

NRS 102: HOME HEALTH AIDE

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2020
Credits:	1
Total Contact Hours:	40
Lecture Hours :	20
Lab Hours:	20
Hours Arranged:	0
Outside of Class Hours:	40
Prerequisite:	Proof of original, current, active CNA certificate issued by the California Department of Public Health and Services, and Health Sciences Department approval.
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

Prepares an active Certified Nursing Assistant (CNA) to provide safe and appropriate health care services to clients in a home or assisted living environment. 20 lecture hours, 20 lab hours.

Course Objectives

- Provide safe personal care services within the scope of a CNA's practice to clients in a home care setting.
- Recognize and deliver the necessary dietary and fluid requirements to a diverse population of health care consumers in a home setting.
- Develop strategies to maintain a clean, safe and healthy environment for the home care client.
- Identify community resources available to meet the needs of various home care clients.
- Communicate with clients, their family members and other home health care team members using appropriate medical terminology.

Major Course Content

1. **Introduction to Aide and Agency Roles**
 - a. Terminology
 - b. Federal and State regulations governing home health aides
 - c. Purpose and goals of home health care
 - d. Members of the home health care team
 - e. Common observations and documentation to be completed by the HHA
 - f. Key steps involved and methods used in the communication process
 - g. Key steps to accommodate communication with clients with common disorders
 - h. Access to community agencies to meet client needs
2. **Interpretation of Medical and Social Needs of Clients**
 - a. Terminology
 - b. Physical and emotional needs in each age group of the life span
 - c. Maintaining client and family rights and privacy

- d. Maslow's hierarchy of needs
- e. The effects of culture, lifestyle and life experiences
- f. Common reactions to illness/disability
- g. Basic body functions and changes to report
- h. Common emotional and spiritual needs of terminally ill clients
- i. Organizational and time management techniques

3. Personal Care Services

- a. Terminology
- b. Steps and guidelines for common personal care skills
- c. Improvising and adapting equipment in the home
- d. Personal care delivery
- e. Benefits of self care in promoting wellness
- f. Principles of body mechanics and how to adapt in the home
- g. Ambulation, positioning, passive and active range of motion (ROM) exercises
- h. Risk factors for skin breakdown and methods of prevention
- i. Type of ostomies and their care
- j. Emergencies
- k. Chain of infection, infection control measures
- l. Assisting client to self-administer medications

4. Nutrition and Fluid Balance

- a. Terminology
- b. Principles of nutrition
- c. Potential nutritional problems
- d. Therapeutic diets
- e. Safe food handling and storage
- f. Adaptations necessary for feeding
- g. Fluid Balance and Intake and Output (I & O)
- h. Community resources for meeting nutritional needs

5. Cleaning and Care Tasks

- a. Terminology
- b. HHA's role in maintaining a clean, safe environment
- c. Appropriate procedures, equipment and supplies for household tasks
- d. Washing and drying dishes
- e. Laundering household and personal items
- f. Guidelines for organizing household tasks

Lab Content

Lab content is provided in a long-term care facility, hospice, home health agency, acute care hospital, or an assisted living facility under the direct supervision / guidance of a CDPHS approved Registered Nurse.

1. Review CNA Skills and Procedures (14)
2. Personal Care Services (15)
3. Nutrition and Fluid Balance (3)
4. Cleaning and Care Tasks (2)

Examples of Required Writing Assignments

Students will prepare and write answers to the discussion questions located in their textbook.

Students will analyze a hypothetical case study and submit their responses in a 2 page written report.

Examples of Outside Assignments

Students are required to formulate a 5 day menu covering a specific therapeutic diet. In addition, the student must provide grocery receipts for all items listed on the 5 day menu plan.

Instruction Type(s)

Lecture, Lab