



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: 4

Clock/Hour Requirements: 120

Offered for Non-Credit: Yes

Prerequisites: Students must be at least 16 years old to enroll in this class. Preference given to 17 years or older.

Corequisites: N/A

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.

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 - newborn, pediatrics, adult
 - 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
- abdominal thrust 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
- abdominal thrust 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
- nutrition-dietary
- newborn
- pediatrics
- postpartum
- basic medical terminology as outlined by state registry.

General Education Outcomes:

6) Apply computational skills to a variety of contexts.

Students must demonstrate ability to convert metric 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.

Applied Education Outcomes:

1) Students will acquire entry-level skills specific to and appropriate for employment in their chosen field of study.

Students will learn through theory and practical application the various techniques used as a nursing

assistant, e.g., vital signs, gloving, transfer techniques, and range of motion.

2) Students will become aware of industry specific certification and develop skills sufficient to acquire the same.

Students will become aware of the theory and specific skills needed to pass the state certification test.

3) Students will demonstrate safe practices and awareness of potential hazards in their field of expertise.

Students will learn through theory and practical application the need for hand washing, standard precautions, and safe transferring techniques.

4) Students will demonstrate interpersonal skills specific to the skills and environment inherent in their field.

Students will learn communication and interpersonal skills needed for nursing assistance, e.g. charting.

Key Performance Indicators:

In class:

- Class will be passed at 80% in order to qualify for state test.
- Students must complete and pass 100% of clinical experience to pass the class.

Following class:

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

Representative Text and/or Supplies:

- Carter, Pamela, *Essentials for Nursing Assistants*, current edition, Lippencott Williams and Wilkins.

Optimum Class Size: 10

Maximum Class Size: 24

Signatures:

I hereby submit this course syllabus:

Amber Epling, MSN, Associate Professor

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

Amber Epling, MSN, Associate Professor, Chair

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

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:

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

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)