

High School Nurse Aide Course Syllabus

At the completion of this course, the student will be able to:

1. Demonstrate an understanding of all aspects of course content included in the written portion of the National Nurse Aide Assessment Examination.
2. Demonstrate competency in performing the skills required for the National Nurse Aide Assessment Examination.

1st Nine Week Grading Period

Week 1 Introduction to Bedford Science and Technology Center

__Chapter 1 Introduction to Health Care Agencies

__Chapter 14 Preventing Infection – Handwashing

__Chapter 2 The Nursing Assistant

__Chapter 10, p135-139 Patient Bill of Rights

Lab __Lab Safety

__Handwashing, gloving

Week 2 __Chapter 2 The Nursing Assistant – continued

Lab __Identifying Equipment

__Bed functions

Week 3 __Chapter 3 Elder Abuse and Ethics

__Chapter 17 The Person's Unit

Introduction to HOSA

Lab __Equipment Test

__Unoccupied bed

Week 4 __Chapter 17 The Person's Unit - continued

__Chapter 18 Bedmaking

Lab __Unoccupied bed – practice and test

Week 5 __Chapter 18 Bedmaking - Continued

Lab __Occupied Bed – practice and test

Week 6 __Chapter 14 Preventing Infection

Lab __PPE/Masks

__Chapter 15/16 Body Mechanics

Lab __Moving, lifting, transfers, positioning

Week 7 __Chapter 15/16 Body Mechanics

__Chapter 7 Understanding the Person

__Chapter 10 Care of the Older Person

Lab __Positions practice and test

Week 8 __Chapter 7 Understanding the Person - continued
 __Chapter 10 Care of the Older Person - continued
 __Chapter 8 Body Structure and Function
Lab __Oral care
 __Denture care
 __Bathing
 __Perineal care
 __Shaving

Week 9 __Chapter 8 Body Structure and Function - continued
 HOSA meeting

2nd Nine Week Grading Period

Week 10 __Chapter 19 Personal Hygiene – continued
 __Chapter 20 Grooming
Lab __Continue practicing skills previously taught
 __Hair care and shampooing
 __Nail and foot care
 __Dressing and undressing

Week 11 __Chapter 49 Hemorrhage, Shock, Seizures, Burns, Fainting, Stroke
 __Chapter 11/12 Safety – Preventing Falls, Fire Safety, Choking
 Identifying the person
Lab __Fall Prevention
 __Fire Extinguisher
 __Heimlich maneuver/Abdominal Thrusts
 __Falls Prevention

Week 12 __Chapter 25 Measuring Vital Signs
Lab __TPR and B/P

Week 13 Begin clinical three days a week at Oakwood Manor and Bedford County Nursing Home. Students are assigned a variety of residents in order to gain experience in all areas of skill requirements.
Lab __Practice skills, wheelchair safety

Week 14 __Chapter 5 Communication
 Abbreviations
 Barriers
Lab __TPR and B/P

Week 15 __Chapter 5 Communication – continued
 HOSA
Lab __TPR and B/P

Week 16 __Diversity Training

Week 17 __Chapter 21 Urinary Elimination
 __Chapter 42 Urinary System Disorders
Lab __Bedpans
 __Diapering

Week 18 __Chapter 21 Urinary Elimination
Lab __Catheters
 __Peri-care for incontinent resident

3rd Nine Week Grading Period

Week 19 __Chapter 22 Bowel Elimination
 __Chapter 41 Bowel/Digestive Disorders
Lab __Preparing a resident for an enema/Colostomy care

Week 20 __Chapter 23/24 Nutrition and Fluids
 I&O
 HOSA
Lab __Preparing a Resident for a meal
 Assisting a resident

Week 21 __Chapter 23/24 Nutrition – Complete
Lab __Feeding a resident (Feed each other)
 __Height and Weight

Week 22 __Chapter 30 Collecting and Testing Specimens
Lab __Collecting a routine urine specimen
 __Collecting a clean catch specimen
 __Testing urine for sugar/acetone

Week 23 __Chapter 26 Exercise and Activity
Lab __Range-of-Motion exercises

Week 24 __Chapter 13 Restraints and Restraint Alternatives
Lab __Apply restraints
 Wrist
 Vest
 Mitts
 Lap buddies
 Wedge pillows

Week 25 __System Disorder Papers

Week 26 __System Disorder Papers

Week 27 __Chapter 4 Work Ethics
 Filling out applications
 Resume
 Job Interviews
 HOSA

4th Nine Week Grading Period

Week 28 __Chapter 33 Heat and Cold Applications
Lab __Application of wet and dry heat
 __Application of wet and dry cold

Week 29 __Chapter 32 Wound Care: Lab Practice

Week 30 __Chapter 34/ 35/40 Oxygen needs, Respiratory Support, Disorders
 __Chapter 37 Hearing, Speech and Vision Problems
Lab Practice Skills for National Nurse Aide Assessment Examination

Week 31 __Chapter 39 Nervous and Musculoskeletal systems disorders
 __Chapter 40 Cardiovascular system disorders
Lab Practice Skills for National Nurse Aide Assessment Examination

Week 32 __Chapter 38 Cancer, Immune and Skin disorders
 __Chapter 41 Digestive disorders
Lab Practice Skills for National Nurse Aide Assessment Examination

Week 33 __Chapter 50 The Dying Person
Lab __Prepare a body for the morgue

Week 34 __Chapter 43/44 Confusion, Dementia, AD
Lab Practice Skills for National Nurse Aide Assessment Examination

Week 35 NNAAP exam at BSTC
 __Chapter 49 CPR Training

Week 36 Final exam