

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HCT 95

Credits: 3

Course Title: Topics in HCT: Patient Care Assistant/Home Health Aide

Course Description: Teaches fundamental principles of patient care with laboratory experience in foods and fluids, elimination, moving patients, morning, afternoon and evening care, care of hospital equipment, means of providing special comforts and safety, infection control, home management, and simple first aid. Emphasizes caring for older patients, includes observing, reporting, infection control, safety, anatomy and physiology, nutrition, personal care. Lecture 2 hours. Laboratory 2 hours. Total 4 hours per week.

General Course Purpose: This course is designed to teach qualified individuals to provide personal care services as required by the Department of Medical Assistance Services (DMAS). These may include students who seek entry-level positions in the health care industry, students who wish to continue their studies to procure a Health Care Technician Career Studies Certificate, and students who need these skills to care for a loved one in the home.

Course Prerequisites and Co-requisites:

- a. 18 years of age or older
- b. VPT-ENF-2 level. Students who test below this level must complete recommended developmental course.
- c. VPT-Math, MTE1 level. Students who test below MTH-1 must complete recommended developmental courses.
- d. Physically able to
 1. Lift and move clients
 2. Hear audible alarms and sounds
 3. Auscultate certain physical parameters-such as blood pressure, heart and lung sounds
 4. Interact effectively with clients/families, and health care team members

Course Objectives:

Upon completing the course, the student will be able to

- a. List the physical effects of aging and demonstrate application of the knowledge in skills lab;
- b. Identify and apply principles of infection control and demonstrate in skills lab;
- c. Demonstrate ability to provide safe personal care nursing aide services as identified in the syllabus and/or skills checklist as identified by DMAS;
- d. Identify needs of special care populations, such as dementia, stroke, and Parkinson's;
- e. Demonstrate basic principles of cleaning and caring for medical equipment (walkers, wheelchairs, etc.) and home equipment (stoves, washer, dryer, etc.);
- f. Demonstrate how to accurately measure, record, and report vital signs, height, and weight;
- g. List professional behaviors that must be incorporated in all health care environments;
- h. Recognize health (physical and mental) changes in a client;
- i. Define vocabulary listed in DMAS curriculum;
- j. List requirements of care for an individual receiving care through a DMAS program;
- k. Describe the principles of safe food preparation and storage and apply them in the lab;
- l. Describe fundamental principles of meal preparation;
- m. Apply principles of safe feeding of older adults unable to meet this need independently;

- n. Describe components of documentation requirements for Medicaid recipients; and
- o. Describe documentation elements specific to health care.

Major Topics to Be Included:

- a. Introduction
- b. Physical and biological changes within the elderly population
 - Cardiovascular
 - Respiratory
 - Urinary system
 - Digestive system
 - Nervous system
 - Musculoskeletal
 - Integumentary (skin)
 - Endocrine system
 - Reproductive system
- c. Psychological aspects of aging
- d. Basic human needs of the elderly
- e. Orientation to types of physical disabilities or handicaps
- f. Personal care and rehabilitative services
 - Body mechanics
 - Transfer techniques
 - Activities of daily living (eating, dressing, grooming, toileting)
 - Vital signs
- g. Home management
- h. Safety and accident prevention in the home
- i. Food, nutrition and meal preparation
- j. Documentation requirements for Medicaid recipients

Effective Date of Course Content Summary: May 1, 2016