Course Level: Introductory. Students must complete a criminal background check through the Texas Dept of Public Safety before registering for this course. For students in this course who may have a criminal background, please be advised that the background could keep you from being licensed by the State of Texas. If you have a question about your background and licensure, please speak with your faculty member of the department chair. You also have the right to request a criminal history evaluation letter from the applicable licensing agency.

Course Description: Knowledge, skills and abilities essential to provide basic care to residents of long-term care facilities. Topics include resident’s rights, communication, safety, observation, reporting and assisting residents in maintaining basic comfort and safety. Emphasis on effective interaction with members of the health care team, restorative services, mental health and social services needs.

End of Course Outcomes: Discuss basic care of residents in a long-term care facility; communicate and interact effectively with residents and their families based on sensitivity to the psychosocial needs. Discuss the rights of the residents; provide safety and preventive measures in the care of residents; demonstrate skills in observing and reporting; assist residents in attaining and maintaining maximum functional independence; and function effectively as a member of the health care team.

Licensing/Certification Agency: Texas Department of Aging and Disability Services (DADS)

"Academic Assistance – If you have a disability (as cited in Section 504 of the Rehabilitation Act of 1973 or Title II of the Americans with Disabilities Act of 1990) that may affect your participation in this class, you should see Sellestine Hunt Associate Dean of Student Services, Student Center, Room 200. At a post-secondary institution, you must self-identify as a person with a disability; Ms. Hunt will assist you with the necessary information to do so. To report any complaints of discrimination related to disability, you should contact Mr. Steve Hudman, Dean of Student Affairs, in Student Center, Room 101, (936) 633-5292 or by email shudman@angelina.edu."

SECTION I: Introduction to Long Term Care

CLASS 1: Discussion: Introduction to Course
Sign required paperwork
Proof of immunizations/criminal backgrounds
Candidate handbook
Textbook/class and clinical schedule
Handouts: Professionalism Packet
Beginning and Ending Procedure Actions

Lecture: Chapter 1 – Intro to Health Care Agencies
Chapter 3 – Role of the Nurse Aide and Understanding

OBRA
CLASS 2: Lecture: Chapter 53 – Purpose of Long Term Care and Assisted Living
Chapter 4 & 5 – Nurse Aide Laws
Chapter 4, 5 & 6 – Taking Care of Yourself/Work Ethics

CLASS 3: Lecture: Chapter 54 – Basic Emergency Care
Chapter 13 & 14 – Safety and Preventing Falls
Skills: Procedures 1-3 (Fainting, Seizures, Clearing obstructed airway)

CLASS 4: Lecture: Chapter 2 – Resident Rights and Promoting Independence
Chapter 9 – Basic & Psychosocial Needs/Culture & Religion
Chapter 12 – Care of the Older Person

CLASS 5: Lecture: Chapter 7 & 8 Communication and Interpersonal Skills
Observing, Reporting, and Charting
Chapter 42 – Communicating with the Impaired Resident
Chapter 16 – Infection Control
Skills: Procedures 4, 6, 7, 8 (PPE, handwashing, Isolation, Communicat.)

CLASS 6: Lecture: Review for Exam 1: Chapters 1-3, 5-9, 12-14, 16, 42, 53-54
Skills: Skills Make Up Day – Procedures 1-4, 6-8

SECTIONS II and III: Personal Care and Basic Nursing Skills

CLASS 7: Test: EXAM 1: Ch 1-3, 5-9, 12-14, 16, 42, 53-54
Lecture: Chapter 32 – Admissions, Transfers, and Discharges
Height and Weight
Chapter 20 – Care of the Resident’s Environment
Chapter 21 – Making the Bed: occupied/unoccupied
Skills: Procedures 11 & 12 (making occupied/unoccupied bed)

CLASS 8: Lecture: Chapter 27 – Nutrition and Fluids
Chapter 38 – Warm and Cold Treatments
Chapter 29 – Measuring Vital Signs
Skills: Procedures 9-10, 13-17 (Assisting w/ meds, feeding, I&O, temp, pulse & resp., B/P, height and weight)

REVIEW for Exam 2 – Chapters 20-21, 27, 29, 32, 38

CLASS 9:  
Test: EXAM 2: Chapters 20-21, 27, 29, 32, 38  
Lecture: Chapter 10 – Body Structure and Function  
Chapter 17 – Body Mechanics  
Chapter 18 & 19 – Safely Moving and Transferring  
Skills: Procedures 5, 39, 40, 42-45 (body mechanics, assist w/ transfer to WC, ambulation, positioning, turning, moving in bed, sit up)

CLASS 10:  
Lecture: Chapter 30 – Exercise and Activity  
Chapter 31 – Comfort and Sleep  
Chapter 37 – Skin Care and Preventing Pressure Ulcers  
REVIEW for Exam 3: Chapters 10,17-19,30-31,37  
Skills Procedure 41 (PROM)

CLASS 11:  
Test: EXAM 3: Chapters 10,17-19,30-31,37  
Lecture: Chapter 22 – Personal Hygiene/Bathing, Toileting, Skin Care  
Chapter 23 – Personal Grooming  
Chapter 24, 25, 26 – Bowel / Urinary Elimination; Catheter Care  
Skills: Procedures: 18-31, 33-37 (tub/shower/bed bath, pericare, cath care, mouth/denture care, hair/nail/foot care, shaving, dressing, bedpan, urinal, collecting urine specimen)

CLASS 12:  
Lecture: Chapter 34 – Collecting and Testing Specimens  
Chapter 35 - Applying Elastic Stockings (pages 598-599 only)  
Skills: Procedures 36, 32 (applying elastic stockings)  
Make-up day/Practice/Review

SECTION IV - VI: Basic Restorative Services, Mental Health and Social Service Needs, Care of the Cognitively Impaired

CLASS 13:  
Test: EXAM 4: Chapters 22-24, 26, 34-35, 15
Lecture: Chapter 41 – Restorative and Rehabilitative Care  
Chapter 39 – Oxygen Needs  
Chapter 40 – Respiratory Support and Therapies  
Chapter 43 – Cancer, Immune System, and Skin Disorders

CLASS 14: Lecture:  
Chapter 44 – Nervous System and Muscular System  
Chapter 45- Cardiovascular, Respiratory & Lymphatic Disorders  
Chapter 46 – Digestive and Endocrine Disorders  
REVIEW for Exam 5: Chapters 39-41, 43-46

CLASS 15: Test: EXAM 5: Chapters 39-41, 43-46  
Lecture: Chapter 47 – Urinary and Reproductive Disorders  
Chapter 51 – Sexuality  
Chapter 48 – Mental Health/Behavioral Problems

CLASS 16: Lecture:  
Chapter 49 – Confusion & Dementia/Cognitive Impairment  
Chapter 55 – Coping with Death/End of Life Care  
REVIEW for Exam 6: Chapters 47-49, 51, 55

Skills: Procedure 38 (Postmortem care)  
Handout: Conflict Resolution

CLASS 17: Test: EXAM 6: Chapters 47-49, 51, 55  
Skills: Make up day/Practice Skill Procedures

CLASS 18: Lecture: Review of Clinical Calendar and Policies  
Skills: Make up day/Practice Skill Procedures

CLINICAL DAYS 19-28: Minimum 40 Hours

Last Day: Test: FINAL EXAM  
Course Evaluation (online or paper forms)  
Questions/Review and Assist with Registering for State Exam