Lassen Community College Course Outline

HO-150 Nurse Assistant 0.0 Units

I. Catalog Description

This course will provide specific knowledge and training required for certification as a Nurse Assistant in the state of California. Areas covered will include role responsibilities, communications, infection control, safety and emergency procedures, personal care and the patient environment, nutrition and feeding, elimination needs, vital signs, charting and reporting, modified care for special needs, restorative nursing, and abuse prevention and reporting. Students must complete all course hours and must achieve at least 75% on their final class grade and must achieve a final exam grade of 75% or better to be eligible to take the California Nursing Assistant certification exam. This course has been approved for hybrid delivery. This course uses digital course materials designed using Open Educational Resources (OER), high-quality, open licensed educational materials, rather than a traditional textbook. You can access all readings, videos, quizzes and other activities through the digital learning platform adopted by the college.

Diversity Statement

Our commitment to diversity requires that we strive to eliminate barriers to equity and that we act deliberately to create a safe and inclusive environment where individual and group differences are valued and leveraged for the growth and understanding as an educational community.

Corequisite(s): HO- 151 Nurse Assistant Clinical

Additional Course Information

- Transfer Status: NT
- Total Number of Hours by Instructional Method: 50 Hours Lecture
- Scheduled: Spring

II. Coding Information

Repeatability: Not Repeatable
Grading Option: Pass/No Pass
Credit Type: Non-Credit
TOP Code: 123030

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Demonstrate understanding of the various components of a certified nursing assistants' role in accordance with scope of practice.

B. Course Objectives

Upon completion of this course the student will be able to:

1. Demonstrate understanding of California Nurse Assistant certification

requirements including understanding of roles and responsibilities.
2. Demonstrate understanding of patients rights'.
3. Demonstrate understanding of interpersonal skills.
4. Demonstrate understanding of prevention and management of catastrophe and unusual occurrences.
5. Demonstrate understanding of good body mechanics.
6. Demonstrate understanding of medical and surgical asepsis and infection control.
7. Demonstrate understanding of weights and measures.
8. Demonstrate understanding of patient care skills.
9. Demonstrate understanding of patient care procedures.
10. Demonstrate understanding of vital signs.
11. Demonstrate understanding of nutrition.
12. Demonstrate understanding of emergency procedures.
13. Demonstrate understanding of the long-term care patient.
14. Demonstrate understanding of rehabilitative nursing.
15. Demonstrate understanding of observation and charting.
16. Demonstrate understanding of abuse prevention and reporting.

IV. Course Content

A. Outline of Topics

1. Communicate Professionally Within a Health Care Setting
   a. Introduction to Communicate Professionally Within A Health Care Setting
   b. The Communication Process
   c. Communication Within the Health Care Team
   d. Human Needs and Developmental Stages
   e. Documenting and Reporting
2. Professionalism in the Workplace
   a. Introduction to Demonstrate Professionalism in the Workplace
   b. Ethical and Legal Responsibilities of the Nursing Assistant
   c. Members of the Health Care Team and Nursing Home Structure
   d. The Nursing Process
   e. Scope of Practice
   f. Health Care Settings
   g. Job-Seeking and Keeping Skills
3. Maintain a Safe Health Care Environment
   a. Introduction to Maintain a Safe Health Care Environment
   b. Emergency Situations
   c. Resident Environment
   d. Body Mechanics and Safe Equipment Use
4. Adhere to Principles of Infection Control
   a. Introduction to Adhere to Principles of Infection Control
   b. Chain of Infection
   c. Defenses Against Transmission of Infection
   d. Precautions Used to Prevent the Spread of Infection
   e. Personal Protective Equipment (PPE)
   f. Blood-borne Pathogen Standard

g. Signs and Symptoms of Infection

5. Provide for Personal Care Needs of Clients
    a. Introduction to Provide for Personal Care Needs of Clients
    b. Activities of Daily Living (ADLs)
    c. Person-Centered Care
    d. Pre- and Post-Procedural Steps
    e. Skin Care
    f. Types of Baths and Techniques
    g. Assisting With Nutrition and Fluid Needs
    h. Assistance With Toileting
6. Provide for Basic Care Needs
    a. Introduction to Provide for Basic Care Needs
    b. Nutrition and Fluid Needs
    c. Pain
    d. Comfort Measures
    e. Effects of Prescribed Routine Medications
    f. End-of-Life Care
    g. Postmortem Care
7. Demonstrate Reporting and Documentation of Client Data
    a. Introduction to Demonstrate Reporting and Documentation of Client Data
    b. Documenting and Reporting Data
    c. Recognizing Signs of Client Discomfort
    d. Obtaining Vital Signs
    e. Normal Ranges for Vital Signs
    f. Measuring Weight and Height
    g. Measuring Intake and Output
8. Utilize Principles of Mobility to Assist Clients
    a. Introduction to Utilize Principles of Mobility to Assist Clients
    b. Moving and Positioning Clients
    c. Promoting Joint Mobility and Activity
    d. Assisting Clients to Transfer
    e. Assisting With Ambulation
    f. Applying Prosthetics and Orthotics
    g. Restraints and Restraint Alternatives
9. Promote Independence Through Rehabilitation/Restorative Care
    a. Introduction to Promote Independence Through Rehabilitation/Restorative Care
    b. The Rehabilitation Process
    c. Members of the Therapy Team
    d. Complications of Immobility
    e. Rehabilitation Versus Restorative Care
    f. Promoting Independence During ADLs
    g. Assisting With Sensory Deficits
    h. Fall Prevention
10. Provide Care for Clients Experiencing Acute and Chronic Health Conditions
    a. Introduction to Provide Care for Clients Experiencing Acute and Chronic Conditions
    b. History of Care for Individuals With Mental Health Disorders and Developmental Disorders
    c. Caring for Clients With Developmental Disorders

d. Caring for Clients With Mental Health or Substance Use Disorders
e. Caring for Clients With Dementia
f. Promoting Nutritional Intake
g. Caregiver Role Strain

11. Apply Knowledge of Body Systems to Client Care
    a. Introduction to Apply Knowledge of Body Systems to Client Care
    b. Cardiovascular System
    c. Digestive System
    d. Endocrine System
    e. Integumentary System
    f. Musculoskeletal System
    g. Urinary System
    h. Neurological System
    i. Immune System
    j. Respiratory System
    k. Reproductive System
12. Abuse prevention and reporting

V. Assignments

A. Appropriate Readings

1. Case Studies, Mandated Reporter Training

B. Writing Assignments

1. Client Charting

C. Expected Outside Assignments

1. Learning Activities

D. Specific Assignments that Demonstrate Critical Thinking

1. Virtual Simulations

VI. Methods of Evaluation

Traditional Evaluation

Term paper (topic choice, thesis statement, outline, bibliography, rough draft, final draft), homework, classroom discussion, essay, journals, lab demonstrations and activities, multiple choice quizzes, and participation.

Hybrid Evaluation

Quizzes and exams could be administered in person and/ or online. Students will be expected to complete online assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

VII. Methods of Delivery

Check those delivery methods for which this course has been separately approved by the Curriculum/Academic Standards Committee.

☒ Traditional Classroom Delivery
☐ Correspondence Delivery
☒ Hybrid Delivery
☐ Online Delivery

Traditional Classroom Delivery
Lecture, discussion, audio/visual aids, demonstration, group exercises, guest speakers, lab, individualized programs and other as needed.
Hybrid Delivery
A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 17 hours, or 1/3 of the instruction hours, will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction could consist of exercises/assignments, lectures, visual aids, practice exercises, exams and quizzes. Online delivery could consist of exercises/assignments, lecture posts, discussions, exams and quizzes, adding extra resources and other media sources as appropriate.

VIII. Representative Texts and Supplies

This course uses digital course materials designed using Open Educational Resources (OER), high-quality, open licensed educational materials, rather than a traditional textbook. You can access all readings, videos, quizzes and other activities through the digital learning platform adopted by the college.

1. Sandquist Reuter, Myra, *MA, BSN, RN*, Edition, *Nursing Assistant*. Chippewa Valley Technical College. https://wtcs.pressbooks.pub/nurseassist/

IX. Course Status

1. Current Status: Active
2. Original Approval Date: 3/5/2024
3. Course Originator: Christi Myers
4. Board Approval Date: 06/10/2025
5. Chancellor's Office Approval Date:
6. Revised By:
7. Curriculum/Academic Standards Committee Revision Date: 05/07/2025