

## THE ROLE OF THE NURSING ASSISTANT

The nurse assistant is an important member of the health care team. The nurse assistant, under the direct supervision of licensed nursing personnel, provides direct care to the resident; promotes comfort measures, and collects, records and reports data. Other performances may include, providing skin care to patients; taking their temperature, pulse rate, respiration rate, and blood pressure; and helping them to get into and out of bed and walk. The Nursing Assistant also may assist in transporting patients in and out of wheelchairs, keeping patients' rooms neat, setting up equipment, storing and moving supplies, and assisting with some procedures. The Nursing Assistant observes patients' physical, mental, and emotional conditions and report any change to the nursing or medical staff.

## CAREER OPPORTUNITIES

Career opportunities for the Nursing Assistant are found in Long Term Care facilities, Hospitals, Home Health, Rehabilitation centers, Skilled Nursing Facilities Hospitals and others.

## ADMISSION REQUIREMENTS

High School Diploma or GED

Student must be over 18 years old

### Nurse Assistant Program

Lecture Hours: 59

Clinical Hours: 100

Total Clock Hours: 159

Westchester College is licensed by the following bureaus and meets the minimum state standards of:



Westchester College of Nursing and Allied Health  
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The Nurse Assistant Program promotes quality of care and prepares the student for a career profession as a Nurse Assistant or a related field and endows the student with awareness of opportunities/choices in health care occupations.

The Nursing Assistant Certificate (non-degree) Program assists the student to prepare for the State of California Nursing Assistant Competency Evaluation. Certification is after satisfactory completion of the course program and passing of the CA State Exam.

Theory classes are held in the classroom and clinical hours are conducted at the contracted training facilities or laboratory.

The program is conducted by a certified team of qualified faculty who are dedicated to assist the student in achieving the skills and knowledge necessary to compete in the job market.

# Nursing Assistant Curriculum

## NA-M1: Introductions to Health Care

Intent: To learn the role and responsibility of the Certified Nurse Assistant. An overview of Title 22, division 5, California Code of Regulations. The requirements for nurse assistant certification, professionalism, ethics and confidentiality are reviewed.

## NA-M2: Patient Rights

Intent: To understand patients' right as specified in Title 22, California Code of Regulations section 72527 and in sections 1599.1, 1599.2, and 1599.3 of the Health and Safety Code and in Title 42 Code of Federal Regulations Part 483, Sections 483.10, 483.12, 483.13, and 483.15. The student learns how to properly observe patients and the responsibility or reporting, patient care plans, patient care documentation, and legal issues of charting.

## NA-M3: Communication/Interpersonal Skills

Intent: In this module, the student learns communications, defense mechanisms, social cultural factors, attitudes toward illness and health care and family interaction.

## NA-M4: Prevention/Management of Catastrophe & Unusual Occurrence

Intent: The student will learn emergency procedures, general safety rules, fire and disaster plans, the roles and procedures for Certified Nurse Assistants, and patient safety.

## NA-M5: Body Mechanics

Intent: The student is introduced to basic rules of body mechanics, proper transfer techniques, ambulation, the proper use of body mechanics and positioning techniques.

## NA-M6: Medical & Surgical Asepsis

Intent: The student is introduced to Micro-organisms, the universal precautions used for infection control including methods to handle patients, and all materials that are soiled with blood and/or body fluids from patients. The methods prescribed shall be designed to reduce risk of transmission of potentially infectious etiologic agents from patient to patient and between patients and health care workers.

## NA-M7: Weights and Measures

Intent: To learn to measure accurately intake and output fluid balance, fluid intake, fluid output, forcing and restricting fluids. Measure resident's height and weight on the bed or upright scale. The student will learn to understand the Metric system, by weight, length and liquid volume. The student will also learn military time i.e. a twenty-four (24) hour clock.

## NA-M8: Patient Care Skills

Intent: The student learns the proper procedure for bathing patients and medicinal baths, oral hygiene with their own teeth, dentures or to unconscious residents, shaving, hair care combing and shampooing, dressing and undressing, nail care, skin care including back rub to supervise, assist total care to dependent residents.

## NA-M9: Patient Care Procedures

Intent: The student learns how to collect specimens, including stool, urine and sputum. Students learn to care for patients with tubing to include but not limited to urinary, gastric, oxygen and intravenous. (This care does not include inserting, suctioning or changing the tubes). Student also learns meaning of intake and output, bed making, cleansing enemas and laxative suppositories, admission, transfer and discharge, bandages and non-sterile dry dressings, including the application of non-legend topical ointments to intact skin surfaces.

## NA-M10: Vital Signs

Intent: The student is introduced to vital signs, measuring the temperature, measuring the pulse, measuring respiration, measuring blood pressure. Learn different parameters of vital sign and nursing care management, reporting and proper documentation.

## NA-M11: Nutrition

Intent: This module introduces the student to the Principles of Basic Nutrition, Basic Four Food Groups, Religious Dietary Restrictions, The Four Major Types of Nutrients, The Importance of Water, Nutrient and Calorie Needs, Assessing Nutrition, Good vs. Poor, Regular and Special (Therapeutic) Diets, Therapeutic Diets that Eliminate, Restrict, or Change the Proportion of Foods or Nutrients, Therapeutic Diet that are Served in 4 Particular Form, Supplemental Food and Fluids, Principles of Fluid Balance, Nursing Assistant's Responsibility Relating to Client's Diet, Planning a Menu and Shopping List, Purchasing Food Wisely, Storing Food Properly, Feeding the Client, Food Preparation.

## NA-M12: Emergency Procedure

Intent: To gain knowledge of emergency procedures, general safety rules, fire and disaster plans, medical emergency signs and symptoms the roles and procedures for Certified Nurse Assistants, and patient safety and emergency including overview of CPR and first aid for choking resident.

## NA-M13 Long Term Care

Intent: This module will introduce the concepts of normal aging process regarding neurological, dermatological, cardiac, pulmonary, circulatory, urological, muscular and skeletal changes.

## NA-M14: Rehabilitation

During this module, the student learns importance of rehabilitation for residents with limited mobility or compromised residents preventing serious complications. Learn range of motion exercises, assistive devices to help the resident with their activities of daily living.

## NA-M15: Observation and Charting

The student learns how to properly observe patients and the responsibility of reporting, patient care plans, patient care documentation, and legal issues of charting. Introduction to medical terminologies.

## NA-M16: Death & Dying

During this module, the student learns of the different stages of grief, the emotional and spiritual needs of the patient and family, rights of the dying patient, signs of approaching death, monitoring of the patient, and post mortem care.

## Schedule of Classes

Six Week Course

Monday – Thursday

8:00am -2:30pm Theory

7:00am-3:30pm Clinical

