

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199830

UC TRANSFER:

Not Transferable

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. Expand knowledge base, practice clinical thinking skills, describe appropriate clinical interventions.

TOPICS AND SCOPE:

Inactive Course: 05/11/2009

Inactive Term: Fall 2009

Each offering will consist of 3 three hour topics for a total of 9 hours. Topics are as follows (Outline/Objectives follow)

A. Basic Life Support

Tuberculosis--Prevention and Control

Isolation Precautions Update

B. Chronic Illness--Impact on the Resident

Chronic Illness--Impact on the Caregiver

Relieving Pain

C. Understanding & Supporting Families

Improving Guest Relations

Reducing Legal Risks

D. Common Aging Changes

Promoting A Healthy Physical Environment

Positive Approaches to Negative Behaviors

E. Promoting Respiratory Health

Chronic Obstructive Pulmonary Disease

Care of the Hypertensive Resident

F. Improving Incontinence

Improving Movement and Mobility

Back Injury

Outlines/Objectives for above listed topics.

3 Hours BASIC LIFE SUPPORT

A. Identifying cardiopulmonary areas

1. no response; 2. no respirations: cyanosis

3. lack of pulse, nonpalpable carotid pulse

4. dilated pupils

5. EKG changes: ventricular fibrillation

B. Responding to the emergency

1. open airway

2. establish breathing via artificial ventilation

3. start cardiac compression

4. use appropriate drugs or other definitive treatment

C. Discontinuing resuscitation efforts

1. when circulation and ventilation return

2. when resident is transferred to emergency facility

or EMS personnel

3. when person resuscitating becomes exhausted

4. when resident is pronounced dead

D. Postresuscitation care

1. IV therapy

2. monitoring I-O, airway, general status, complications

3. collection of blood samples 4. contact family, clergy

4. contact family, clergy

E. Documentation

1. significant events and corresponding times

Objectives: Upon completion the learner will be able to:

* list the signs of cardiopulmonary arrest

* outline the actions to take for CPR

* describe reasons for discontinuing CPR

* discuss postresuscitation care

* list factors that should be documented during CPR

3 Hours TUBERCULOSIS: Prevention and Control

A. TB incidence

1. increasing in general population, particularly among HIV-positive persons

2. higher than average incidence among nursing home residents and employees

B. Prevention

1. good infection control practices

2. proper ventilation

3. identifying high risk persons

C. Assessment

1. tuberculin skin testing

2. chest x-ray, sputum evaluation

3. recognizing symptoms: anorexia, weight loss, cough, weakness, low grade fever, dyspnea, night sweats; symptoms may be altered in elderly

D. Control of TB

1. preventive therapy for newly positive skin reactions without any other evidence of disease

2. antitubercular drugs for treatment of active disease

3. good infection control practices

4. education of resident, visitors

5. general nursing care

a) eliminate and prevent infection, b) promote effective breathing, c) assure good nutritional status, d) provide comfort measures

Objectives: Upon completion the learner will be able to:

* discuss the incidence of TB among the general population and nursing home residents and staff

* identify conditions that increase the risk of TB

* describe the techniques for assessing for TB

* outline nursing care measures for persons with TB

3 Hours ISOLATION PRECAUTIONS UPDATE

A. Development of isolation practices

1. transition from segregating infected person to treating all people as potentially infectious regardless of known status

B. Standard precautions

1. replaces former universal precautions and body

substance isolation

2. used for all residents, regardless if they are known to have infection or not

3. applies to handling of blood, body fluids, secretions, excretions, nonintact skin, mucous membranes

C. Transmission-based precautions

1. condenses all former categories of isolation into three categories: a) airborne precautions,

b) droplet precautions, 3) contact precautions

2. specific measures are used in addition to basic standard precautions

Objectives: Upon completion the learner will be able to:

* trace changes in the development of isolation practices

* describe standard precautions

* list special measures that must be taken for transmission-based precautions

3 hours CHRONIC ILLNESS--PART I: IMPACT ON THE RESIDENT

A. Differences between acute and chronic illness

B. Effects of chronic illness

1. Impairment: impairment>disability>handicap

2. Impact of chronic illness on ADLs

3. Pain

4. Change in self-concept

5. Emotional reactions: denial, anger, bargaining, depression, regression

C. Needs of the chronically ill

1. Manage illness

2. Prevent complications

3. Promote independence

4. Die with peace, comfort, and dignity

Objectives: upon completion the learner will be able to:

* describe the effects of chronic illness on function, self-concept, and mood

* list the needs of the chronically ill

* outline a basic care plan for chronically ill residents

3 Hours CHRONIC ILLNESS--PART II: IMPACT ON THE CAREGIVER

A. Goal of chronic care

1. Manage illness, 2. Promote maximum independence,

3. Prevent complications, 4. Provide a peaceful, comfortable and dignified death

B. Caregiving issues

1. Need for regular reassessment and care plan revision

2. Staff as family surrogate

3. Promoting high quality of life

C. Impact on the caregiver

1. Target of resident's reactions

2. Grieving about residents

3. High stress nature of chronic care nursing

4. Need for stress management, care for the caregiver

Objectives: Upon completion the learner will be able to:

* describe the differences between acute and chronic care goals

* list some of the unique care needs of the chronically ill

* identify risks associated with providing care to chronically ill persons

* discuss measures to manage caregiver stress

3 hours RELIEVING PAIN

A. Types of pain

1. Acute: sudden onset, lasts <3 months
2. Chronic: last >months, intermittent or persistent
3. Somatic: occurs in skin, subcutaneous tissue, muscles, bones
4. Visceral: originates in organs
5. Referred: sensation in area other than where primary problem exists
6. Neuralgia: sharp pain along nerve line
7. Causalgia: burning sensation in peripheral nerve
8. Phantom limb: uncomfortable sensation in amputation limb
9. Psychogenic: pain with no or insufficient physical cause

B. Assessing pain

1. History: onset, contributing factors, quality, intensity, pattern, relief measures, resident's knowledge, effects, meaning
2. Physical examination: appearance, movement, affect, vital signs, palpation
3. Resident's self-assessment: most reliable indicator of pain
4. Relief measures
 - a) pharmacologic therapies, b) physical therapies, c) invasive therapies, d) psychological therapies

Objectives: Upon completion the learner will be able to:

- * differentiate the various types of pain
- * list factors that affect reaction to pain
- * outline areas to include in the assessment of pain
- * identify pharmacologic, physical, invasive, and psychological measures to manage pain

3 hours UNDERSTANDING AND SUPPORTING FAMILIES

A. Family dynamics

1. functions of the family unit
2. extended and nuclear families
3. differences in family relationships and roles

B. Family dysfunction

1. distancing from relative
2. Manipulation
3. abuse

C. Family reactions to institutionalization

1. depression; 2. anger, 3. powerlessness
4. guilt, 5. denial

D. Measures to assist families

1. Listening to concerns, giving information and explanations
2. Reassuring that guilt, anger, frustration and other feelings are normal
3. Introducing to staff and other families
4. Encouraging involvement in care, suggesting meaningful activities
5. Informing of incidents and changes in status
6. Investigating complaints

7. Understanding feelings displaced on staff

Objectives: Upon completion the learner will be able to:

- * list major functions provided by the family unit
- * describe various roles that family members may assume
- * identify family dysfunction
- * discuss reactions that family members may have to the institutionalization of a loved one
- * outline various measures staff can take to assist families

3 hours IMPROVING GUEST RELATIONS

A. Importance of good guest relations to health care facilities

1. improve services for residents and families
2. promote good reputation and business for facility
3. increase job security and satisfaction

B. Staff competency

1. properly prepared employees
2. continuing education to maintain competency
3. performance appraisals to identify areas for improvement

C. Image

1. impression made within first four minutes of personal contact; 45 seconds of telephone contact
2. dress style, grooming should reflect professionalism
3. body language creates positive & negative impressions

4. Image presented by individual employee can cause impression of entire facility

D. Communication

1. employee statements given tremendous credibility by guests
2. Importance of confidentiality

E. Courtesy

1. goal is to satisfy the customer
2. telephone courtesy tips

F. Problem-management

1. prevent problems from developing when possible
2. measures to resolve complaints, problems

Objectives: Upon completion the learner will be able to:

- * list reasons for health care agencies increasing their interest in guest relations
- * discuss how positive images can be created
- * outline job behaviors consistent with good guest relations
- * describe measures for showing telephone courtesy

3 hours REDUCING LEGAL RISKS

A. Increased litigation in society and health care

B. Path of a lawsuit

C. Cost of lawsuit

D. Malpractice

E. Reporting and recording

Objectives: Upon completion the learner will be able to:

- * list some of the reasons for the rise in lawsuits
- * outline the steps that are followed when a lawsuit is filed

- * describe the costs of a lawsuit
- * describe conditions that must exist for malpractice to be proven
- * list ways that staff can reduce their risk for malpractice
- * discuss sound practices for documentation

3 Hours COMMON AGING CHANGES

- A. Cardiovascular system
- B. Respiratory system
- C. Gastrointestinal system
- D. Genitourinary system
- E. Musculoskeletal system
- F. Neurological system
- G. Integumentary system
- H. Mental status
- I. Aging is an individualized process

Objectives: upon completion the learner will be able to:

- * list the major age-related changes in each body system
- * differentiate normal from abnormal mental function in late life
- * describe ways to compensate for age-related changes
- * identify major health problems that are of increased risk in late life

3 Hours PROMOTING A HEALTHY PHYSICAL ENVIRONMENT

- A. Impact of advanced age
- B. Cognitive impairments
- C. Physical impairments
- D. Physical considerations

Objectives: upon completion the learner will be able to:

- * describe how age-related changes affect environmental factors
- * list considerations for environments for cognitively impaired residents
- * state examples of modifications that can make the environment functional for residents who have physical impairments
- * describe the impact of light, color, sounds, scents and temperature on health and function
- * discuss actions nursing staff can take to improve the facility environment for residents

3 Hours POSITIVE APPROACHES TO NEGATIVE BEHAVIORS

- A. Negative or problem behaviors
- B. Potential causes of behavioral problems
- C. Nursing actions

Objectives: upon completion the learner will be able to:

- * describe behavioral problems that residents can demonstrate
- * list causes of behavioral problems
- * discuss nursing actions that can prevent or reduce negative behaviors

3 Hours PROMOTING RESPIRATORY HEALTH

- A. Advanced age and respiratory health
- B. Prevention of respiratory problems
- C. Detection of respiratory problems
- D. Common respiratory conditions

Objectives: upon completion the learner will be able to:

- * list the effects of aging on respiratory health
- * discuss measures that aid in preventing respiratory prob.
- * list signs of respiratory illness
- * describe common respiratory conditions of long-term care residents

3 Hours CHRONIC OBSTRUCTIVE PULMONARY DISEASE

A. Scope of COPD

B. Causes

C. Signs and symptoms

D. Assessment

E. Care Plan

Objectives: Upon completion the learner will be able to:

- *discuss the scope of the problem of COPD
- *list major causes of COPD
- *identify the diseases categorized as COPD
- *recognize signs and symptoms of emphysemas and chronic bronchitis
- *describe the basic care plan for the resident with COPD

3 Hours CARE OF THE HYPERTENSIVE RESIDENT

A. Definition of hypertension

B. Types and causes

C. Preventive measures

D. Assessment

E. Treatment

Objectives: Upon completion the learner will be able to:

- * list the types and causes of hypertension
- * describe measures to reduce the risk of hypertension
- * outline measures to assess blood pressure and identify hypertension
- * discuss measures helpful in reducing high blood pressure

3 Hours IMPROVING INCONTINENCE

A. Normal bladder elimination

B. Assessment

C. Types of incontinence

D. General Care measures

E. Behavioral approaches

F. Other approaches

Objectives: Upon completion the learner will be able to:

- * describe normal bladder elimination
- * list factors to assess in the incontinent resident
- * discuss the different types of incontinence
- * describe nursing actions to assist incontinent residents

3 Hours IMPROVING MOVEMENT AND MOBILITY

A. Causes of impaired movement

B. Effects of immobility

C. Nursing actions

Objectives: Upon completion the learner will be able to:

- * list the causes of impaired movement
- * describe the effects of immobility
- * outline nursing actions to prevent and minimize the risks associated with immobility

3 Hours BACK INJURY

A. Scope of problem

B. Risk factors

C. Types of back injury

D. Prevention of back injury

Objectives: Upon completion the learner will be able to:

- * discuss the scope of back injury problems to nursing home employees
- * list risk factors for back injury
- * describe various types of back injury
- * identify measures to reduce the risk for back injury

METHODS OF INSTRUCTION:

Lecture, demonstration, return demonstration

REPRESENTATIVE TEXTBOOKS:

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: I

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: AH

CSU Crosswalk Course Number: 121

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: B

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000349197

Sports/Physical Education Course: N

Taxonomy of Program: 123030