

## NAS 101 Nurse Aide I (Certificate)

### COURSE DESCRIPTION:

Prerequisites: ONE of the following: HS diploma/Equivalency, OR successful completion of ENG002 OR EFL073, OR unofficial college transcript showing successful completion of college level English (ENG 111 or higher).

Corequisites: None

This course is designed to prepare individuals to provide personal care and perform basic nursing skills for the elderly and other adults. Emphasis is on the aging process including mental, social, and physical needs of the elderly, patients' rights, nutrition management, elimination procedures, safe environment, restorative services, personal and special care procedures activities, human body structure and function, related common disease/disorders, communication and documentation, death and dying, and roles of nurse aides and/or health team members. The course includes class, skills lab, and clinical learning experiences.

*Upon successful completion, students are eligible to take the NC Nurse Aide Competency Evaluation for listing on the NA I Registry.*

Course Hours per Week: Class, 3. Lab 4 Clinical 3 Semester Hours Credit 6.

### LEARNING OUTCOMES:

Upon completing requirements for this course, the student will be able to:

1. Apply basic knowledge of disease conditions and systems disorders in clinical practice.
2. Describe the mental, social, physical, and environmental needs of the patient
3. Provide safe, effective, and basic patient care in a variety of clinical settings.
4. Develop critical thinking skills in the classroom and clinical settings.
5. Communicate appropriately with staff, peers, residents, and faculty
6. Display professional behavior in the classroom, clinical agency, and community.
7. Utilize the course content to prepare for the NNAAP exam for the North Carolina Nurse Aide I

### OUTLINE OF INSTRUCTION:

Core Learning Modules:

- A. The Nurse Aide I
- B. Infection Prevention
- C. The Resident's Environment: Safety and Emergency
- D. Communication
- E. Law and Ethics
- F. Dignity
- G. Basic Restorative Care
- H. Body Systems
- I. Body Mechanics
- J. Nutrition and Fluids
- K. Restraint Elimination, Reduction, Appropriate Use
- L. Communicating with the Health Care Team
- M. The Nursing Process and Nursing Care Plan
- N. Incident Report
- O. Critical Thinking

- P. Family and Family Support
- Q. Person Centered Care
- R. Cognitive Changes Due to Aging
- S. Psychological Effects of Aging
- T. Dementia and Alzheimer's Disease
- U. Mental Health and Mental Illness
- V. Pain
- W. End of Life Care

## **REQUIRED TEXTBOOK AND MATERIAL:**

### **Material:**

State approved Curriculum: Nurse Aide I Training Program

Equipment and Supplies: Student Uniform, black or white shoes, watch with a second hand, Stethoscope

### **Recommended Materials:**

Blood pressure cuff, gait belt

### **Additional Clinical Requirements:**

1. **A copy of completed** Hepatitis B vaccination series.
2. **A copy of** negative TB skin/blood test results valid through the end of the course:
  - A 2-step test (given 3 weeks a part) **OR**
  - A QuantiFERON Gold Blood Test (Lab report required) **OR**
  - A negative chest x-ray within the past 5 years if you have a history of a positive PPD (TB test).
3. **A copy of** Tetanus, Diphtheria, Pertussis vaccination (**TDAP- 1 dose and then a booster every 10 years**)
4. **A copy of** 2 doses of Measles, Mumps, and Rubella (MMR) immunization or positive Titer (**History of Disease is not accepted**)
5. **A copy of** Varicella immunization (**History of Disease is not accepted**)
6. Proof of full Covid immunization
7. Annual Influenza vaccine (current)
8. American Heart Association Basic Life Support (BLS) certification
9. Criminal Background check and Drug screen