

MASTER COURSE OUTLINE

A. HCNA 1100 Nursing Assistant

B. COURSE DESCRIPTION:

This Nursing Assistant training course is approved by the Minnesota Department of Health. It provides students with the theory, laboratory, and clinical experience to meet state and federal criteria for employment as a nursing assistant in a nursing home or other long term care facility. Completion of this course enables the student to take the Minnesota Nurse Aide Competency Evaluation. After successfully completing the competency evaluation, the student will be placed on the Minnesota Nursing Assistant Registry.

(4 Cr – 2.75 lect, 1.25 lab, 0 other)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. 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, postmortem care and cultural and religious beliefs that influence care
- Orientation to work environment including legal aspects and employee rights and responsibilities

F. 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 readings and apply them in the clinical setting to develop a plan for patient care and principles of growth and development, health promotion, and life span issues.
<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 when caring for geriatrics in the clinical setting.
<u>CS</u>	identify the Bill of Rights and Vulnerable Adult Law.	1. conduct behavior in a fashion of respect towards the client and to guide care. 2. 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 (rescue, alarm, contain, extinguish).
<u>CS</u>	describe communication – verbal, non-verbal, written and informatics.	1. utilize effective inter-professional communication techniques within a multi-disciplinary healthcare team. 2. demonstrate proper documentation in the clinical setting.
<u>CS</u>	describe basic human needs/ physical and psychological.	1. identify Maslow's hierarchy of needs to establish what level the client is on during clinical. 2. describe aspects of each tier in Maslow's hierarchy of needs and how to ensure client's needs are met in clinical.
<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 with client during clinical. 3. recognize if client's elimination pattern is normal.

<u>CS</u>	describe principles of behavior management.	1. utilize behavior modification skill to redirect client displaying behavior concerns in clinical.
<u>CS</u>	demonstrate knowledge of vital signs.	1. apply knowledge and accurately obtain vital signs on peers and in the clinical setting.
<u>CS</u>	demonstrate personal care skills on residents in the long-term care setting.	1. apply proper steps for perineal care when completing cares in clinical. 2. demonstrate solid knowledge of mouth care, bathing, and personal hygiene skills on client in clinical.

G. 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 Accessibility Services at the beginning of the class.

Student must be able to provide their own transportation to class. The student must also be of good health and able to lift and transfer patients without restriction.

H. COURSE CODING INFORMATION:

Course Code X/Class Maximum 20; Letter Grade

Revision date: 02/24/19; 09/03/24; 11/05/24; 03/04/25

AASC Approval date: 10/20/09; 3/26/19; 10/15/24; 11/19/24; 04/15/25

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: 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.

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

**Riverland Community College Discipline Areas	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