

HealthCenter21: Multi-Skilled Nursing Assistant

UNITS

INTRODUCTION

THE HEALTH ASSISTANT

BODY MECHANICS

ADMISSIONS, TRANSFERS, DISCHARGES

SPECIAL POPULATIONS

PATIENT COMFORT

NUTRITION AND ELIMINATION

REHABILITATION AND RESTORATIVE CARE

THE SURGICAL PATIENT

SPECIMEN COLLECTION AND TESTING

PHLEBOTOMY

ELECTROCARDIOGRAPHY

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Overview

This document demonstrates the correlation between the HealthCenter21: Multi-Skilled Nursing Assistant curriculum supplied by Applied Educational Systems and a compilation of standards from governing agencies and states. The content areas are listed across the top row of the chart. The marks in the columns indicate that the standard is supported as part of the HealthCenter21 course.

Curriculum Standards	HealthCenter21: Multi-Skilled Nursing Assistant	Introduction	The Health Assistant	Body Mechanics	Admissions, Transfers, Discharges	Special Populations	Patient Comfort	Nutrition and Elimination	Rehabilitation and Restorative Care	The Surgical Patient	Specimen Collection and Testing	Phlebotomy	Electrocardiography
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ROLE AND FUNCTION													
Identify the education and credentialing requirements for each member of the patient care team.	✓		X										
Identify job responsibilities of a health assistant and perform within the scope of practice.	✓		X	X	X	X	X	X	X	X	X	X	X
Discuss the Omnibus Budget Reconciliation Act's (OBRA) requirements and the impact of these regulations on practice.	✓		X										
Describe the impact of good work ethics, a healthy mental attitude, and productive working relationships among staff members on health care delivery.	✓		X										
COMMUNICATION AND INTERPERSONAL SKILLS													
Demonstrate appropriate and effective verbal and nonverbal communication skills.	✓		X	X	X	X	X	X	X	X	X	X	X
Observe by using the senses of sight, hearing, touch, and smell to report resident behavior.	✓			X	X	X	X	X	X	X	X	X	X
Communicate with courtesy, empathy, tact, and emotional control with patients, visitors, and other staff members.	✓		X	X	X	X	X	X	X	X	X	X	X
Discuss the different communication skills necessary for communicating with special patient populations, including the pediatric and impaired patient.	✓					X							
Observe, record, and report appropriate patient/client data.	✓			X	X	X	X	X	X	X	X	X	X
Locate information from books, journals, magazines, and the Internet.	✓		X			X		X					X
INFECTION CONTROL													
Demonstrate hand washing and decontamination techniques.	✓		X	X	X	X	X	X	X	X	X	X	X

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Apply principles of Standard Precautions.	✓			X	X	X	X	X	X	X	X	X	X
Perform basic cleaning and disinfecting tasks.	✓				X	X	X	X		X	X	X	X
Follow infection control measures to provide quality care.	✓				X		X	X		X	X	X	
SAFETY													
Utilize proper body mechanics.	✓			X	X		X		X	X			X
Follow safety procedures.	✓		X	X	X	X	X	X	X	X	X	X	X
Identify safety measures that prevent accidents.	✓			X					X			X	
Demonstrate proper use of safety devices.	✓			X					X				
Identify when the use of restraints is acceptable and demonstrate use, applying all safety measures.	✓												
Follow safety rules when oxygen is in use.	✓												
NURSING SKILLS													
Admissions, Transfers, Discharges													
Demonstrate procedures for admitting, transferring, and discharging patients.	✓				X								
Vital Signs and Body Measurements													
Measure and record temperature.	✓				X								

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Measure and record pulse.	✓			X	X				X	X			X
Measure and record respiration.	✓				X								X
Measure and record blood pressure.	✓				X								X
Measure and record pain.	✓				X		X						
Measure and record height.	✓				X								
Measure and record weight.	✓				X								
The Resident's Environment													
Care for the resident's environment.	✓				X	X	X	X	X				
Patient Transfers													
Demonstrate bed and wheelchair transfers.	✓			X									
Demonstrate bed and stretcher transfers.	✓			X									
Demonstrate wheelchair and vehicle transfers.	✓			X									
Diseases and Conditions													
Recognize signs and symptoms of disease and conditions	✓		X		X	X	X	X	X	X	X	X	X

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	Physical Examination												
Assist with a physical examination.	✓				X								
Patient Specimens													
Collect routine, clean-catch, and 24-hour urine specimens.	✓										X		
Collect stool and sputum specimens.	✓										X		
Collect wound and throat cultures.	✓										X		
Perform CLIA-waived tests for urinalysis, hematology, chemistry, immunology, and microbiology.	✓										X	X	
Surgical Patient													
Prepare the patient for surgery.	✓									X			
Apply antiembolism hose.	✓									X			
Assist with postoperative care.	✓									X			
Assist with dressings and wound care.	✓									X			
Heat and Cold Applications													
Apply heat and cold applications, including aquamatic pads, hot soaks, sitz baths, and cold packs.	✓								X				

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Death and Dying													
Explain how culture and religion influence a person's attitude toward death.	✓					X							
Discuss the stages of dying.	✓					X							
Provide postmortem care while maintaining the patient's right to dignity and respect.	✓					X							
PERSONAL CARE SKILLS													
Bed Making													
Demonstrate the procedure for making an unoccupied bed.	✓						X						
Demonstrate the procedure for making an occupied bed.	✓						X						
Bathing													
Demonstrate a bed bath, partial bed bath, shower, and tub bath.	✓						X						
Demonstrate male perineal care.	✓						X						
Demonstrate female perineal care.	✓						X						
Provide catheter and ostomy care.	✓							X					
Grooming and Oral Hygiene													
Shampoo and groom hair.	✓						X						

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Provide foot care.	✓						X						
Provide basic care to fingernails and toenails.	✓						X						
Assist the patient with shaving.	✓						X						
Assist the patient with mouth care.	✓						X						
Administer mouth care for the unconscious patient.	✓						X						
Demonstrate denture care.	✓						X						
Dressing													
Assist the patient to dress and undress.	✓						X						
Toileting													
Assist the patient in using the bathroom.	✓			X									
Assist the patient in using a bedpan.	✓							X					
Assist the patient in using a urinal.	✓							X					
Assist the patient with alternative methods of elimination, such as ostomy, urostomy, and Foley catheter.	✓							X					
Nutrition and Hydration													
Understand principles of basic nutrition.	✓							X					

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Demonstrate knowledge of special diets.	✓							X					
Feed patient oral table foods in usual manner.	✓							X					
Distribute nourishment and water.	✓							X					
Accurately measure and record intake and output.	✓							X					
Skin Care													
Observe and report condition of the skin.	✓						X						
Demonstrate knowledge of and takes measures to prevent decubitus ulcers.	✓						X						
Demonstrate back rub procedure.	✓						X						
Provide skin care for the incontinent patient.	✓							X					
Positioning and Turning													
Demonstrate positioning a patient up in bed with and without a draw sheet; turning a patient away from you and onto side; turning a patient toward you and onto side; and logrolling a patient.	✓			X			X	X					
Assist the patient with dangling and is aware of the effects of orthostatic hypotension.	✓			X									
Demonstrate proper positioning in a chair.	✓			X									
Position patients, including supine, Fowler's, prone, Sim's, lateral, Trendelenberg, and lithotomy positions.	✓			X	X		X	X		X			X

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	RESTORATIVE CARE												
Describe the psychological aspects of rehabilitation and restorative care.	✓								X				
Assist the patient in bowel and bladder training.	✓								X				
Assist the patient in activities of daily living (ADLs) and encourages self-help activities.	✓								X				
Assist the patient to ambulate.	✓								X				
Demonstrate the proper use of assistive devices when assisting the patient to ambulate, such as gait belt, cane, walker, and crutches.	✓								X				
Demonstrate the proper use of assistive devices when assisting the patient to eat.	✓								X				
Demonstrate the proper use of assistive devices when assisting the patient to dress.	✓								X				
Perform passive and active range of motion exercises.	✓								X				
Assist the patient in proper use of body mechanics while ambulating.	✓								X				
Assist the patient with standing.	✓								X				
PHLEBOTOMY													
Perform venipuncture by evacuated tube system.	✓											X	
Examine venipuncture by syringe and butterfly needle system.	✓											X	
Perform a capillary (fingerstick) procedure.	✓											X	

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Measure blood glucose.	✓											X	
Measure and record hemoglobin.	✓											X	
Measure and record micro-hematocrit.	✓											X	
Perform a PKU test.	✓											X	
Identify venous blood tests, including blood cell count, blood typing, cholesterol, and erythrocyte sedimentation rate.	✓											X	
ELECTROCARDIOGRAPHY													
Identify anatomy of the heart and trace the flow of blood throughout systemic and pulmonary circulations.	✓												X
Perform a twelve lead electrocardiogram.	✓												X
Identify artifacts.	✓												X
Demonstrate application of Holter monitor.	✓												X
PATIENT'S/RESIDENT'S RIGHTS													
Discuss the Patient's Bill of Rights and describe the impact on health care delivery.	✓		X										
Provide privacy and maintenance of confidentiality.	✓			X	X	X	X	X	X	X	X	X	X
Promote the patient's right to make personal choices.	✓		X	X	X	X	X	X	X	X	X	X	X

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Provide needed assistance in getting to and participating in resident, family, group, and other activities.	✓							X					
Maintain care and security of the patient's personal possessions.	✓				X								
Promote the patient's right to be free from abuse, mistreatment, and neglect and the need to report any such treatment to the facility.	✓		X			X							
Avoid the need for restraints.	✓					X							
MENTAL HEALTH AND SOCIAL SERVICE NEEDS													
Recognize differences in care for pediatric, physically and mentally impaired, and elderly patients.	✓					X							
Describe major mental disorders, including Alzheimer's disease and depression.	✓					X							
Modify own behavior in response to patient behavior.	✓					X							
Demonstrate awareness of developmental tasks associated with the aging process.	✓					X							
Demonstrate principles of behavior management by reinforcing appropriate behavior.	✓					X							
Allow the patient to make personal choices.	✓					X							
Utilize patient's family as a source of support.	✓					X							