

Unit Lesson**Objectives**

Recognize and report alterations in the skin, including the four stages of decubitus ulcers.

Identify the uses of pressure-reduction devices to maintain skin integrity.

Nutrition I

Identify the principles of good nutrition.

Define therapeutic diets.

Recall the considerations for distributing nutrients to patients.

Describe special nutritional needs related to aging or the presence of disease.

Nutrition II

Discuss the role of the NA in selecting and preparing meals for a patient.

Identify responsibilities related to serving and monitoring patients during meals.

Discuss proper feeding techniques, including the use of assistive eating devices.

Explain the skills that are necessary for feeding a patient.

Intake and Output

Describe how to measure and record appropriate intake, output, and nutritional intake.

Discuss how to manage a patient's hydration needs.

Identify the containers and devices used to measure intake, output, and nutritional intake.

Discuss how to care for a patient who is vomiting.

Rest and Sleep

Discuss the procedures for creating an environment conducive to rest and sleep.

Identify the components of p.m. care.

Name the steps involved in giving a therapeutic backrub.

Elimination

Unit Lesson**Objectives**

Describe how to assist a patient in meeting elimination needs.

Discuss care for an incontinent patient.

Identify principles of bowel and bladder training.

Explain how to use a bedpan and urinal.

Unit Test

Mobility and Positioning

Ambulation

Discuss the importance of ambulation and the significance of limited mobility.

Describe the use of assistive devices that allow patients to ambulate.

Identify safety precautions used when ambulating patients.

Demonstrate how to ambulate with gait belts, walkers, and quad canes.

Principles of Immobility

Recall the nursing assistant's responsibilities in the care of an immobile patient.

Identify consequences of immobility.

Discuss methods of pressure reduction.

Explain the application of elbow and heel protectors.

Antiembolics

Review principles of lower extremity circulation.

Describe the safe and effective use of antiembolic stockings and sequential compression.

Demonstrate the application of antiembolic stockings.

Body Alignment

Define body mechanics.

Unit Lesson**Objectives**

Recall how to demonstrate proper body mechanics.

Discuss the consequences of poor alignment.

Explain the checkpoints of function alignment in different positions.

Positioning I

Identify the position used for different types of examinations.

Recall how to turn a patient in bed.

Discuss the use of assistive positioning devices.

Demonstrate the technique used to turn a patient.

Positioning II

Identify the different positions for a patient in bed.

Discuss when it is appropriate to use positions for patients in bed.

Describe the steps for sitting a patient on the edge of the bed.

Demonstrate the technique for positioning a patient in the following positions: Sims's, Fowler's, supine, prone, Trendelenberg, and dangle.

Range of Motion

Identify the range of movement for major joints.

Differentiate between active and passive range of motion.

Explain when it is appropriate to perform range-of-motion exercises.

Demonstrate range-of-motion exercises.

Transferring and Transporting

Identify the technique used to move a patient from a bed to a stretcher.

Describe the technique used to safely transport a patient on a stretcher.

Unit Lesson**Objectives**

Describe the technique used to safely transport a patient in a wheelchair.

Demonstrate how to use a mechanical lift.

Unit Test

Common Procedures

Bed-Making

Describe the techniques used for making an unoccupied bed and an occupied bed.

Identify the correct position of the call light, intercom, and other devices needed by a patient.

Recall how to place a footboard, bed cradle, egg crate, or air pressure mattress on a bed.

Demonstrate the skills of occupied and unoccupied bed-making.

Heat and Cold Therapy
Applications

Discuss the reasons for heat and cold therapy applications.

Describe the use of K-pads, cooling and heating blankets, and ice bags.

Identify safety parameters when using heat and cold therapies.

Oxygen Therapy

Identify the different types of oxygen therapy.

Describe the safety parameters required when using oxygen therapy.

Discuss the care of a patient receiving oxygen therapy.

Catheter Care

Identify the different types of urinary catheters.

Explain how to position and empty a drainage bag.

Demonstrate urinary catheter care.

Unit	Lesson	Objectives
	Specimen Collection	
		Differentiate between the types of specimens frequently collected from patients.
		Describe the proper techniques for specimen collection.
		Identify the correct method for labeling patient specimens.
		Demonstrate how to collect a urine specimen.
	Admission and Discharge	
		Recall the procedure for admitting a patient.
		Describe the procedure for discharging and transferring a patient.
		Discuss the effects of a discharge or transfer on a patient.
	Prosthetics and Orthotics	
		Recognize how a prosthetic or orthotic is an extension of a patient's physical self.
		Discuss the care of prosthetic or orthotic equipment.
		Describe the use of prosthetic and orthotic appliances.
		Identify considerations for safe storage of prosthetic and orthotic equipment.
	Tubes and Drains	
		Identify the different types of drainage tubes commonly used in healthcare settings.
		Discuss the care of a patient with a feeding tube and IV therapy.
		Define the proper technique for observing, measuring, and recording drainage from medical tubes.
		Identify safety considerations when a patient has a medical-related tube attached.
	Vital Signs I	
		Identify how to measure temperature, height, and weight.
		Recall the different types of thermometers and their appropriate uses.

Unit Lesson**Objectives**

Identify when it is appropriate to use a bed or chair scale.

Describe how to report vital signs to a licensed nurse.

Demonstrate the measurement of temperature using oral, axilla, rectal, and skin thermometers.

Vital Signs II

Identify normal vital sign values and age-related variations.

Explain how to measure heart and respiratory rates.

Describe how to measure blood pressure with manual, Doppler, and electronic equipment.

Explain the process of measuring oxygenation levels with a pulse oximetry device.

Pain

Identify the different types of pain scales.

Recall the signs and symptoms of pain.

Describe how the NA can effectively respond to a patient experiencing pain.

Explain how to report a patient's pain to the licensed nurse.

Unit Test

Optional Procedures

Preoperative Care

Identify the process of preparing a patient for an operative procedure.

Explain how to complete a preoperative check.

Review the informed consent process.

Postoperative Care

Explain how to prepare a room for a postoperative patient.

Discuss the immediate care of a patient returning from the OR.

Unit Lesson**Objectives**

Identify key postoperative observations.

Special Equipment

Identify the purpose of special equipment found in the healthcare setting.

Discuss the importance of knowing the proper and safe operation of equipment.

Identify personal responsibility in the use of equipment.

Postpartum Patients

Discuss the care of postpartum patients.

Identify key observations in the postpartum setting.

Discuss the significance of patient identification in the postpartum setting.

Describe special security measures in the postpartum setting.

Cast Care

Discuss basic cast care.

Identify key observations of a patient with a cast.

Explain how to check circulation in a casted extremity.

Unit Test

Cumulative Exam

Cumulative Exam Review

Cumulative Exam