

8

EIGHTH EDITION

American Health Care Association's

HOW TO BE A

NURSE ASSISTANT

A QUALITY APPROACH TO LONG TERM CARE

FEDERAL CROSSWALK

INSTRUCTOR REQUIREMENTS

The training of nurse aides must be performed by or under the general supervision of a registered nurse who possesses a minimum of 2 years of nursing experience, at least 1 year of which must be in the provision of long term care facility services;

Instructors must have completed a course in teaching adults or have experience in teaching adults or supervising nurse aides;

In a facility-based program, the training of nurse aides may be performed under the general supervision of the director of nursing for the facility who is prohibited from performing the actual training; and

Other personnel from the health professions may supplement the instructor, including, but not limited to, registered nurses, licensed practical/vocational nurses, pharmacists, dietitians, social workers, sanitarians, fire safety experts, nursing home administrators, gerontologists, psychologists, physical and occupational therapists, activities specialists, speech/language/hearing therapists, and resident rights experts. Supplemental personnel must have at least 1 year of experience in their fields.

PROGRAM REQUIREMENTS

Consist of no less than 75 clock hours of training

Include at least 16 hours of supervised practical training. Supervised practical training means training in a laboratory or other setting in which the trainee demonstrates knowledge while performing tasks on an individual under the direct supervision of a registered nurse or a licensed practical nurse;

PROGRAM PREREQUISITES

At least a total of 16 hours of training in the following areas prior to any direct contact with a resident:

PREQUISITES	CHAPTER
Communication and interpersonal skills	Chapter 2: Communication and Customer Service
Infection Control	Chapter 5: Preventing Infections While Providing Personal Care
Safety/emergency procedures, including the Heimlich Maneuver	Chapter 6: Personal Safety and Emergency Care
Promoting residents' independence	Chapter 1: Your Health Career Chapter 3: Maintaining Quality of Life
Respecting residents' rights	Chapter 3: Maintaining Quality of Life Chapter 14: Ethics, Law and Regulatory Guidelines

BASIC NURSING SKILLS REQUIREMENT	CHAPTER
Taking and recording vital signs	Chapter 7: Documentation and Core Nursing Skills
Measuring and recording height and weight	Chapter 7: Documentation and Core Nursing Skills
Caring for the residents' environment	Chapter 7: Documentation and Core Nursing Skills
Recognizing abnormal changes in body functioning and the importance of reporting such changes to a supervisor	Chapter 11: Aging and Chronic Disease Management
Caring for residents when death is imminent	Chapter 13: Comfort Care and End of Life

PERSONAL CARE SKILLS REQUIREMENT	CHAPTER
Bathing	Chapter 5: Preventing Infection while Providing Personal Care
Grooming, including mouth care	Chapter 5: Preventing Infection while Providing Personal Care
Dressing	Chapter 5: Preventing Infection while Providing Personal Care
Toileting	Chapter 5: Preventing Infection while Providing Personal Care
Assisting with eating and hydration	Chapter 9: Nutrition
Proper feeding techniques	Chapter 9: Nutrition
Skin care	Chapter 11: Aging and Chronic Disease Management
Transfers, positioning and turning	Chapter 8: Positioning, Moving and Restorative Care

MENTAL HEALTH AND SOCIAL SERVICES REQUIREMENT	CHAPTER
Modifying aide's behavior in response to residents' behavior	Chapter 2: Communication and Customer Service
Awareness of developmental tasks associated with the aging process	Chapter 2: Communication and Customer Service Chapter 11: Aging and Chronic Disease Management
How to respond to resident behavior	Chapter 2: Communication and Customer Service Chapter 12: Advanced and Specialty Care Environment
Allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity	Chapter 1: Your Health Career Chapter 2: Communication and Customer Service Chapter 3: Maintaining Quality of Life Chapter 4: Resident Rights
Using the resident's family as a source of emotional support	Chapter 3: Maintaining Quality of Life

CARE OF COGNITIVELY IMPAIRED RESIDENTS REQUIREMENT	CHAPTER
Techniques for addressing the unique needs and behaviors of individual with dementia (Alzheimer's and others)	Chapter 12: Advanced and Specialty Care Environments Hand in Hand modules
Communicating with cognitively impaired residents	Chapter 12: Advanced and Specialty Care Environments
Understanding the behavior of cognitively impaired residents	Chapter 12: Advanced and Specialty Care Environments
Appropriate responses to the behavior of cognitively impaired residents	Chapter 12: Advanced and Specialty Care Environments
Methods of reducing the effects of cognitive impairments	Chapter 12: Advanced and Specialty Care Environments

BASIC RESTORATIVE SERVICES REQUIREMENT	CHAPTER
Training the resident in self-care according to the resident's abilities	Chapter 8: Positioning, Moving and Restorative Care
Use of assistive devices in transferring, ambulation, eating, and dressing	Chapter 8: Positioning, Moving and Restorative Care Chapter 9: Nutrition
Maintenance of range of motion	Chapter 8: Positioning, Moving and Restorative Care
Proper turning and positioning in bed and chair	Chapter 8: Positioning, Moving and Restorative Care
Bowel and bladder training	Chapter 10: Elimination
Care and use of prosthetic and orthotic devices	Chapter 7: Documentation and Core Nursing Skills Chapter 8: Positioning, Moving and Restorative Care

RESIDENTS' RIGHTS REQUIREMENTS	CHAPTER
Providing privacy and maintenance of confidentiality	Chapter 4: Resident Rights Chapter 8: Documentation and Core Nursing Skill
Promoting the residents' right to make personal choices to accommodate their needs	Chapter 1: Your Health Career Chapter 2: Communication and Customer Service Chapter 3: Maintaining Quality of Life Chapter 4: Resident Rights
Giving assistance in resolving grievances and disputes Providing needed assistance in getting to and participating in resident and family groups and other activities	Chapter 4: Resident Rights Chapter 2: Communication and Customer Service Chapter 3: Maintaining Quality of Life Chapter 4: Resident Rights
Maintaining care and security of residents' personal possessions	Chapter 3: Maintaining Quality of Life Chapter 4: Resident Rights Chapter 6: Documentation and Core Nursing Skills
Promoting the resident's right to be free from abuse, mistreatment, and neglect and the need to report any instances of such treatment to appropriate facility staff	Chapter 3: Maintaining Quality of Life Chapter 4: Resident Rights
Avoiding the need for restraints in accordance with current professional standards	Chapter 7: Positioning, Moving and Restorative Care Chapter 4: Resident Rights