



# ILLINOIS VALLEY COMMUNITY COLLEGE

## COURSE OUTLINE

**DIVISION:** Health Professions

**COURSE:** ALH 1215 Certified Nursing Assistant Refresher

Date: Spring 2024

Credit Hours: 2

*Complete all that apply or mark "None" where appropriate:*

Prerequisite(s): Verification that the individual's name is on the Illinois Nurse Aid Registry in good standing. Has not failed the competency test three times.

Enrollment by assessment or other measure?  Yes  No  
If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): None

Consent of Instructor:  Yes  No

Delivery Method:  **Lecture**                      **0 Contact Hours** (1 contact = 1 credit hour)  
 **Seminar**                        **0 Contact Hours** (1 contact = 1 credit hour)  
 **Lab**                                    **6 Contact Hours** (2-3 contact = 1 credit hour)  
 **Clinical**                            **0 Contact Hours** (3 contact = 1 credit hour)

Offered:  **Fall**     **Spring**     **Summer**

**CATALOG DESCRIPTION and IAI NUMBER (if applicable):**

Certified Nursing Assistant Refresher Course provides the opportunity for a Nursing Assistant who has not provided nursing related services for a consecutive 24-month period of time after January 1, 1990 to review and test. Reviewing will take place in IVCC Labs. Testing will take place in IVCC Labs and at a clinical site per IDPH guidelines.

## **ACCREDITATION STATEMENTS AND COURSE NOTES:**

None

## **COURSE TOPICS AND CONTENT REQUIREMENTS:**

- I. Your Working Environment and The Patient in Isolation
  - A. Demonstrate handwashing
  - B. Use Standard Precautions
  - C. Demonstrate and discuss Transmission-Based Precautions and procedures
- II. The Patient's Unit
  - A. Demonstrate bedmaking
- III. CPR
  - A. Demonstrate CPR
- IV. Nutrition
  - A. Demonstrate and/or discuss serving meal trays and feeding
- V. Lifting, Moving, and Transporting
  - A. Demonstrate using proper body mechanics
  - B. Demonstrate safe lifting, moving, transferring and transporting
  - C. Demonstrate proper positioning
  - D. Demonstrate ROMs
- VI. Personal Care
  - A. Demonstrate and/or discuss bathing procedures; back massage; dressing and undressing; oral hygiene; care of hair, nails and feet; shaving; observing,
- VII. reporting and recording
- VIII. Safety
  - A. Demonstrate and/or discuss applying restraints
- X. Fluid Balance
  - A. Demonstrate and/or discuss use of incontinent pads, bedpan and urinal
  - B. Demonstrate care of patient/resident with indwelling catheter
- XI. Observing and Recording Vital Signs
  - A. Demonstrate how to measure, report and record TPR and BP
- XII. Patient Care Planning
  - A. Demonstrate how to measure, report and record height and weight
- XIII. Performance Skills Testing
- XIV. Supervised Clinical Practice

## **INSTRUCTIONAL METHODS:**

Discussion  
Laboratory Practice  
Return Demonstrations  
Supervised Resident Care

## **EVALUATION OF STUDENT ACHIEVEMENT:**

This is a Pass/Fail course.

Satisfactory performance in both the laboratory and at clinical is required to pass the course. Safety for the patient/resident and effectiveness of care must be evident. Integrity, dexterity and emotional stability are important in the assessment. Grooming and appropriate behavior are also considered.

To meet the objectives of this course, a student must satisfactorily complete IDPH

Performance Skills Testing. The instructor will follow IDPH guidelines: "The manual skills evaluation shall be conducted by an approved evaluator." Skills must be practiced before testing. Skills must be evaluated on a one-to-one basis. Skills cannot be evaluated with the student using a manikin. Performance Skills Testing must be done with a person. The person can be a patient/resident, another student or an instructor.

The student will demonstrate giving basic nursing care to one or more patients/residents within the time frame allowed at clinical and satisfactorily perform skills described on the course evaluation. The student will maintain legal requirements and ethical standards and follow institutional policies.

Evidence of unsafe, ineffective or unreliable basic nursing care will result in failure of the course.

Clinical evaluations will be given at the end of the class. A student will not be recommended for certification unless the student successfully completes with a passing grade.

## **INSTRUCTIONAL MATERIALS:**

### **Textbooks**

Long Term Care Competency Evaluation Study Guide: Nurse Aide Certification Preparation Manual. Reneau, Fred W., Jacquelyn King, and Dave Hahn. New York: McGraw-Hill Companies, Inc. 1996.

Illinois Occupational Skill Standard; Nursing Cluster. American Heart Association CPR Booklet

### **Resources**

## **LEARNING OUTCOMES AND GOALS:**

### **Institutional Learning Outcomes**

- 1) Communication – to communicate effectively;
- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- 4) Responsibility – to recognize how personal choices affect self and society.

## **Course Outcomes and Competencies**

### **1.Outcome** Demonstrate IDPH Performance Skills

- 1.1. Show proficiency in IDPH Skills by meeting IDPH criteria for successful outcome of various tasks.
- 1.2. Demonstrate proficiency in IDPH Skills by following IDPH criteria for performing various tasks.

### **2.Outcome** Identify safety needs of resident and apply safety measures

- 2.1. Identify patient/resident
- 2.2. Identify safety needs of patient/resident
- 2.3. Apply safety measures with patient/resident in bed
- 2.4. Apply safety measure when transferring patient/resident

2.5. Apply safety measures with patient/resident out of bed

2.6. Use proper body mechanics

**3.Outcome** Practice infection control

3.1. Wash hands

3.2. Apply aseptic measures

3.3. Use standard precautions

3.4. Describe special procedures for transmission-based precautions

**4.Outcome** Focus on resident's rights

4.1. Provide privacy

4.2. Explain procedures

4.3. Maintain confidentiality

**5.Outcome** List and demonstrate nursing interventions that can be performed by a nursing assistant

5.1. List correct sequence for baths

5.2. Demonstrate nursing interventions

**6.Outcome** Use principles of communication and interpersonal relationships.

6.1. Define principles of communication and interpersonal relationships

6.2. Explain principles of communication and interpersonal relationships

6.3. Use principles of communication and interpersonal relationships

**7.Outcome** Apply organizational skills

7.1. Describe organizational work at clinical

7.2. Follow clinical routine

7.3. Finish clinical assignment on time

**8.Outcome** Show knowledge of nursing assistant's role within health team

8.1. Define and demonstrate role of nursing assistant

8.2. Define and demonstrate functions of nursing assistant

8.3. Define and demonstrate responsibilities of nursing assistant

8.4. Describe health team