



## AHNA 1000

**Division:** Career and Technical Education

**Department:** Allied Health

**Course:** AHNA 1000

**Title:** Nursing Assistant

**Catalog Description:**

The focus of this course is on basic nursing care skills that prepare students for employment as a nurse assistant in a variety of settings. The course combines lecture, skill lab, and clinical experiences to prepare students to pass the state certification test.

**General Education Requirements:** N/A

**Semesters Offered:** TBA

**Credit/Time Requirement:** Credit: 6; Lecture: 4; Lab: 6

**Clock/Hour Requirements:** 150

**Offered for Non-Credit:** No

**Prerequisites:** Students must be 17 years old to enroll in this class.

**Corequisites:** None

**Justification:**

This course was recommended by the Allied Health advisory committee. State laws and regulations require nursing assistants to receive training in a state-approved program and to pass a theory and skills certification test. Several college-level nursing programs require students to be Certified Nursing Assistants (CNA) as a prerequisite to entering their programs. Snow College's CNA program has been approved by the Utah State Registry of Health. This course corresponds to Dixie College course NURS 1000.

**Student Learning Outcomes:**

Upon successful completion of this course, students will be able to:

- certify in CPR
- demonstrate competency in the basic nursing skills of:
  - vital signs
  - pressure sore prevention
  - application of restraints (physical and chemical)
  - Foley catheter positioning
  - applying a nasal cannula or oxygen mask
  - occupied and unoccupied bed making
  - gloves - donning and removing
  - intake and output, height and weight
  - Heimlich maneuver
  - measuring height and weight

- demonstrate competency in basic restorative skills of:
  - antiembolism stockings
  - range of motion
  - transferring and positioning techniques
  - assisting with ambulation
- demonstrate competency in the personal care skills of:
  - oral and denture care of the conscious and unconscious client
  - back rub and massage
  - hand/nail care
  - shaving a client
  - dressing and undressing a resident
  - complete and partial bed bath
  - assisting with elimination: bedpans, urinals, and bedside commodes
  - application of moist cold, dry cold, moist heat, dry heat, and K-pads
  - administering and demonstrating understanding of enemas, douches, and sitz baths
  - application, cleaning and care of glasses, hearing aids, dentures, and artificial limbs
  - collecting specimens: stool, urine, and sputum
- demonstrate understanding of Standard Precautions as it applies to the CNA
- be prepared to take the state certification examination
- demonstrate and describe effective communication skills
- communicate about ethical and legal issues pertaining to the CNA
- have an understanding of patient's rights and living wills
- demonstrate in the clinical setting effective charting
- demonstrate in the clinical setting safe nursing skills applicable to the CNA.

### **Content:**

Students will receive the theory component for the above objectives and will then be required to practice and master the related skills. The skills and theory taught will be in the scope of practice as mandated by the Utah State Registry of Health and the Utah State Board of Nursing. The following skills and theory will be covered:

- CPR
- vital signs
- pressure sore prevention
- physical restraint-chemical restraints
- Foley catheter care
- oxygenation
- bed making
- gloving
- Heimlich maneuver
- intake and output, height and weight
- antiembolism stockings
- range of motion
- transferring and positioning techniques
- ambulation assistance
- oral and denture care
- back rub and massage

- hand/nail care
- shaving
- dressing and undressing patient
- bed bath
- assisting with elimination
- application of moist cold, dry cold, moist heat, dry heat, and K-pads
- enemas, douches, sitz baths, and ostomy care
- care of client glasses, hearing aids, dentures, and artificial limbs
- collecting specimens
- standard precautions
- communication skills
- ethical and legal issues
- patient's rights
- living wills
- charting
- safety measures.

### **General Education Outcomes:**

2) Write clearly, informatively, and persuasively.

Students acquire information from the written text, handouts, and library resources to write a three part essay on subject matter identified by the instructor. Reports are returned with feedback for improvement.

6) Apply computational skills to a variety of contexts.

Students must demonstrate ability to convert metric equivalents, household equivalents, and temperature equivalents through a skills pass-off.

8) Apply ethical reasoning to a variety of contexts.

Students demonstrate knowledge of legal and ethical aspects, scope of practice, acquiring information from the written text, videos, and guest lectures through quizzes and written exams.

### **Key Performance Indicators:**

#### **In class:**

- Students will be evaluated by quizzes, tests, and class assignments.
- Tests: 3500 points, 70%; clinicals: 1000 points, 20%; vital signs/class skills, written presentations: 500 points, 10%. Total points: 5000; total percent, 100.

#### **Following class:**

- Students will successfully pass a final exam and the state certification skills and theory tests.

### **Representative Text and/or Supplies:**

- Hegner and Caldwell, *Nursing Assistant*, current edition, Delmar Publishers, Albany, N.Y.



**Signatures:**

I hereby submit this course syllabus:

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Amber Epling, MSN, Associate Professor

I hereby find this course consistent with the goals and resources of the Allied Health Department:

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Amber Epling, MSN, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Career and Technical Education Division:

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Michael P. Medley, MBA, Assistant Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)