

South Carolina Department of Health and Human Services

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South Carolina Nurse Aide Curriculum

I. Introduction – 16 hours as required

A. Communication and Interpersonal Skills

1. Explain the purpose of communication between members of the health team
2. Discuss correct methods of reporting information such as accidents, errors, and injuries
3. Describe changes in the resident's condition
4. Describe how communication skills of the nurse aide affect the quality of care provided to residents
5. Describe the chain of command and interaction with supervision and staff

B. Infection Control

1. Describe blood-borne pathogens and Standard Precautions as described by the Occupational Safety and Health Administration (OSHA)
2. Describe and give examples of Standard Precautions as described by the Occupational Safety and Health Administration
3. List conditions that promote the growth of bacteria
4. Describe and demonstrate proper handwashing techniques
5. Describe clean versus dirty areas

C. Safety/Emergency Procedures

1. List reasons for immediate call light response and appropriate action to be taken by the nurse aide
2. Explain rationales for the statement "All residents are my responsibility"
3. List ways to prevent falls, burns, and other accidents
4. Describe the immediate response to and observations of a resident who has fallen
5. Identify ways to control bleeding
6. List emergency response to and observation of residents with bleeding, fainting, and seizures
7. Demonstrate management of obstructed airway (Heimlich maneuver)
8. Identify procedures for disaster/fires
9. Demonstrate the use of good body mechanics for the nurse aide

D. Promoting Resident's Independence

1. Describe the nurse aide's role in promoting resident's independence, such as allowing resident to make personal choices and reinforcing other behavior consistent with the resident's dignity
2. Describe and give examples of ways to provide care, according to resident's abilities, to promote independence and self-esteem

E. Respecting Resident's Rights

1. Describe the Resident's Bill of Rights and list examples of each right
2. Define and describe the resident's rights to protection and confidentiality
3. Define and discuss abuse (mental, verbal, and physical), neglect, and misappropriation of resident property
4. Describe the allegations leading to and process for revoking the certification of a nurse aide
5. Describe measures and importance of avoiding the need for restraints

II. Core Curriculum – 16 to 40 hours

A. Role of the Nurse Aide - 1.5 hours

1. Identify the nurse aide's role in the long-term care setting (e.g., job description, in-service training)
2. Describe requirements for nurse aide training and competency evaluation
3. Describe ethical and legal behaviors
4. Describe and demonstrate good health and hygiene practices
5. Describe guidelines for dependability, punctuality, resignation, and job seeking
6. Describe the role of the nurse aide in reporting identified changes in resident's condition
7. Describe and demonstrate the appropriate methods of answering the telephone

B. Resident's Rights - 3.0 hours

1. Describe the nurse aide's role in protecting and maintaining the dignity of each resident
2. Discuss the role of the nurse aide as it relates to protecting the resident's rights
3. Discuss various myths and stereotypes associated with aging/older adults
4. Define confidentiality
5. Discuss the nurse aide's responsibilities in relation to confidentiality
6. Describe the protection of the resident's right to privacy
7. Describe the protection of the resident's personal items (clothing; assistive devices such as hearing aids, dentures, glasses; flowers/food; etc.)
8. Describe the purpose of informed consent
9. Explain the difference between a will, a living will, and an advanced directive
10. Describe the role of the nurse aide regarding a resident's living will

11. Discuss the resident's right to refuse care
12. Describe ways the nurse aide can provide assistance to residents in resolving grievances and disputes
13. Describe the role of the ombudsman in long-term care
14. Describe promotion of resident's right to make personal choices

C. *Basic Nursing Skills - 7.0 hours*

1. Demonstrate oral and written reporting of resident information
2. Demonstrate the proper technique for obtaining and recording vital signs:
 - a. Temperature: oral, axillary, rectal, and tympanic membrane method using glass and electronic thermometers
 - b. Pulse: locate various sites and characteristics of pulses
 - c. Respiration: normal respirations, rate and rhythm, and the terminology for variations in breathing
 - d. Blood pressure: hypotension/hypertension, factors affecting blood pressure
 - e. Height and weight: techniques for ambulatory and non-ambulatory residents
3. Discuss the normal range of vital signs
4. Describe changes in resident's condition (signs and symptoms)
5. Describe observations and reporting of signs of acute illness, including:
 - a. shortness of breath
 - b. rapid respiration
 - c. fever
 - d. coughs
 - e. chills
 - f. pains in chest
 - g. blue color to lips
 - h. pain
 - i. nausea
 - j. vomiting
 - k. drowsiness
 - l. excessive thirst
 - m. sweating
 - n. pus
 - o. blood or sediment in urine
 - p. difficulty urinating

- q. frequent urination in small amounts
 - r. pain or burning on urination
 - s. urine with dark color or strong odor
6. Demonstrate the collection, labeling, and transportation of specimens of urine, stool, and sputum
 7. Discuss importance of proper hydration
 8. Describe proper hydration, including intake, output, and restricting and forcing fluids
 9. Describe warning signs of dehydration
 10. Describe observation and recording of types of bowel movements
 11. Describe the procedure for changing a colostomy bag of a resident with an established colostomy (No irrigations)
 12. Describe and demonstrate the procedure for catheter care (No irrigations)
 13. Define the commonly used abbreviations and terminology used in the long-term care setting
 14. Describe the ABCs of emergency care
 15. Describe the procedure for assisting residents with bedpan/urinal
 16. Describe the types of isolation techniques and the use of personal protective equipment (PPEs)
 17. Describe the signs and symptoms of an infection
 18. Define nosocomial infection
 19. Define medical and surgical asepsis, and disinfection versus sterilization
 20. Demonstrate the proper use of gloves
 21. Describe and give examples of biohazardous waste, and the symbols and disposal of such waste
 22. Describe end-of-life care of a resident whose death is imminent
 23. Describe postmortem care
 24. Describe the nurse aide's role in caring for the resident's environment and for resident care equipment
 25. Describe therapeutic diets and the use of supplemental and in-between meal feedings

D. Care of Cognitively Impaired Residents - 5.0 hours

1. Define Alzheimer's disease, dementia, and cognitive impairment, including impact on team and family
2. Describe differences between normal aging and dementia
3. Describe symptoms related to the three stages of dementia
4. Describe how basic communication differs between those with dementia and those without dementia
5. Describe communication strategies appropriate for the three stages of dementia
6. Differentiate between verbal and non-verbal communication

7. List barriers to communication (hearing and visual, and speech loss)
8. Demonstrate knowledge of recognizing pain in the cognitively impaired resident
9. Describe validation techniques versus reality orientation
10. Identify and describe behaviors associated with Alzheimer's disease and dementia, including agitation, confusion, sundowning, paranoia, wandering, hiding, and hoarding, eloping, catastrophic reactions, hallucinations, delusions, and hyperorality
11. Discuss and apply the concept that behavior is a means of communicating and requires examination for an appropriate response
12. Recognize the concept that behaviors related to dementia are not deliberate but due to the disease
13. Describe appropriate responses to behaviors associated with cognitive impairment based on recognizing a particular behavior, identifying what triggered the behavior, and associating what resulted from the behavior
14. Identify and demonstrate appropriate responses to the behaviors associated with cognitive impairment, including agitation, confusion, sundowning, paranoia, wandering, hiding, and hoarding, catastrophic reactions, hallucinations, delusions, hyperorality
15. Define reality orientation and describe its possible effect on individuals with cognitive impairment
16. Identify environmental factors that affect the individual with cognitive impairment
17. Describe basic underlying principles of care, including encouraging remaining skills, simplifying, and breaking down tasks, eliminating choices, providing encouragement, and establishing daily routines

E. Mental Health and Social Service Needs - 2.0 hours

1. Describe the various behavior patterns residents display, the rationale for these patterns, and the appropriate response
2. List ways the nurse aide can assist with feelings of loneliness and sensory deprivation
3. Define ageism and list losses
4. Define self-worth, self-esteem, and stress as it relates to the nurse aide, resident, and family
5. Describe ways the nurse aide can use the resident's family as a source of emotional support
6. Describe methods of reality orientation
7. Describe memory changes and how they impact the resident's plan of care
8. List ways the nurse aide can recognize and intervene with confusion in a resident
9. Describe the nurse aide's role with social/activity staff
10. Describe the nurse aide's role in providing needed assistance in getting to and participating in resident and family groups and other activities

F. Personal Care Skills - 2.5 hours

1. Describe and demonstrate the types of baths and the techniques for each
2. Describe and demonstrate skin care, perineal care, foot care, and care of the nails
3. Describe and demonstrate grooming measures, such as for the hair, mouth, and dentures
4. Describe and demonstrate dressing techniques used for special populations, such as those with resistive and/or combative behavior and physical disabilities
5. Describe and demonstrate the technique for administering the bedpan and urinal, and for care of the incontinent resident
6. Describe feeding techniques and hydration measures
7. Describe the warning signs that indicate a risk for unintended weight loss
8. Describe and demonstrate the technique and principles for making an occupied and an unoccupied bed
9. Discuss the nurse aide's role in preparing the resident for rest and sleep
10. Discuss the procedures for AM and PM care

G. Basic Restorative Services - 3.0 hours

1. Demonstrate the appropriate techniques in transferring and ambulating, with or without assistive devices
2. Demonstrate the use of devices used during meals and dressing
3. Demonstrate appropriate techniques used in turning, positioning, and lifting a resident in bed (e.g., Fowler's, supine, prone, and lateral)
4. Demonstrate passive range of motion exercises
5. Demonstrate the proper technique used in applying and removing elastic stockings
6. Describe skin care for the prevention of pressure areas
7. Describe the maintenance of room temperature in the long-term care facility
8. Demonstrate the use of a manual and an electric bed
9. Describe the care and use of prosthetic and orthotic devices
10. Define bedrest, partial weight bearing, and dangling
11. Describe measures to prevent complications of bed rest using positioning and exercise
12. Describe the care of a resident who is receiving tube feedings, IV therapy, and G-tube feedings
13. Describe care and use of foot boards, trochanter rolls, handrails, bed cradles, trapeze bars, crutches, canes, and walkers
14. Describe the use of various mechanical lifts
15. Demonstrate the following positions: Fowler's, Semi-Fowler's, prone, and supine
16. Describe the care and safety of a resident receiving oxygen

17. Define and discuss physical, speech, and occupational therapies as related to resident care
18. List non-verbal signs and symptoms suggesting pain
19. Describe and list comfort measures for residents with pain
20. Describe the goals and outcomes of rehabilitative services for resident independence
21. List members of the rehabilitative team and their role in promoting independence
22. Describe types of adaptive equipment used to promote resident independence
23. Describe and demonstrate the use of transfer (gait) belt
24. Describe bowel and bladder retraining protocol