

Nurse Aide

This program prepares students for the National Nurse Aide Assessment Program (NNAAP) state license examinations. It provides essential, basic knowledge and practical skills needed for caring for patients in medical or health-care facilities. A 40-hour externship offering hands-on experience is also included.

Course #	Course	Lecture	Lab	Externship	Hours
NSA101	Role of the Certified Nurse Aide	5			5
NSA102	Legal/Ethical Consideration	5			5
NSA103	Infection Control	10			10
NSA104	Occupational Health and Safety/Emergency Measures - Heimlich Maneuver	5			5
NSA105	Occupational Health and Safety/Emergency Measures – Mobility/Positioning	2.5	2.5		5
NSA106	Elimination	5	5		10
NSA107	Caring for the Client's Environment	2.5	2.5		5
NSA108	Hygiene	2.5	2.5		5
NSA109	Treatments	2.5	2.5		5
NSA110	Communication	5			5
NSA111	Core Knowledge and Skills	5			5
NSA112	Nutrition and Fluid Balance	5			5
NSA113	Skills for Basic Restorative Services	1.5	1		2.5
NSA114	Care of the Cognitively or Sensory Impaired Client	2.5	2.5		5
NSA115	Caring for a Client When Death is Imminent	1	1.5		2.5
NSA116	Externship at Nursing Home/Hospital			40	40
		60	20	40	120

- NSA101 Role of the Certified Nurse Aide** – This course provides how to modify the aide's behavior in response to the behavior of clients, identify developmental tasks associated with the aging process, and demonstrate the principles of behavior. Students also learn skills of age-appropriate behavior by allowing the client to make personal choices, and by reinforcing other behaviors consistent with the client's dignity including utilizing the client's family or concerned others as a source of emotional support, by responding appropriately to the client's behavior, by providing appropriate clinical care to the aged and disabled, and by providing culturally sensitive care.

- **NSA102 Legal Ethical Consideration** – Students learn the legal and regulatory aspects of practice as a certified nurse aide including, but not limited to, consequences of abuse, neglect, misappropriation of client property, and unprofessional conduct.
- **NSA103 Infection Control** – Students learn to identify what microbes need to live and grow, describe how infections are spread, list the signs and symptoms of infection, explain how to care for equipment and supplies, and demonstrate standard precautions and transmission-based precautions.
- **NSA104 Occupational Health and Safety/Emergency Measures - Heimlich Maneuver** – This course trains students in occupational health and safety measures so that they can manage emergency situations.
- **NSA105 Occupational Health and Safety/Emergency Measures – Mobility/Positioning** – Students learn the use of assisted devices in transferring, ambulation, eating and dressing, including maintaining a range of motion, turning and positioning, both in bed and chair, bowel and bladder training, caring for and using prosthetic and orthotic devices, and teaching the client in self-care according to the client’s abilities as directed by a supervisor.
- **NSA106 Elimination** – Students learn to identify the characteristics of normal urine, describe the rules for maintaining normal urinary elimination, describe normal stools and the normal pattern and frequency of bowel movements, and list the observations to make about defecation.
- **NSA107 Caring for the Client’s Environment** – This course explains the importance of a comfortable environment for the client’s well-being. It clarifies how to provide safety, privacy, and comfort in the clients’ units. It also identifies how to provide optimum circumstance for clients including temperature, lighting, odors, and noise.
- **NSA108 Hygiene** - Students learn bathing and oral hygiene including grooming, dressing, toileting, proper feeding techniques, and caring for skin.
- **NSA109 Treatments** – This course offers techniques for addressing the unique needs and behaviors of individuals with dementia, communicating with cognitively or sensory impaired residents, demonstrating an understanding of and responding appropriately to the behavior of cognitively or sensory impaired clients, and using methods to reduce the effects of cognitive impairment.
- **NSA110 Communication** – This course offers effective ways to describe and comprehend elements in the communication process. It also familiarizes students with medical terminology and abbreviations, describes the legal and ethical aspects of medical records, and explains how to deal with hypothetical conflict between the nurse/nurse aide staff and client.

- **NSA111 Core Knowledge and Skills** – This course helps students recognize changes in body function and the importance of reporting such changes to a supervisor. This includes measuring and recording routine vital signs, caring for a client’s environment, measuring and recording fluid and food intake and output, performing basic emergency measures, and caring for a client when death is imminent.
- **NSA112 Nutrition and Fluid Balance** – Students learn the importance of good nutrition, nutritional problems of the elderly or ill, special diets, and ways to assist maintaining clients’ fluid balance. This course explains six basic nutrients and USDA’s MyPyramid and identifies Aspiration and Dysphagia. It also clarifies the proper techniques to assist clients’ eating and hydration.
- **NSA113 Skills for Basic Restorative Services** – This course introduces the importance of promoting independence and ways to exercise improves health. It also explains how to promote self-care and activities daily living (ADL). Students also are trained to utilize prosthetic and orthotic devices and teach clients in the self-care according their abilities.
- **NSA114 Care of the Cognitively or Sensory Impaired Client** – This course introduces normal changes of aging in the brain, dementia, and related terms. It also identifies Alzheimer’s disease, its stages, signs, and creative therapies for the clients and their family. Students learn the strategies for better communication with cognitively and sensory impaired clients and interventions for common difficulties related to the clients.
- **NSA115 Caring for a Client When Death is Imminent** – It describes the terminal illness, the signs of approaching death, the five stages of dying, and postmortem care. It also explains different views of death by psychological perspective, culture, religion, and age-group. Students learn how to meet the dying person by their unique needs such as psychological, social, and spiritual and the importance of Patient Self-Determination Act.
- **NSA116 Externship at Nursing Home/Hospital**