

Home Health Aide

Course Design

2005-2006

Course Information

Organization	EASTERN ARIZONA COLLEGE
Division	Science & Allied Health
Course Number	HCE 104
Title	Home Health Aide
Credits	6
Developed by	Dr. Sozanski
Lecture/Lab Ratio	4 hours lecture 6 hours clinical practice per week
Transfer Status	Non-Transfer
Activity Course	No
CIP Code	51.0800
Assessment Mode	Pre-Post Test (Questions = 80, Points = 80)
Semester Taught	Offered Upon Request
GE Category	None
Separate Lab	No
Awareness Course	No
Intensive Writing Course	No

Prerequisites

None

Goals

1. Students will demonstrate knowledge and skills necessary for a Home Health Aide.

Description

This course is designed to provide knowledge and skills necessary for a home health aide to work as part of the home health care team. The focus is on basic human needs, communications, working with ill persons, eldercare, nutrition, special diets, and home management. In addition to classroom instruction, a supervised field practice in client's homes or an adult care home for the total of 90 hours is required.

Textbooks

Elana Zucker. *Being a Homemaker/Home Health Aide*. Edition: 5th. Publisher: Prentice Hall Health. Required

Supplies

Wristwatch

Competencies and Performance Standards

1. Acquaint self with the home care industry.

Learning objectives

What you will learn as you master the competency:

- a. Acquaint self with the various agencies and regulatory bodies which credential your agency.
- b. Identify the responsibilities of the health care team members, the client, and the agency.
- c. Acquaint self with qualities that are desirable in a home health aide.
- d. Discuss the legal and ethical rules that govern your activities.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 1
- o in completion of the written examination

Performance will be satisfactory when:

- o learner participates in class discussion and activities

2. Apply communication skills

Learning objectives

What you will learn as you master the competency:

- a. Recognize the three basic ways of communicating and the basic rules of communications
- b. Use your sense of sight, touch, hearing, and smell to observe your clients.
- c. Differentiate between subjective and objective reporting.
- d. Discuss the importance of reporting your observations.
- e. Be aware of your role in the teaching process.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 2
- o during student interaction with clients

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

3. Demonstrate skills in working with people

Learning objectives

What you will learn as you master the competency:

- a. Describe behavior that results when basic human needs are not met.
- b. Describe pain management.

- c. Be aware of your role working within a family unit.
- d. List broad goals of caring for clients with illness or disability.
- e. Recognize family support systems and the effect on client.
- f. Describe your role in caring for mentally disabled.
- g. Describe your role in caring for a client who is a recovering substance abuser.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 3
- o during field experience

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

4. Care for a geriatric client

Learning objectives

What you will learn as you master the competency:

- a. List common problems facing the aged.
- b. List the important safety measures to remember while caring for an elderly client.
- c. Discuss some considerations to remember while assisting elderly clients with medications.
- d. List the signs of elderly abuse and your responsibility for reporting this.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 4
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

5. Demonstrate skill in working with children

Learning objectives

What you will learn as you master the competency:

- a. Discuss some common ways in which children react to the stress of illness.
- b. Describe situations in which a home health aide would care for a child as a client.
- c. Be aware of some of the reasons for child abuse and why children do not report it.
- d. Discuss your role as a home health aide when working in a home where child abuse has taken place.
- e. Discuss the concept and how to care for a child with developmental disabilities.
- f. Provide newborn and infant care.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 5
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

6. Care for the dying in the home

Learning objectives

What you will learn as you master the competency:

- a. Acknowledge the steps that occur when a person is dying.
- b. Acquaint self with the client's and family's special emotional needs.
- c. Acquaint self with the hospice concept and use part of it when working with the client.
- d. Make the client who is dying as comfortable as possible
- e. Help meet the physical needs of the client and family.
- f. Describe postmortem care.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 6
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

7. Attain knowledge of anatomy and physiology

Learning objectives

What you will learn as you master the competency:

- a. Describe the structures and functions of cells, tissues, organs, and systems.
- b. Explain how body systems work together.
- c. Discuss ways your knowledge of body systems will help you to give better client care.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 7
- o in completion of examination

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

8. Describe infection control in the home.

Learning objectives

What you will learn as you master the competency:

- a. Explain the relationship between microorganism control and infection control.

- b. List the conditions necessary for microorganisms to grow.
- c. List the ways microorganisms are spread.
- d. Define medical asepsis.
- e. Demonstrate the procedures for sterilization of equipment in the home.
- f. Discuss when wet-heat sterilization would be appropriate and when dry-heat sterilization would be appropriate.
- g. Demonstrate proper disposal methods for regulated medical waste.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 8
- o in completion of examination

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

9. Arrange care of the client's environment

Learning objectives

What you will learn as you master the competency:

- a. Explain your role as a home health aide in maintaining a clean environment.
- b. Demonstrate the correct procedures for basic household cleaning tasks.
- c. Demonstrate making of closed, open fanfolded, and occupied beds.
- d. Describe the special safety and fire protection
- e. Recognize the difference between a restraint and a positioning device.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 9
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

10. Develop a plan, purchase, and serve food.

Learning objectives

What you will learn as you master the competency:

- a. Define a well-balanced diet.
- b. List the factors a homemaker/home health aide must take into consideration when purchasing food.
- c. Explain what is meant by therapeutic diet.
- d. Explain the purpose of each type of therapeutic diet.
- e. List safety and emotional factors that are important in feeding a client.
- f. Identify proper technique for feeding a client.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 10
- o in completion of exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

11. Adhere to basic body movement and positions

Learning objectives

What you will learn as you master the competency:

- a. Apply good body mechanics during activities on and off the job.
- b. Demonstrate the proper technique to check client's daily level of ability.
- c. Demonstrate the proper techniques for moving and positioning clients in bed.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 11
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

12. Believe in importance of skin care

Learning objectives

What you will learn as you master the competency:

- a. List the basics of good skin care.
- b. Discuss the effects of aging on the skin and conditions that increase the risk of skin breakdown.
- c. Recognize signs of decubiti.
- d. Demonstrate ways to prevent further skin breakdown after decubiti formation.
- e. Discuss your role in correcting practices that contribute to poor foot care.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 12
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

13. Provide personal care to client

Learning objectives

What you will learn as you master the competency:

- a. Demonstrate the care of oral hygiene.
- b. Demonstrate the proper way to assist a client with dressing and undressing.
- c. Demonstrate the proper techniques for assisting a client with bathing.
- d. Demonstrate the correct technique for giving a back rub.
- e. Demonstrate hair care and shaving a client's beard.
- f. Assist a client with toileting.
- g. Demonstrate the correct procedure for giving peri-care and postpartum.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 13
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

14. Determine rehabilitation of the client.

Learning objectives

What you will learn as you master the competency:

- a. Discuss the many things that therapists take into consideration when they establish a program for your client.
- b. Explain the principles of range-of-motion exercise.
- c. Demonstrate the proper techniques for complete or partial range-of-motion with a client.
- d. Demonstrate several types of client transfers using good body mechanics.
- e. Demonstrate various ways of assisting your client with ambulation.
- f. Describe what the home health aide may do to help the communication-impaired client.
- g. Identify common problems that may prevent a hearing aid from working properly.
- h. Identify the best ways to talk to a hearing-impaired person.
- i. Discuss your role in assisting clients who are relearning daily living skills.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 14
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

15. Measure and record client vital signs

Learning objectives

What you will learn as you master the competency:

- a. Explain when and why vital signs are measured.
- b. Demonstrate the procedures for measuring temperature.

- c. Demonstrate the procedures for counting and reporting the rate and rhythm of the pulse accurately.
- d. Determine if the client's breathing is labored or noisy.
- e. Measure a client's blood pressure accurately.
- f. Demonstrate the procedures for pain management.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 15
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

16. Analyze intake and output

Learning objectives

What you will learn as you master the competency:

- a. Explain fluid balance and imbalance.
- b. List the reasons for keeping accurate records of intake and output.
- c. Demonstrate how to make and use an intake and output record.
- d. Demonstrate the techniques for measuring and recording fluid intake and output.
- e. Demonstrate the correct procedure for straining and labeling the urine.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 16
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

17. Perform specimen collection

Learning objectives

What you will learn as you master the competency:

- a. Explain what specimens are.
- b. Demonstrate the correct procedures for urine specimen collections.
- c. Demonstrate the correct procedure for collecting a stool specimen.
- d. Demonstrate the procedure for collecting a sputum specimen.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 17
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

18. Acquaint self with special procedures.

Learning objectives

What you will learn as you master the competency:

- a. Assist client with oxygen and medications.
- b. Change a nonsterile dressing.
- c. Care of the indwelling catheter.
- d. Care of external urinary drainage.
- e. Care for a client receiving intravenous therapy.
- f. Care for clients with plaster casts.
- g. Assist client with ostomy care.
- h. Demonstrate safety measures for the client having a seizure.
- i. Test blood for sugar and urine for acetone.
- j. Assist clients with deep-breathing exercises.
- k. Recognize the reasons that a client would receive hyperalimentation.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 18
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

19. Recognize common diseases you will see in caring for clients in home's environment.

Learning objectives

What you will learn as you master the competency:

- a. List the common symptoms of a heart attack.
- b. Care for a client recovering from a myocardial infarction.
- c. Care for a patient with angina.
- d. Care for diabetes.
- e. Care for client with Cerebrovascular Accident.
- f. Care for clients with arthritis.
- g. Care for clients with cancer.
- h. Care for Alzheimer's clients.
- i. Care for clients with chronic obstructive pulmonary disease.
- j. Care for clients with Parkinson's and multiple sclerosis.
- k. Care for clients with tuberculosis.
- l. Care for clients with AIDS.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 19
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

20. Demonstrate skills in emergency procedures.

Learning objectives

What you will learn as you master the competency:

- a. Discuss the steps to take in an emergency.
- b. Demonstrate open an obstructed airway and mouth-to-mouth resuscitation.
- c. Demonstrate the proper first aid for controlling external bleeding.
- d. Discuss the first aid for a victim of poisoning.
- e. Demonstrate the first aid for a shock victim.
- f. Demonstrate first aid for a victim of a burn.
- g. Demonstrate the proper first aid for a victim of a heart attack.
- h. Demonstrate the proper emergency care for the victim of a CVA.

Performance Standards

Competence will be demonstrated:

- o in completion of the lesson activities in Chapter 20
- o during field experience and skill exam

Criteria - Performance will be satisfactory when:

- o learner participates in class discussion and activities

Types of Instruction

Classroom Presentation & Demonstration

Actual Work Experience

Grading Information

Grading Rationale

A pretest will be administered at the beginning of the course, which will not count. Three written exams will count as 75% of the final grade. The final written exam (posttest) will count as 25% of the final course grade. In addition, student must pass all skill exams and complete the field practice in order to pass the course.

Grading Scale

A 92-100%

B	83-91.99%
C	75-82.99%
D	67-74.99%
F	0-66.99%