Texas Health and Safety Code 250.006 that would exclude the student from being eligible to take the class or attend the clinical site
6. If the student fails to complete the clinical requirements of NURA 1260, a grade of F will be given.

Course Policies

1. No food, drinks, or use of tobacco products in class.

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2. beepers, telephones, headphones, and any other electronic devices must be turned off while in class.
3. Do not bring children to class.
4. No late assignments will be accepted.
5. Tests. Students that miss a test are not allowed to make up the test. Students that miss a test will receive a grade of '0'.
6. Attendance Policy. Two absences are allowed. If a student is tardy to class or departs early three (3) times, it will be equal to one (1) absence. Each absence beyond two absences will result in a 5 point deduction from your final grade.
7. If you wish to drop a course, the student is responsible for initiating and completing the drop process. If you stop coming to class and fail to drop the course, you will earn an 'F' in the course.
8. Additional class policies as defined by the individual course instructor.

Examination Policies

1. All exams will be on the dates specified unless the instructor makes a change.
2. In case of an absence on exam day, the exam must be completed on the day the student returns to class or a grade of zero will be given for that exam. **All make up exams will have a ten point penalty deducted for the first make up test, a 20 point deduction for the second make up test, a 30 point deduction for the third, 40 points deducted for the fourth, and a 50 point deduction for the fifth exam missed and made up. There will be NO make up for the Final Exam!!!**
3. During exams, all personal property of the student must be on the floor.
4. No cell phones or other electronic devices are permitted to be used during an exam.
5. All changed answers must be erased completely.
6. Students must read and abide by the Academic Dishonesty Policy in the LIT Catalog and LIT Student Handbook.

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7. Cheating will result in an automatic zero and the student will report to the Department Chair.

8. Once the student has started an exam, he/she will not be permitted to leave the room and re-enter. At the time of leaving the room the test must be turned into the instructor to be graded as completed.

Disabilities Statement

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the office in Student Services, Cecil Beeson Building.

Course Schedule

Week of	Topic	Reference
Week 1	Orientation, The Health Care System, The Nursing Assistant, The Long Term Care Facility (LTC), Common Needs We all Share	Ch. 1,2,5
Week 2	Legal and Ethical Issues, Communication Skills, Those We Care For, Resident's Rights	Ch. 2-4,
Week 3	Unit 1 Exam, Communicable Disease and Infection Control, Bloodborne and Airborne Pathogens, Workplace Safety, Patient Safety and Restraint Alternatives, Basic First Aid and Emergency, Lab	Ch. 6&8
Week 4	Unit 2 Exam, Positioning, Lifting, Transferring Patients and Residents, The Patient or Resident Environment, Admissions, Transfers, and Discharges, Bedmaking, Cleanliness and Hygiene, Grooming, Making the Bed (Occupied and Unoccupied), Lab	Ch. 9-12
Week 5	Unit 3 Exam, Basic Nutrition, Assisting with Urinary and Bowel Elimination, The Integumentary System, Vital Signs, Height and Weight, Lab	Ch. 13,14,15,16,18

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Week 6	Vital Signs, Height and Weight, Comfort and Rest, Caring for People who are Terminally Ill, Caring for People who are Dying, Caring for People with Rehabilitation Needs, Lab	Ch. 13,25,27
Week 7	Caring for People with Mental Illness Caring for People with Dementia Lab	Ch. 22
Week 8	Unit 4 Exam, The Musculoskeletal System, The Respiratory System	Ch. 20-21
Week 9	The Cardiovascular System, Lab	Ch. 19
Week 10	The Nervous System, Lab	Ch. 22
Week 11	The Endocrine System, Lab	Ch. 23
Week 12	Medical Terminology and Abbreviation Exam Lab	
Week 13	Poster Projects, Lab	
Week 14	Healthcare Skits, Lab	
Week 15	Mock Certification Lab, Complete NACES applications NNAAP Practice Written Exam, Lab	
Week 16	*Final Exam*	

**Lab Skills check off will be done after demo/practice in the lab.
Case studies, web searches, poster projects, homework and quiz dates
TBA.**

***Course schedule subject to change. Additional assignments may be given during the course and some quizzes may be unannounced or “pop quizzes”.**

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Contact Information:

Instructor: Mrs. Rekeisha Ross-Stewart, RN
Office: Office 217, MPC
Telephone: (409) 839-2008
E-mail: rnrossstewart@lit.edu
Office Hours: By Appointment Only