

## SYLLABUS FOR HIGH SCHOOL NURSE AIDE COURSE

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.

### **1<sup>st</sup> Nine Week Grading Period**

- Week 1      Introduction to Bedford Science and Technology Center-  
    \_\_Chapter 1    Introduction to Health Care Agencies  
    \_\_Chapter 16 Preventing Infection (Section on Hand washing)  
    \_\_Chapter 3    The Nursing Assistant  
    \_\_Chapter 2    Patient Bill of Rights
- Lab    \_\_Lab Safety  
          \_\_Hand washing, gloving
- Week 2      \_\_Chapter 3    The Nursing Assistant – continued
- Lab    \_\_Identifying Equipment  
          \_\_Bed functions
- Week 3      \_\_Chapter 4/5 Elder Abuse and Ethics  
    \_\_Chapter 20 The Person’s Unit  
            Introduction to HOSA
- Lab    \_\_Equipment Test  
          \_\_Unoccupied bed
- Week 4      \_\_Chapter 20 The Person’s Unit - continued  
    \_\_Chapter 21 Bed making
- Lab    \_\_Unoccupied bed – practice and test
- Week 5      \_\_Chapter 21 Bed making - Continued
- Lab    \_\_Occupied Bed – practice and test
- Week 6      \_\_Chapter 16 Preventing Infection  
    Lab    \_\_PPE/Masks
- \_\_Chapter 17/18/19 Body Mechanics  
    Lab    \_\_Moving, lifting, transfers, positioning
- Week 7      \_\_Chapter 17/18/19 Body Mechanics

\_\_Chapter 7 Communication with the Health Care Team  
Abbreviations and Barriers

Lab \_\_Positions practice and test

Week 8 \_\_Chapter 9 Understanding the Person  
\_\_Chapter 10 Body Structure and Function

Lab \_\_Oral care  
\_\_Denture care  
\_\_Bathing  
\_\_Perineal care  
\_\_Shaving

Week 9 \_\_Chapter 10 Body Structure and Function-continued  
HOSA meeting

**2<sup>nd</sup> Nine Week Grading Period**

Week 10 \_\_ Chapter 12 Care of the Older Person

Week 11/12 \_\_Chapter 22 Personal Hygiene – continued  
\_\_Chapter 23 Grooming

Lab \_\_Continue practicing skills previously taught  
\_\_Hair care and shampooing  
\_\_Nail and foot care  
\_\_Dressing and undressing

Week 13 \_\_Chapter 54 Hemorrhage, Shock, Seizures, Burns, Fainting, Stroke  
\_\_Chapter 13/14 Safety – Preventing Falls, Fire Safety, Choking  
Identifying the person

Lab \_\_Fall Prevention  
\_\_Fire Extinguisher  
\_\_Heimlich maneuver/Abdominal Thrusts

Week 14 \_\_Chapter 29 Measuring Vital Signs

Lab \_\_TPR and B/P

Week 15      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  
Lab    \_\_Continue practice of Vital Signs

Week 16      \_\_Diversity Training/dvd  
                \_\_ Modified PBB

Week 17      \_\_Chapter 24 Urinary Elimination  
                \_\_Chapter 47 Urinary System Disorders

Lab    \_\_Bedpans  
                \_\_Diapering

Week 18      \_\_Chapter 24 Urinary Elimination

Lab    \_\_Catheters  
                \_\_Peri-care for incontinent resident

### **3<sup>rd</sup> Nine Week Grading Period**

Week 19      \_\_Chapter 26 Bowel Elimination  
                \_\_Chapter 46 Digestive Disorders/Endocrine Disorders

Lab    \_\_Preparing a resident for an enema/Colostomy care

Week 20      \_\_Chapter 27/28 Nutrition and Fluids  
                                I&O  
                                HOSA

Lab    \_\_Preparing a Resident for a meal  
                Assisting a resident

Week 21      \_\_Chapter 27/28 Nutrition – Complete

Lab    \_\_Feeding a resident (Feed each other)  
                \_\_Height and Weight

Week 22      \_\_Chapter 34 Collecting and Testing Specimens

Lab    \_\_Collecting a routine urine specimen  
                \_\_Collecting a clean catch specimen  
                \_\_Testing urine for sugar/acetone

- Week 23     \_\_Chapter 30 Exercise and Activity  
               Lab    \_\_Range-of-Motion exercises
- Week 24     \_\_Chapter 15 Restraints and Restraint Alternatives  
               Lab    \_\_Apply restraints  
                           Wrist  
                           Vest  
                           Mitts  
                           Lap buddies  
                           Wedge pillows
- Week 25     \_\_Chapter 6/56 Work Ethics  
                           Filling out applications  
                           Resume  
                           Job Interviews

- Week 26/27  \_\_Work on Portfolios  
               \_\_Mock Interviews  
  
               HOSA

**4<sup>th</sup> Nine Week Grading Period**

- Week 28     \_\_Chapter 38 Heat and Cold Applications  
               Lab    \_\_Application of wet and dry heat  
                           \_\_Application of wet and dry cold
- Week 29     \_\_Chapter 36/37        Wound Care/Pressure Ulcers Lab Practice
- Week 30     \_\_Chapter 39/40 Oxygen needs, Respiratory Support/Therapies, Disorders  
               \_\_Chapter 41/42                Hearing, Speech and Vision Problems  
  
               Lab    Practice Skills for National Nurse Aide Assessment Examination
- Week 31     \_\_Chapter 44 Nervous and Musculoskeletal systems disorders  
               \_\_Chapter 45 Cardiovascular/Respiratory/Lymphatic system disorders  
  
               Lab    Practice Skills for National Nurse Aide Assessment Examination
- Week 32     \_\_Chapter 43 Cancer, Immune and Skin disorders  
               \_\_Chapter 46 Digestive disorders/Endocrine Disorders

- Lab Practice Skills for National Nurse Aide Assessment Examination
- Week 33 \_\_Chapter 48/49/50 Confusion, Dementia, AD, Mental Health, Intellectual and Developmental Disorders
- Lab \_\_Mock NACES Tests (Written and Skills)  
Practice Skills for National Nurse Aide Assessment Examination
- Week 34 \_\_Chapter 55 The Dying Person/End of Life Care
- Lab \_\_Prepare a body for the morgue
- Week 35 NNAAP exam at BSTC  
\_\_Chapter 54 CPR Training/AHA HCP Training/Certification
- Week 36 Final exam