

**West Los Angeles College  
Allied Health Division**

***Certified Nursing Assistant (CNA) to Certified Home Health Nursing  
Assistant  
(40 hrs Program)***

- I. Course Section Number:                   Nursing 399B
  
- II. Class Meeting Time:                   **Tuesday, Thursday, Saturday and Sunday  
( refer to attached schedule )**
  
- III. Course Objective:                   Home Health Aide assists in care for clients in their  
own home or assisted living environment
  
- IV. Instructor:                               Irina Tsiyer, RN, MSN  
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- V. Prerequisites:                           Completion of Certified Nursing Assistant Program  
and Certified by the State of California

Summary of 40 Hours Program

COURSE CONTENT	HOURS	CLASS DATES
Introduction to Aide and Agency Role	Theory- 2 hrs	11/19/2013
Interpretation of Medical and Social Needs of People Being Served	Theory- 5 hrs	11/21/2013-11/26/2013
Nutrition	Theory – 5 hrs	12/03/2013-12/07/2013
Personal Care Services	Theory 5 hours	12/07/13
Cleaning and Care Tasks in the House	Theory- 3 hours	12/12/13

Date	Time	Days	Activity	Instructor
11/19/2013	6:30pm-9:00pm	Tuesday	Theory	Irina
11/21/2013	6:30pm-9:00pm	Thursday	Theory	Irina
11/23/2013	8:00am-4:30pm	Saturday	Clinical	Belinda/ TBA
11/24/2013	8:00am-4:30pm	Sunday	Clinical	Belinda/ TBA
11/26/2013	6:30pm-9:00pm	Tuesday	Theory	Irina
12/03/2013	6:30pm-9:00om	Thursday	Theory	Irina
12/07/2013	8:00am-4:30 pm	Saturday	Theory	Ann-Marie
12/08/2013	8:00am-4:30pm	Sunday	Clinical	Belinda/ TBA
12/ 12/2013	6:30pm-9:00pm	Thursday	Theory	Irina

**Home Health Visits** need to be scheduled with Rose Room Hospice (total of 8 hours required). Information about Rose Room Hospice will be provided in the class.

Home Health Visits cannot conflict with the HHA clinical and theory hours listed above.

#### VI. Course Description:

The theory focuses on understanding the regulatory guidelines pertaining to Home Health Aide scope of practice; the basic knowledge of the disease process and recognize the signs and symptoms of the disease. The concepts of provision of care in a home setting and knowledge base from which the Home Health Aide can be an important partner of healthcare team for the patient to achieve the highest level of physical independence and help client to go back to prior level of functioning.

VII. Required Textbook: May use textbook by Sheila Sorrentino and Leighann Remmert (2012). Mosby's Textbook for Nursing Assistants (8th Ed.)

#### VIII. Institutional Student Learning Outcomes:

- A. **Critical Thinking:** Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences.

- B. Communication: Effectively communicate thought in a clear well-organized manner to persuade, inform, and convey ideas in academic, work, family, and community settings.
- C. Ethics. Practice and demonstrate standards of personal and professional integrity, honesty and fairness; apply ethical principles in submission of all college work.

IX. Competencies:

The student is expected to possess basic knowledge, skills, good clinical judgments, values, and attitudes to develop the foundation for the listed program competencies.

- a. Adhere to the code of ethical conduct and apply this code to established state and federal regulations and promote safe and quality care in home care settings.
- b. Understand the importance of collaboration with the interdisciplinary team in provision of care.
- c. Demonstrate ability to communicate to immediate supervisor/case manager any unusual occurrences noted in the home care setting during provision of care.
- d. Provide professional care and assist patients with activities of daily living in a passionate manner.
- e. Demonstrate confidence in observation and reporting data to the IDT team during case conference.

IX. Course Objectives:

A. General: At the end of the course, the student will be able to understand the major goal of home health care; the role of HHA in providing care outside an institution in a safe and non-threatening manner, and to meet the needs of the patient according to the set guidelines specifically designed for the course.

B. Specific Objectives:

1. Differentiate Certified Nursing Assistant from Certified Home Health Aide.
2. Identify State and Federal regulations and requirements for HHA certification.
3. Describe the purpose and goals of home care.
4. Describe how to access community agencies to meet client needs.
5. Define basic activities of daily living and instrumental activities of daily living.
6. Describe steps to accommodate communication with clients who have hearing and speech disorders.
7. Describe effective techniques for communicating with Home Health Agency team members.
8. Identify organizational and time management techniques for a daily work schedule.
9. Identify the basic physical and emotional needs of clients in each age group in the life span.

10. Recognize the role of the HHA in maintaining client and family rights and privacy.
11. Relate client's and family's rights and privacy to Maslow's Hierarchy of Needs.
12. Discuss how culture, lifestyle, and life experiences of client and family can influence care provided.
13. Identify diseases and disorders common in the home care client and their signs and symptoms.
14. Describe the basic body functions and changes that should be reported.
15. Describe common emotional and spiritual needs of terminally ill clients and their families and identify appropriate interventions.
16. Recognize the key principles of Nutrition.
17. Discuss when a Registered Dietician (RD) is called to see a client.
18. Identify potential nutritional problems for home health clients.
19. Demonstrate basic understanding of therapeutic diet.
20. Discuss adaptations necessary for feeding the home care client.
21. Define dysphagia, dehydration, and enteral feeding.
22. Describe the importance of fluid balance and monitoring intake and output.
23. Explain the importance of accurate recording of intake & output (I &O).
24. Describe fluid restrictions and explain why a client is on it.
25. Identify community resources for meeting nutritional needs.
26. Discuss cardiac, low sodium, diabetic, and renal diet.
27. Explain why HHA needs to communicate with occupational therapist for updates when HHA assist client in eating and care.
28. Describe the steps and guidelines for common personal care skills
29. Explain the importance of improvising equipment and adapting care activities in the home.
30. Discuss personal care delivery in home care.
31. List examples of home equipment that can be utilized to provide personal care.
32. Discuss the benefits of self-care in promoting wellness.
33. Describe the key principles of body mechanics
34. Explain how to adapt body mechanics in the home setting.
35. Describe adaptations that can be made in the home for ambulation and positioning.
36. Identify the purpose of Passive and Active Range of Motions exercises.
37. Describe high risks factors for skin breakdown and methods of prevention.
38. Describe stages of pressure ulcers/decubitus ulcers and report observations.
39. List types of ostomies and describe how to empty and change the pouch.
40. Recognize emergencies in the home and define critical steps to follow.
41. Relate the chain of infection to the home care setting.
42. Describe infection control measures to use in home care setting.
43. Describe the role and responsibilities of the HHA in assisting the client to self-administer medications.
44. Review the definitions of "CPR", "DNR", and advanced directives.
45. Define Adult Protective Service.

- 46. Describe HHA’s role and responsibility for maintaining a clean, safe, and healthy environment.
- 47. Describe the key principles for maintaining a safe environment.
- 48. Identify appropriate procedures, equipment and supplies for household tasks including alternatives to use when resources are limited.
- 49. Discuss the procedure for washing and drying dishes.
- 50. Identify guidelines for organizing household tasks.

X. Teaching Strategies:

Lectures, discussions, small group activities, and clinical application of theory will be utilized. Role-playing will be used to illustrate clinical applications. The students will perform clinical procedures on peers in the skills laboratory.

XI. Methods of Evaluation:

Grading Criteria:

Class Participation.....	15%
Attendance.....	5%
Quizzes.....	30%
Final Exam.....	50%
Total.....	100%

The students will be given a written short quiz after completion of each unit. The questions will be taken from the lectures discussed during the day.

The final examination will be administered on the last day of the class.

There is no State Examination. However, a copy of the results of the final examination and competencies will be sent to Sacramento together with the application. The program Director will pledge that the students completed and passed the final examination and therefore are qualified to get a Home Health Aide certificate.

Anybody who fails to attend a scheduled session will not be allowed to continue the program. This is **ONLY a 40-HOUR** program.

A student must attend both theory and clinical as scheduled in order to pass the course and get the **certification for Home Health Aide and be able to practice in the State of California. No make up session will be given. If students miss any session, an “Incomplete” grade will be given in the class.**

The application for certification will be completed and turned in to the director of the program for submission to Sacramento immediately after the final grade is released.

**Home Health Aide Certificate** from West Los Angeles College will be issued to reflect completion of the program.