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ABSTRACT

This document contains an introduction to the Ohio Integrated Technical and Academic Competency (ITAC) and Specialization ITAC; an overview of the nurse assistant occupation; a list acknowledging professionals who helped develop the competency list; and the comprehensive list of the professional or occupational competencies deemed essential for graduates to be able to perform proficiently when they graduate from an Ohio specialization workforce development program for nurse assistants. The introduction explains the following: (1) critical academic, employability, and information technology skills have been integrated throughout the list to support the technical skills; (2) the competency profile can be used as the basis for curriculum development in Ohio's secondary, adult, and postsecondary programs; and (3) the specialization competency profile is organized so that it can be clustered or grouped in a modular approach. The overview of the nurse assistant occupation describes general duties, some specific tasks, employment opportunities, length of program, type of program (classroom instruction and/or work experience), and types of certificates and/or degrees. Competencies are grouped under broader skills that are, in turn, categorized under these 14 major topics: nurse assistant orientation; physiology and anatomy; emergency care; infection control and resident/client safe practices; legal and ethical responsibilities; communication skills; basic personal care; vital signs; nurse-related procedures; death and dying; care of elderly resident/client; care of resident/client with special needs; restorative duties; and home health care. (YLB)

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Acknowledgements

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Introduction to the Specialization ITAC

Revised 2001

The Ohio Integrated Technical and Academic Competency (ITAC) profiles are developed under the auspices of the Ohio Department of Education and the Ohio State Board of Education. They provide a broad-based educational response to Ohio's need for a skilled workforce. Each Specialization ITAC represents a profile of the professional or occupational competencies deemed essential for a graduate to perform proficiently when he or she graduates from the specialization workforce development programs in Business and Marketing, Industrial and Engineering Systems, Health Occupations, or Family and Consumer Sciences. The Specialization ITAC profile, in conjunction with the competencies identified in the Foundation and Clusters ITACs, provide a career pathway that can lead to employment or further education.

Process and Intent

The integrated competency lists are the result of all encompassing research and review of existing competency profile lists and includes input from industry, labor, professional organizations, professional and industrial representation, and national standards for a specific industry/profession. Representatives from a broad cross-section of Ohio professional organizations, businesses/professions, industry, and labor played a critical role in identifying current and future knowledge and skills for the industry, and defining the vision and scope of the profession/industry. The instructional methods and teaching strategies are the responsibility of the local school system and/or instructor.

Curriculum Applications Using the ITAC Competency Profiles

Each profile includes a comprehensive listing of occupational skill competencies that reflect the job opportunities and skills that are required to work in a specific profession/career pathway. Critical academic, employability and information technology skills have been integrated throughout the list to support the technical skills. These competency profiles will be used as the basis for curriculum development in Ohio's secondary, adult, and post-secondary programs. The specialization competency profiles are organized so that they can be clustered or grouped in a modular approach. Individual curriculum specialists can use the competencies profiles to develop instructional programs based on local needs as determined in conjunction with their local advisory committees. i.e., the specialization cluster academy approach. Final assessments will be designed to accompany each profile list and to accommodate student evaluation by modules.

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Overview

Nurse Assistant

The Nurse Assistant program is designed to prepare students to meet the demands necessary for multi-skilled nurse assistants who can assist in providing health-care to patients who may need long-term care or provide home health care for patients recovering from medical illnesses or to assist with daily living needs. A successful assistant needs to enjoy working with people and interacting with others.

Students receive classroom theory information and laboratory practice, along with experience in clinical settings where they can apply practice and acquire Nurse Assistant skills in real life situations. CPR training is provided in addition to training in basic first aid.

The instructional program incorporates various units in the curriculum including: basic physiology and anatomy, emergency care responsibilities, communication skills, basic personal care, vital signs, nurse-related procedures, care of elderly resident/clients, care of residents/clients with special needs, restorative duties and home health care.

Successful graduates are eligible to take Ohio's Examination to become a State-Tested Nurse Assistant. Employment may be found in a variety of settings; e.g., in a nursing care center, assisted-living center, hospital, physician's office, home health setting, or in other health-care positions. There are many job opportunities for nurse assistants as health-care needs in our society change.

Working as a Nurse Assistant is often a stepping stone for graduates as they further their education in advanced health care programs, e.g., practical nurse, registered nurse, radiographic technician, physical or occupational therapy, or other related careers.



50.00.00.0 Nurse Assistant

50.01.00.0 Nurse Assistant Orientation

50.01.01.0 Define role of the nurse assistant

- 50.01.01.01 Outline the scope of the nurse assistant
- 50.01.01.02 Survey the history of the nurse assistant career
- 50.01.01.03 Identify career opportunities of the nurse assistant

50.01.02.0 Project professional image

- 50.01.02.01 Exhibit professional image, attitude, and manners
- 50.01.02.02 Demonstrate dependability, loyalty, caring, respect, and honesty
- 50.01.02.03 Demonstrate initiative and self-confidence
- 50.01.02.04 Identify individual's role to employing organization
- 50.01.02.05 Demonstrate positive relations in the workplace
- 50.01.02.06 Demonstrate teamwork in the workplace
- 50.01.02.07 Recognize diversity in the workplace
- 50.01.02.08 Maintain confidentiality in handling discretionary issues
- 50.01.02.09 Participate in staff meetings

50.01.03.0 Demonstrate familiarity with clinical facility

- 50.01.03.01 Identify the location of fire exits and escape routes
- 50.01.03.02 Demonstrate the use of fire extinguishers
- 50.01.03.03 Demonstrate use of personal safety apparatus
- 50.01.03.04 Identify specialized facility equipment
- 50.01.03.05 Access needed information using manufacturer's instructions/manuals
- 50.01.03.06 Describe the physical layout of given clinical facility

50.01.04.0 Follow facility policies

- 50.01.04.01 Comply with dress code
- 50.01.04.02 Demonstrate grooming habits appropriate to given facility
- 50.01.04.03 Comply with facility policy and procedure manual and/or handbooks
- 50.01.04.04 Comply with facility expectations for specific job assignments
- 50.01.04.05 Identify facility security policies

50.01.05.0 Identify facility evacuation procedures

- 50.01.05.01 Identify actions to take in the event of fire
- 50.01.05.02 Identify actions to take in the event of natural disaster
- 50.01.05.03 Identify actions to take in emergency situations other than fire or natural disaster

50.01.06.0 Identify the roles and responsibilities of the health care team

- 50.01.06.01 Differentiate between acute care, long-term care, and home care
- 50.01.06.02 Identify the major responsibilities of a nurse assistant
- 50.01.06.03 Identify nursing staff responsibilities
- 50.01.06.04 Identify the roles and responsibilities of the governing body (e.g., the owner, administrator, director of nursing, medical director, and other persons of authority)
- 50.01.06.05 Identify the roles and responsibilities of regulatory and survey agencies (e.g., Ohio Department of Health (ODH), Occupational Safety and Health Administration (OSHA), Center for Disease Control (CDC), and Joint Commission on Accrediting Health Care (JCAHO) organizations)
- 50.01.06.06 Identify roles and responsibilities of resident client advocates, ombudsman, and client care advocates
- 50.01.06.07 Identify the roles and responsibilities of health care personnel (e.g., resident/client's private physician, volunteers, social services personnel, physical therapist, occupational therapist, and support staff)

50.01.07.0 Identify state and federal nurse assistant requirements

- 50.01.07.01 Define standard terms and abbreviations associated with the governmental regulation of nurse assistants
- 50.01.07.02 Describe the purpose and procedures of nurse assistant training
- 50.01.07.03 Describe the purpose and procedures of nurse assistant evaluation
- 50.01.07.04 Identify the procedures for being tested and recorded/maintained on the nurse assistant registry
- 50.01.07.05 Identify the process for reporting and recording the abuse, mistreatment, and/or neglect of a resident/client by a nurse assistant
- 50.01.07.06 Maintain current status on Nurse Assistant Registry

50.01.08.0 Identify the spiritual and cultural aspects of resident/client care

- 50.01.08.01 Identify the nurse assistant's role in the spiritual aspects of resident/client care
- 50.01.08.02 Identify the role of cultural diversity in resident/client care and its importance to the nurse assistant
- 50.01.08.03 Identify resources and support persons that can assist resident/client in coping with their feelings

50.01.09.0 Describe the resident/client care-planning process

- 50.01.09.01 Identify the purpose of the resident/client's comprehensive assessment
- 50.01.09.02 Identify the purpose of the resident/client's care plan
- 50.01.09.03 Identify the purpose of the resident/client's care conference
- 50.01.09.04 Identify the nurse assistant's role in the care planning process and care conference
- 50.01.09.05 Identify the nurse assistant's role in gathering and documenting for care plan

- 50.01.10.0 Demonstrate knowledge of health care settings**
- 50.01.10.01 Identify the purposes of different health care settings
- 50.01.10.02 Differentiate between the skills needed by a nurse assistant for long-term care, for acute care and for home care
- 50.01.10.03 Identify the skills needed to work as a nurse assistant in each health care setting

50.02.00.0 Physiology and Anatomy

50.02.01.0 Demonstrate knowledge of the basic anatomy of body systems

- 50.02.01.01 Identify the basic anatomy of the integumentary system
- 50.02.01.02 Identify the basic anatomy of the nervous system
- 50.02.01.03 Identify the basic anatomy of the senses (i.e., sight, hearing, smell, touch, taste)
- 50.02.01.04 Identify the basic anatomy of the cardiovascular system
- 50.02.01.05 Identify the basic anatomy of the respiratory system
- 50.02.01.06 Identify the basic anatomy of the musculoskeletal system
- 50.02.01.07 Identify the basic anatomy of the gastrointestinal system
- 50.02.01.08 Identify the basic anatomy of the urinary system
- 50.02.01.09 Identify the basic anatomy of the endocrine system
- 50.02.01.10 Identify the basic anatomy of the reproductive system
- 50.02.01.11 Identify the basic anatomy of the immune system

50.02.02.0 Demonstrate knowledge of the basic physiology of body systems

- 50.02.02.01 Identify the basic physiology of the integumentary system
- 50.02.02.02 Identify the basic physiology of the nervous system
- 50.02.02.03 Identify the basic physiology of the senses (i.e., sight, hearing, smell, touch, taste)
- 50.02.02.04 Identify the basic physiology of the cardiovascular system
- 50.02.02.05 Identify the basic physiology of the respiratory system
- 50.02.02.06 Identify the basic physiology of the musculoskeletal system
- 50.02.02.07 Identify the basic physiology of the gastrointestinal system
- 50.02.02.08 Identify the basic physiology of the urinary system
- 50.02.02.09 Identify the basic physiology of the endocrine system
- 50.02.02.10 Identify the basic physiology of the reproductive system
- 50.02.02.11 Identify the basic physiology of the immune system

50.03.00.0 Emergency Care*

50.03.01.0 Complete course in first aid

- 50.03.01.01 Complete first-aid training in accordance with American Red Cross standards
- 50.03.01.02 Update first-aid skills through specialized training sessions
- 50.03.01.03 Recognize emergency situations (e.g., severe bleeding, seizure, fainting, shock)
- 50.03.01.04 Perform first-aid measures appropriate for a given situation
- 50.03.01.05 Perform the Heimlich maneuver

50.03.02.0 Complete course in cardio pulmonary resuscitation (CPR)

- 50.03.02.01 Complete one-person adult CPR training in accordance with American Heart Association or American Red Cross standards
- 50.03.02.02 Maintain CPR certification annually

50.03.03.0 Identify the roles of various personnel in responding to emergencies in the health care facility

- 50.03.03.01 Identify facility policies governing emergencies
- 50.03.03.02 Identify the location of emergency equipment
- 50.03.03.03 Identify the personnel with primary responsibility in emergency situations
- 50.03.03.04 Identify the nurse assistant's role in emergency situations

50.04.00.0 Infection Control and Resident/Client Safe Practices

50.04.01.0 Demonstrate established procedures for dealing with environmental safety hazards, accidents, and disasters

- 50.04.01.01 Identify the environment of the local health care setting
- 50.04.01.02 Follow the environmental safety rules of given facility
- 50.04.01.03 Identify fire prevention and control methods, location of fire alarm systems, fire reporting procedures, and facility exit routes
- 50.04.01.04 Follow the established safety precautions for using equipment
- 50.04.01.05 Follow the established safety precautions for using liquids and poisonous substances
- 50.04.01.06 Identify resources for poison control and hazard communications
- 50.04.01.07 Conduct safety inspection of resident/client areas
- 50.04.01.08 Correct identified safety hazards as directed
- 50.04.01.09 Participate in completing written incident reports for accidents or safety infractions
- 50.04.01.10 Identify the legal implications of accidents in the health care facility
- 50.04.01.11 Identify reasons that a resident/client may be more susceptible to accidents
- 50.04.01.12 Employ precautions designed to prevent resident/client from falling
- 50.04.01.13 Employ techniques designed to prevent resident/client from being burned by hot liquids or lit cigarettes
- 50.04.01.14 Employ techniques designed to prevent resident/client from choking or ingesting harmful substances
- 50.04.01.15 Follow established procedures for situations in which a resident/client chokes or ingests a harmful substance
- 50.04.01.16 Follow established safety procedures for handling hazardous substances and sharps

50.04.02.0 Demonstrate the general principles of medical asepsis

- 50.04.02.01 Define standard infection control terms
- 50.04.02.02 Identify modes of transmission for infection
- 50.04.02.03 Identify common communicable diseases and the modes of transmission
- 50.04.02.04 Identify symptoms of infection and methods for prevention
- 50.04.02.05 Practice standard precautions
- 50.04.02.06 Identify the basic principles of infection control
- 50.04.02.07 Identify the conditions needed for microorganisms to grow
- 50.04.02.08 Differentiate between asepsis, disinfection, and sterilization

50.04.03.0 Practice standard precautions

- 50.04.03.01 Define terminology associated with standard precautions
- 50.04.03.02 Identify standard precautions for dealing with blood and body fluids
- 50.04.03.03 Employ established hand-washing technique
- 50.04.03.04 Wear personal protective equipment
- 50.04.03.05 Dispose of waste and soiled linen in accordance with facility policy
- 50.04.03.06 Perform disinfection of a unit

50.04.04.0 Practice isolation techniques

- 50.04.04.01 Identify different types of isolation techniques used in health care facilities
- 50.04.04.02 Identify the purposes of various isolation techniques
- 50.04.04.03 Employ strict isolation techniques
- 50.04.04.04 Employ respiratory isolation technique

50.04.05.0 Apply client restraints in accordance with safety principles

- 50.04.05.01 Identify ways of maintaining the environment and care so as to minimize the need for physical or chemical restraints
- 50.04.05.02 Identify the possible emotional implications of using restraints on resident/client
- 50.04.05.03 Identify when use of siderails is indicated
- 50.04.05.04 Identify the rationale for each protective device
- 50.04.05.05 Identify various types of chemical, physical, and environmental restraints
- 50.04.05.06 Identify instances in which use of restraints is indicated
- 50.04.05.07 Provide examples of the unnecessary use of physical and chemical restraints
- 50.04.05.08 Demonstrate safe application in using physical restraints
- 50.04.05.09 Identify observations that must be conducted when a resident/client is in restraints

50.04.06.0 Demonstrate the principles of body mechanics and ergonomics

- 50.04.06.01 Identify the principles of ergonomics and body mechanics
- 50.04.06.02 Identify the purpose of ergonomics and body mechanics
- 50.04.06.03 Apply the principles of body mechanics in lifting, moving, transferring, ambulating, and positioning resident/client
- 50.04.06.04 Define maximum permissible limit for lifting
- 50.04.06.05 Minimize use of excessive muscle/physical force
- 50.04.06.06 Identify common causes of back injuries

50.05.00.0 Legal and Ethical Responsibilities

50.05.01.0 Demonstrate ethical behavior

- 50.05.01.01 Identify examples of ethical and unethical nurse assistant behavior in the resident/client care setting
- 50.05.01.02 Apply ethical behavior in resident/client care situations
- 50.05.01.03 Demonstrate personal responsibility for own actions
- 50.05.01.04 Report observed unethical practices

50.05.02.0 Identify the legal responsibilities of a nurse assistant

- 50.05.02.01 Define terms associated with legal responsibilities
- 50.05.02.02 Identify the process for reporting and recording the abuse, neglect, and/or mistreatment of a
- 50.05.02.03 Identify types of incidents that must be reported
- 50.05.02.04 Identify situations in which a nurse assistant may be held liable for negligence
- 50.05.02.05 Identify situations in which a nurse assistant may be held liable for abuse
- 50.05.02.06 Identify situations in which a nurse assistant may be held liable for the misappropriation of funds
- 50.05.02.07 Identify the purpose of the chain of command
- 50.05.02.08 Identify consequences of not reporting abuse, neglect, or misappropriation of funds
- 50.05.02.09 Identify consequences for conviction of abuse

50.05.03.0 Safeguard long-term care resident/client against abuse, neglect, and/or misappropriation of funds

- 50.05.03.01 Identify examples of financial, physical, verbal, and psychosocial abuse and neglect
- 50.05.03.02 Identify the psychological impact on the resident/client of abuse, neglect, or misappropriation of funds
- 50.05.03.03 Identify ways health care personnel may abuse, neglect, or misappropriate funds from a resident/client (e.g., misuse of restraints)
- 50.05.03.04 Employ accepted strategies for stopping abuse, neglect, or misappropriation of funds by health care personnel
- 50.05.03.05 Take action in accordance with established procedures when abuse, neglect, or misappropriation of funds is suspected or witnessed
- 50.05.03.06 Report suspected or witnessed abuse, neglect, or misappropriation of funds
- 50.05.03.07 Assist resident/client in grievance proceedings and other activities to protect their rights
- 50.05.03.08 Identify community resources for protecting the long-term care resident/client from abuse, neglect, or misappropriation of funds
- 50.05.03.09 Identify the importance of long-term care resident/client and family education regarding potential abuse, neglect, or misappropriation of funds

50.05.04.0 Assist in ensuring the rights of a resident/client

- 50.05.04.01 Identify the nurse assistant's role in ensuring a resident/client's rights
- 50.05.04.02 Distinguish between human rights, civil rights, and a resident/client rights
- 50.05.04.03 Follow the provisions of the American Hospital Association's A Patient's Bill of Rights and the Ohio Revised Code's Resident's Bill of Rights
- 50.05.04.04 Assist a resident/client in using the services of the Ohio Ombudsman Program

50.05.05.0 Promote resident/client independence

- 50.05.05.01 Identify reasons for promoting resident/client independence
- 50.05.05.02 Identify the long-term and short-term goals of promoting resident/client independence
- 50.05.05.03 Identify the relationship between a resident/client's rights and the promotion of independence
- 50.05.05.04 Identify physical and psychosocial losses that affect independence
- 50.05.05.05 Identify aspects of independent living that a resident/client in long-term care loses upon admission to the facility
- 50.05.05.06 Provide training for self-care according to resident/client's capabilities
- 50.05.05.07 Identify the importance of involving a resident/client's family and/or support group in promoting the resident/client's independence
- 50.05.05.08 Provide assistance to resident/client participating in family and group activities
- 50.05.05.09 Help resident/client identify facility rules governing their conduct and responsibilities

50.06.00.0 Communication Skills

50.06.01.0 Apply effective verbal and nonverbal communication skills

- 50.06.01.01 Identify types of interpersonal communication
- 50.06.01.02 Identify the essential role of effective communication in all phases of health care
- 50.06.01.03 Identify techniques of effective verbal and nonverbal communication
- 50.06.01.04 Identify barriers to communication
- 50.06.01.05 Identify ways to improve verbal communication
- 50.06.01.06 Apply techniques for communicating with behaviorally or emotionally impaired resident/client
- 50.06.01.07 Apply techniques for communicating with mentally impaired resident/client
- 50.06.01.08 Apply techniques for communicating with resident/client with limited English proficiency or no English language ability
- 50.06.01.09 Apply techniques for communicating with hearing-impaired, speech-impaired, and vision-impaired resident/client
- 50.06.01.10 Apply techniques for communicating with resident/client with physical impairments
- 50.06.01.11 Interact one-on-one with resident/client
- 50.06.01.12 Demonstrate sensitivity to resident/client's emotional, social, and mental health through skillful, directed interaction
- 50.06.01.13 Identify the adjustments in communication techniques necessary for different levels of resident/client's understanding
- 50.06.01.14 Place/receive phone calls
- 50.06.01.15 Operate basic communication systems (e.g., intercom, facsimile (FAX) modem, voice mail system, pager system)
- 50.06.01.16 Communicate using an intercom system
- 50.06.01.17 Identify the procedure for answering a resident/client's call signal
- 50.06.01.18 Educate resident/client in the placement and use of the call system (signal light or button)
- 50.06.01.19 Identify the impact of the nurse assistant's attitude on his or her ability to communicate and interact effectively with resident/client, family members, and fellow staff members
- 50.06.01.20 Identify the person responsible for keeping the resident/client informed about his or her medical
- 50.06.01.21 Distinguish between factual reports and personal opinion
- 50.06.01.22 Apply accepted rules for spelling, grammar, and punctuation in written and oral communications
- 50.06.01.23 Write legibly

50.06.02.0 Identify common medical abbreviations, symbols, and terms

- 50.06.02.01 Define medical prefixes, suffixes, and word roots
- 50.06.02.02 Identify common medical terms and their abbreviations
- 50.06.02.03 Use medical abbreviations, symbols, and terms in context
- 50.06.02.04 Use standard professional terminology in all aspects of practice for nurse assistant

50.06.03.0 Manage resident/client data

- 50.06.03.01 Identify reasons why resident/client observation is important
- 50.06.03.02 Identify the purpose of medical records
- 50.06.03.03 Identify approved methods of documentation
- 50.06.03.04 Use all senses in head-to-toe observations
- 50.06.03.05 Distinguish between subjective and objective observations
- 50.06.03.06 Identify observations that must be reported immediately
- 50.06.03.07 Identify the legal aspects of medical records
- 50.06.03.08 Follow established procedures in correcting chart errors
- 50.06.03.09 Record documentation on specified forms
- 50.06.03.10 Use color coding in accordance with facility policy for ink charting

50.06.04.0 Inventory resident/client's personal property

- 50.06.04.01 Identify ways to ensure the security of resident/client's possessions
- 50.06.04.02 Identify facility policies and procedures regarding the inventorying and storage of resident/client's possessions
- 50.06.04.03 Identify facility policies and procedures regarding the retrieval of resident/client's possessions
- 50.06.04.04 Assist resident/client with reporting missing personal property

50.07.00.0 Basic Personal Care

50.07.01.0 Interact with resident/client

- 50.07.01.01 Explain importance and rationale of procedure to be performed
- 50.07.01.02 Identify the characteristics of different stages of growth and development
- 50.07.01.03 Identify attitudes and behaviors that promote interaction between the nurse assistant and resident/client
- 50.07.01.04 Maximize positive interaction with resident/client during personal care procedures
- 50.07.01.05 Provide opportunities for resident/client to express their thoughts and feelings
- 50.07.01.06 Acquaint resident/client with their physical environment
- 50.07.01.07 Assist resident/client in adjusting to changes of environment

50.07.02.0 Make a bed

- 50.07.02.01 Make a closed bed
- 50.07.02.02 Make an open bed
- 50.07.02.03 Make an occupied bed
- 50.07.02.04 Make a postoperative bed
- 50.07.02.05 Make a traction bed
- 50.07.02.06 Apply principles of body mechanics when making a bed
- 50.07.02.07 Ensure resident/client safety, comfort, and dignity when making a bed
- 50.07.02.08 Adjust bed height

50.07.03.0 Provide or assist with resident/client bath

- 50.07.03.01 Identify the purpose of bathing resident/client
- 50.07.03.02 Interpret bath thermometer reading
- 50.07.03.03 Give partial and complete a bed bath
- 50.07.03.04 Give a shower bath
- 50.07.03.05 Give a tub bath
- 50.07.03.06 Give a whirlpool bath
- 50.07.03.07 Identify the importance of resident/client positioning and draping
- 50.07.03.08 Ensure resident/client privacy and comfort
- 50.07.03.09 Report unusual conditions observed during bathing
- 50.07.03.10 Identify ways to promote resident/client independence in the bathing process

50.07.04.0 Provide skin care

- 50.07.04.01 Maintain skin integrity
- 50.07.04.02 Identify at-risk resident/client
- 50.07.04.03 Implement measures to prevent skin breakdown as directed
- 50.07.04.04 Report changes in skin condition
- 50.07.04.05 Provide special skin care as directed

50.07.05.0 Give a back rub

- 50.07.05.01 Identify the purposes of a back rub
- 50.07.05.02 Identify the conditions under which use of a back rub is indicated
- 50.07.05.03 Identify the purpose of using lotion in giving a back rub
- 50.07.05.04 Apply principles of body mechanics for nurse assistant and resident/client when giving back rub
- 50.07.05.05 Employ accepted technique for giving a back rub to resident/client

50.07.06.0 Provide perineal care

- 50.07.06.01 Identify the anatomy and physiology of the perineum
- 50.07.06.02 Identify the purpose of perineal care
- 50.07.06.03 Select the supplies and equipment needed
- 50.07.06.04 Observe and report unusual conditions of the perineum
- 50.07.06.05 Identify the feelings of the resident/client and nurse assistant related to perineal care
- 50.07.06.06 Employ accepted technique for providing perineal care to female and male resident/client

50.07.07.0 Assist with toileting

- 50.07.07.01 Assist resident/client in using a bedpan, fracture pan, and urinal
- 50.07.07.02 Assist resident/client in using a toilet and bedside commode
- 50.07.07.03 Provide resident/client with necessary toileting supplies
- 50.07.07.04 Assist with hygiene care as requested

50.07.08.0 Administer oral hygiene and denture care

- 50.07.08.01 Identify the goals of oral hygiene
- 50.07.08.02 Identify when oral hygiene is indicated
- 50.07.08.03 Identify the relationship of oral hygiene to optimal health
- 50.07.08.04 Identify methods of encrustation removal
- 50.07.08.05 Identify the conditions to look for in the oral cavity when administering oral hygiene
- 50.07.08.06 Identify differences in administering oral hygiene for a conscious and an unconscious resident/client
- 50.07.08.07 Clean teeth and gums using a toothbrush, swabs, and emollient
- 50.07.08.08 Identify types of dentures
- 50.07.08.09 Clean dentures

50.07.09.0 Provide foot care

- 50.07.09.01 Identify significant observations
- 50.07.09.02 Collect needed supplies and equipment
- 50.07.09.03 Select safe water temperature range
- 50.07.09.04 Wash resident/client's feet as directed
- 50.07.09.05 Dry feet thoroughly
- 50.07.09.06 Provide comfort measures as indicated
- 50.07.09.07 Document and/or report observations

50.07.10.0 Provide hair care

- 50.07.10.01 Explain to a resident/client the importance of routine hair care
- 50.07.10.02 Ensure maximum resident/client independence, preference, and dignity
- 50.07.10.03 Identify differences in hair care according to hair texture
- 50.07.10.04 Identify signs and symptoms of scalp disease
- 50.07.10.05 Select appropriate hair care products
- 50.07.10.06 Shampoo ambulatory resident/client
- 50.07.10.07 Shampoo nonambulatory resident/client
- 50.07.10.08 Brush resident/client's hair
- 50.07.10.09 Comb resident/client's hair

50.07.11.0 Provide nail care

- 50.07.11.01 Identify terms and gross anatomy related to nail care
- 50.07.11.02 Identify uses of nail care implements
- 50.07.11.03 Identify safety and hygiene concerns involved in daily nail care
- 50.07.11.04 Obtain permission from the head nurse before trimming or cutting nails
- 50.07.11.05 Trim resident/client's fingernails
- 50.07.11.06 File resident/client's fingernails

50.07.12.0 Provide facial hair care

- 50.07.12.01 Secure permission from designated individual prior to shaving a resident/client
- 50.07.12.02 Ensure maximum resident/client independence
- 50.07.12.03 Identify needed supplies
- 50.07.12.04 Identify the purposes and uses of pre-shave and after-shave lotions
- 50.07.12.05 Shave resident/client using an electric or safety razor according to resident/client's preference
- 50.07.12.06 Identify steps to take in case of a nick or cut
- 50.07.12.07 Trim facial hair

50.07.13.0 Change or help resident/client change clothing

- 50.07.13.01 Ensure maximum resident/client independence in clothing selection, dressing, and undressing
- 50.07.13.02 Apply established principles in assisting or dressing resident/client
- 50.07.13.03 Change clothing of resident/client with intravenous (IV) or other tubing
- 50.07.13.04 Use devices that assist resident/client in dressing
- 50.07.13.05 Change clothing of resident/client afflicted with decrease in physical mobility or decreased range of

50.07.14.0 Turn and position a resident/client

- 50.07.14.01 Identify the reasons for turning and positioning a resident/client in bed
- 50.07.14.02 Comply with the turning schedule
- 50.07.14.03 Apply principles of body mechanics for nurse assistant and resident/client when turning and positioning a resident/client
- 50.07.14.04 Turn and position a resident/client in proper alignment
- 50.07.14.05 Reposition a resident/client (e.g., in wheelchairs, gerrchairs)
- 50.07.14.06 Provide comfort measures
- 50.07.14.07 Use various assistive devices to facilitate the turning/positioning process

50.07.15.0 Provide resident/client nutrition and hydration

- 50.07.15.01 Identify the importance of adequate nutrition and hydration
- 50.07.15.02 Identify nutrients and food groups
- 50.07.15.03 Identify the signs and symptoms of dehydration
- 50.07.15.04 Identify factors that affect the nutritional state of resident/client
- 50.07.15.05 Identify examples of modified and therapeutic diets
- 50.07.15.06 Identify regional, cultural, and religious food preferences
- 50.07.15.07 Identify special fluid orders (force fluids, restricted fluids, thickened fluids, and NPO)
- 50.07.15.08 Identify ways to encourage adequate fluid intake
- 50.07.15.09 Promote a positive mealtime atmosphere
- 50.07.15.10 Identify devices and techniques that promote resident/client independence
- 50.07.15.11 Employ accepted methods for feeding resident/client
- 50.07.15.12 Participate in the feeding process as requested
- 50.07.15.13 Identify ways to prevent choking
- 50.07.15.14 Report changes in eating habits
- 50.07.15.15 Identify nurse assistant's responsibilities for resident/client on therapeutic diet
- 50.07.15.16 Identify the nurse assistant's role in tube feeding
- 50.07.15.17 Identify alternative methods for food intake

50.07.16.0 Transfer a resident/client

- 50.07.16.01 Ensure maximum resident/client safety and independence during transfer
- 50.07.16.02 Apply principles of body mechanics and alignment for nurse assistant and resident/client during transfer
- 50.07.16.03 Identify situations that warrant the use of particular lifts
- 50.07.16.04 Transfer resident/client from a bed to a wheelchair or vice versa
- 50.07.16.05 Transfer resident/client to and from a wheelchair or geriatric chair
- 50.07.16.06 Transfer resident/client to and from a vehicle
- 50.07.16.07 Transfer resident/client from a cart/stretchers to a bed using a transfer board
- 50.07.16.08 Transfer resident/client using a portable mechanical lift
- 50.07.16.09 Transfer resident/client using two-person and three-person lifts
- 50.07.16.10 Observe resident/client condition prior to, during, and after transfer

50.07.17.0 Assist with ambulation

- 50.07.17.01 Identify situations in which resident/client may need assistance in ambulating
- 50.07.17.02 Ensure maximum independence and safety for resident/client who needs help in ambulating
- 50.07.17.03 Identify standard assistive devices and adaptive equipment and their uses
- 50.07.17.04 Assist resident/client in using assistive devices and adaptive equipment
- 50.07.17.05 Help resident/client move from a sitting or supine position to a standing position
- 50.07.17.06 Assist resident/client in ambulating with a cane, walker, or crutches
- 50.07.17.07 Help resident/client with balance in sitting, walking, and standing
- 50.07.17.08 Identify signs of distress related to ambulation
- 50.07.17.09 Contribute to the development and implementation of ambulation development care

50.08.00.0 Vital Signs

50.08.01.0 Measure/record temperature

- 50.08.01.01 Identify normal range and average temperature (e.g., oral, axillary, tympanic and rectal methods)
- 50.08.01.02 Identify normal causes of variation of body temperature
- 50.08.01.03 Select route for measuring temperature
- 50.08.01.04 Demonstrate the procedures for using different methods to measure temperature (e.g., oral method, axillary method, rectal method, and tympanic method)
- 50.08.01.05 Record/report temperature measurement
- 50.08.01.06 Clean/store thermometer

50.08.02.0 Measure/record pulse

- 50.08.02.01 Identify the most common and most accurate pulse sites
- 50.08.02.02 Identify criteria for selecting a pulse site
- 50.08.02.03 Identify normal pulse range for different age groups
- 50.08.02.04 Measure rate and rhythm of pulse
- 50.08.02.05 Identify factors that may affect pulse rate
- 50.08.02.06 Identify variations from normal pulse that should be reported
- 50.08.02.07 Record/report pulse measurement

50.08.03.0 Measure/record respiration

- 50.08.03.01 Identify normal respiratory rate for different age groups
- 50.08.03.02 Measure rate, depth, and rhythm of respiration
- 50.08.03.03 Identify factors that may affect respiration
- 50.08.03.04 Report signs of compromised respiration
- 50.08.03.05 Record/report respiration measurement

50.08.04.0 Measure/record blood pressure

- 50.08.04.01 Follow facility policy regarding nurse assistant's role in the measuring and recording of blood pressure
- 50.08.04.02 Identify normal range of blood pressure for different age groups
- 50.08.04.03 Identify equipment used for taking blood pressure
- 50.08.04.04 Identify various cuff sizes and their effect on accurate blood pressure reading
- 50.08.04.05 Measure blood pressure using a stethoscope and sphygmomanometer
- 50.08.04.06 Identify factors that affect blood pressure
- 50.08.04.07 Identify variations from normal blood pressure that should be reported
- 50.08.04.08 Record/report blood pressure measurement

50.08.05.0 Measure/record height and weight

- 50.08.05.01 Identify the medical implications of height and weight
- 50.08.05.02 Identify procedures for ensuring accurate weight measurement
- 50.08.05.03 Measure resident/client's weight using appropriate type of scale
- 50.08.05.04 Read whole numbers and fractions on scale
- 50.08.05.05 Report abnormal weight loss or gain
- 50.08.05.06 Measure height of an ambulatory and/or bedfast resident/client
- 50.08.05.07 Chart height and weight measurements on specified forms

50.09.00.0 Nurse-Related Procedures

50.09.01.0 Assist with admissions, transfers, and discharges

- 50.09.01.01 Display sensitivity to resident/client feelings during admission, transfer, and/or discharge
- 50.09.01.02 Assist resident/client during admission in accordance with facility policy
- 50.09.01.03 Assist with assessment procedures as directed by nurse
- 50.09.01.04 Assist resident/client during transfer in accordance with facility policy
- 50.09.01.05 Assist resident/client during discharge in accordance with facility policy

50.09.02.0 Document activities of daily living (ADL)

- 50.09.02.01 Identify major categories of activity in ADL
- 50.09.02.02 Identify the purpose of promoting resident/client independence in ADL
- 50.09.02.03 Identify strategies for encouraging maximum resident/client independence in ADL
- 50.09.02.04 Observe ADL
- 50.09.02.05 Record ADL in accordance with facility policy
- 50.09.02.06 Report ADL in accordance with facility policy

50.09.03.0 Document resident/client orientation to person, place, and time

- 50.09.03.01 Ask questions to elicit resident/client's orientation to person, place, and time
- 50.09.03.02 Identify circumstances that can cause changes in orientation
- 50.09.03.03 Report changes in resident/client's orientation to person, place, or time
- 50.09.03.04 Identify ways to help reorient resident/client to person, place, and time if appropriate

50.09.04.0 Measure intake and output (I & O)

- 50.09.04.01 Identify the reasons for monitoring and recording intake and output
- 50.09.04.02 Identify foods considered to be liquid
- 50.09.04.03 Identify different forms of output
- 50.09.04.04 Identify the tools used for measuring intake and output
- 50.09.04.05 Measure fluids using the metric system
- 50.09.04.06 Calculate intake and output
- 50.09.04.07 Complete specified intake and output sheet
- 50.09.04.08 Report abnormal findings

50.09.05.0 Apply cold or warm compresses

- 50.09.05.01 Identify situations when a cold or warm compress may be ordered
- 50.09.05.02 Identify types of cold and warm compresses
- 50.09.05.03 Follow established procedure in applying a cold or warm compress
- 50.09.05.04 Report observations concerning effects of cold and warm compresses

50.09.06.0 Assist resident/client with a sitz bath

- 50.09.06.01 Identify types of sitz baths
- 50.09.06.02 Identify the effective temperature range for the water in a sitz bath
- 50.09.06.03 Check water temperature using a bath thermometer
- 50.09.06.04 Check water temperature without a thermometer
- 50.09.06.05 Assist resident/client into and out of a sitz bath
- 50.09.06.06 Report observations concerning effects of sitz bath

50.09.07.0 Provide decubitus prevention and care

- 50.09.07.01 Identify terms and abbreviations associated with decubiti
- 50.09.07.02 Identify causes of decubiti
- 50.09.07.03 Identify symptoms of potential decubitus formation
- 50.09.07.04 Implement measures to help prevent decubiti
- 50.09.07.05 Identify places on body to check for a decubitus
- 50.09.07.06 Report objective signs of healing or worsening of a decubitus
- 50.09.07.07 Identify the legal implications of failure to follow the care plan

50.09.08.0 Apply antiembolism hose

- 50.09.08.01 Identify causes of embolism
- 50.09.08.02 Identify types and sizes of antiembolism hose
- 50.09.08.03 Identify the purpose of antiembolism hose
- 50.09.08.04 Identify the side effects associated with the improper use of antiembolism hose on a resident/client
- 50.09.08.05 Demonstrate proper application of antiembolism hose

- 50.09.09.0 Assist with braces or prostheses**
- 50.09.09.01 Identify different types of braces and prosthetic devices and the purposes of each (e.g., those used for ambulation, cosmetic purposes, auditory or vision enhancement)
 - 50.09.09.02 Identify skin care issues related to the use of a brace or artificial limb
 - 50.09.09.03 Acknowledge the expertise and preferences of the resident/client regarding his/her brace or prosthesis
 - 50.09.09.04 Apply braces or prosthetic devices as ordered
 - 50.09.09.05 Clean braces and prosthetic devices
 - 50.09.09.06 Store braces and prosthetic devices
 - 50.09.09.07 Ensure proper identification of braces and prosthetic devices
- 50.09.10.0 Assist in preparing a resident/client for surgery***
- 50.09.10.01 Identify common psychological reactions to surgery
 - 50.09.10.02 Offer support to surgical resident/client's family members
 - 50.09.10.03 Reinforce pre-operative teaching
 - 50.09.10.04 Identify actions that should be taken before surgery
 - 50.09.10.05 Prepare resident/client for surgery as directed
- 50.09.11.0 Assist a resident/client with postoperative care***
- 50.09.11.01 Prepare unit to receive patient from surgery*
 - 50.09.11.02 Identify what should be done for a resident/client returning from surgery
 - 50.09.11.03 Identify potential complications of surgery
 - 50.09.11.04 Identify the steps in the healing process and factors that support healing
 - 50.09.11.05 Use all senses in observing the postoperative resident/client
 - 50.09.11.06 Identify symptoms that should be reported immediately
 - 50.09.11.07 Assist with coughing and deep-breathing exercises
 - 50.09.11.08 Assist with turning a resident/client as directed
 - 50.09.11.09 Demonstrate sensitivity around post-operative patients (e.g., use careful conversation)
 - 50.09.11.10 Report actions taken and observations made
- 50.09.12.0 Collect sputum specimen***
- 50.09.12.01 Describe sputum characteristics
 - 50.09.12.02 Distinguish between sputum and saliva
 - 50.09.12.03 Prepare a resident/client for sputum collection
 - 50.09.12.04 Follow established procedures in collecting and disposing of sputum
- 50.09.13.0 Collect urine for testing**
- 50.09.13.01 Identify the reasons for routine urinalysis
 - 50.09.13.02 Identify the reasons for urine collection
 - 50.09.13.03 Identify the purpose of obtaining clean-catch urine specimen
 - 50.09.13.04 Identify instructions for male and female resident/clients when a clean-catch urine specimen is required
 - 50.09.13.05 Instruct a resident/client on the procedure for collecting urine specimen
 - 50.09.13.06 Assist a resident/client as requested
 - 50.09.13.07 Complete collection and disposition procedures
- 50.09.14.0 Provide care for incontinent resident/client (bowel and bladder)**
- 50.09.14.01 Identify causes of incontinence
 - 50.09.14.02 Follow the care plan for incontinent resident/client
 - 50.09.14.03 Identify the psychological, physical, and social effects of incontinence
 - 50.09.14.04 Provide skin care and perineal care for incontinent resident/client
- 50.09.15.0 Identify care and prevention procedures for a constipated resident/client with impaired bowel function**
- 50.09.15.01 Identify the characteristics of normal and abnormal bowel elimination
 - 50.09.15.02 Identify signs that may indicate a resident/client is constipated
 - 50.09.15.03 Implement measures to prevent impaction and/or alleviate constipation as directed
 - 50.09.15.04 Observe/report/record bowel functions
- 50.09.16.0 Assist with urinary catheter care**
- 50.09.16.01 Identify how a urinary catheter works
 - 50.09.16.02 Differentiate between various types of urinary catheters
 - 50.09.16.03 Identify measures for avoiding injuring the bladder opening with the catheter
 - 50.09.16.04 Position the catheter, tubing, and collection bag
 - 50.09.16.05 Maintain a closed system
 - 50.09.16.06 Apply external catheter
 - 50.09.16.07 Empty/measure contents of drainage bag
- 50.09.17.0 Collect a stool specimen**
- 50.09.17.01 Collect necessary supplies
 - 50.09.17.02 Identify the characteristics of a normal stool
 - 50.09.17.03 Follow established procedures in collecting and disposing of a stool specimen
 - 50.09.17.04 Report results and/or observations
- 50.09.18.0 Give an enema***
- 50.09.18.01 Describe the physical conditions necessary for the administration of an enema
 - 50.09.18.02 Collect necessary supplies
 - 50.09.18.03 Perform enema procedure as directed
 - 50.09.18.04 Report results and observations

50.09.19.0 Assist with oxygen administration

- 50.09.19.01 Identify key terms and abbreviations associated with oxygen therapy
- 50.09.19.02 Identify conditions that may require oxygen administration
- 50.09.19.03 Identify ways of administering oxygen
- 50.09.19.04 Follow safety precautions for oxygen use
- 50.09.19.05 Provide personal care for resident/client receiving oxygen
- 50.09.19.06 Report abnormal signs associated with oxygen administration

50.09.20.0 Provide personal care for resident/client receiving intravenous

- 50.09.20.01 Identify the purpose of IV therapy
- 50.09.20.02 Observe/report adverse reactions to the IV therapy
- 50.09.20.03 Provide care for the IV when moving or transferring resident/client
- 50.09.20.04 Change resident/client's clothing with the IV in place

50.10.00.0 Death and dying

50.10.01.0 Assist with a dying resident/client

- 50.10.01.01 Identify resident/client status as code or no code
- 50.10.01.02 Identify the five stages of dying and death
- 50.10.01.03 Employ accepted strategies for meeting the emotional needs of a dying resident/client
- 50.10.01.04 Employ accepted strategies for meeting the physical needs of a dying resident/client
- 50.10.01.05 Employ accepted strategies for meeting the social needs of a dying resident/client
- 50.10.01.06 Describe the physical signs of imminent death
- 50.10.01.07 Identify religious and cultural rites associated with dying and their significance to resident/client and the families
- 50.10.01.08 Identify ways to involve the dying resident/client's human support system in providing resident/client care
- 50.10.01.09 Identify the possible responses of others (e.g., other residential resident/client, staff, family) to the death of a residential resident/client

50.10.02.0 Assist with postmortem care

- 50.10.02.01 Identify religious and cultural rites and facility policies associated with postmortem care
- 50.10.02.02 Demonstrate respect and gentleness in caring for the deceased
- 50.10.02.03 Comply with established procedures for the discreet removal of the deceased

50.11.00.0 Care of Elderly Resident/Client

50.11.01.0 Demonstrate knowledge of the aging process and its effects

- 50.11.01.01 Identify influences of aging on personality development
- 50.11.01.02 Identify ways to help elderly resident/client accomplish developmental tasks by encouraging independence and optimal self-care
- 50.11.01.03 Identify the skills necessary to support appropriate behavior and allow resident/client to make personal choices and maintain their dignity
- 50.11.01.04 Identify the principles of behavior management (e.g., reinforce appropriate behavior, implement strategies to reduce or eliminate inappropriate behavior)
- 50.11.01.05 Identify age-related physical changes in each body system
- 50.11.01.06 Identify mental changes related to aging
- 50.11.01.07 Identify social and sexual changes related to aging
- 50.11.01.08 Identify appropriate nurse assistant responses to sexuality issues, including the handling of perceived sexual advances by a resident/client
- 50.11.01.09 Identify special safety concerns in the care of elderly resident/client
- 50.11.01.10 Identify stereotypic myths concerning the elderly
- 50.11.01.11 Identify basic facts and statistics related to the elderly

50.11.02.0 Provide emotional support to elderly resident/client

- 50.11.02.01 Identify sources of support
- 50.11.02.02 Identify the security, social, status, and self-fulfillment needs of elderly resident/client
- 50.11.02.03 Distinguish between stress and distress
- 50.11.02.04 Identify common causes of stress in elderly resident/client
- 50.11.02.05 Identify nursing actions that can cause stress
- 50.11.02.06 Identify positive and negative mechanisms for coping with stress
- 50.11.02.07 Identify attitudes and living habits that promote positive mental and physical health for the elderly
- 50.11.02.08 Employ accepted strategies for helping elderly resident/client meet her/his emotional needs for security
- 50.11.02.09 Employ accepted strategies for helping elderly resident/client meet her/his needs for acceptance and social interaction
- 50.11.02.10 Employ accepted strategies for helping elderly resident/client meet her/his needs for self-fulfillment
1KEmploy positive methods for modifying own behavior in response to resident/client's behavior
- 50.11.02.11 Identify items of special significance in the resident/client's environment
- 50.11.02.12 Identify how the caregiver's feelings can impact on his/her ability to care for others
- 50.11.02.13 Identify appropriate recreational activities for resident/client in nursing home setting

50.11.03.0 Identify illnesses, physical disorders, and diseases common to the

- 50.11.03.01 Recognize the signs and symptoms of common diseases and conditions
- 50.11.03.02 Identify common illnesses, physical disorders, and diseases of the elderly (e.g., CVA, COPD, CHF, arthritis, diabetes, osteoporosis)
- 50.11.03.03 Identify safety concerns associated with identified illnesses and physical disorders
- 50.11.03.04 Describe the psychosocial impact of identified diseases and conditions on the resident/client, the resident/client's family and friends, and the health care team
- 50.11.03.05 Identify support strategies and resources associated with identified conditions and diseases
- 50.11.03.06 Contribute to the assessment, planning, and evaluation of nursing care for elderly resident/client with a disease or disorder
- 50.11.03.07 Recognize abnormal signs and symptoms of common diseases and conditions of elderly
- 50.11.03.08 Follow established procedures for reporting abnormal signs and symptoms of common diseases and conditions in the elderly

50.11.04.0 Contribute to the assessment, planning, and evaluation of nursing care for an elderly resident/client with mental disorders

- 50.11.04.01 Identify the most common mental illnesses of elderly resident/clients (e.g., depression, bipolar disorder, schizophrenia)
- 50.11.04.02 Identify the etiology, treatment modes, and nursing care associated with common mental illness or mental retardation
- 50.11.04.03 Identify the safety needs of elderly resident/client with mental disorder
- 50.11.04.04 Assist in planning safe environment for mentally ill/mentally retarded resident/client and associated staff and family
- 50.11.04.05 Recognize common signs of suicidal behavior
- 50.11.04.06 Report observed changes in behavior or increased incidence of abnormal behavior
- 50.11.04.07 Identify appropriate responses to the behavior of mentally ill or mentally retarded resident/client
- 50.11.04.08 Apply principles of behavior management
- 50.11.04.09 Identify ways to handle the burnout and stress related to caring for mentally ill or mentally retarded resident/client
- 50.11.04.10 Identify community support groups for families of mentally ill or mentally retarded resident/client

50.11.05.0 Provide care for an Alzheimer's and related dementia

- 50.11.05.01 Identify the causes, symptoms, and psychosocial implications of resident/client confusion or withdrawal
- 50.11.05.02 Apply accepted individualized interventions as directed
- 50.11.05.03 Describe the disease process and stages of Alzheimer's disease
- 50.11.05.04 Identify positive ways to modify own behavior in response to resident/client behavior
- 50.11.05.05 Report changes in resident/client's physical and mental status
- 50.11.05.06 Distinguish between dementia, delirium, and depression
- 50.11.05.07 Identify behaviors of Alzheimer's/dementia resident and how to accommodate
- 50.11.05.08 Describe ways to accommodate an Alzheimer's/dementia resident
- 50.11.05.09 Identify effective methods of communicating with an Alzheimer's/dementia resident/client
- 50.11.05.10 Identify methods to manage combative and wandering behaviors in Alzheimer's/dementia resident/client

50.11.06.0 Assist a resident/client in relaxing and sleeping

- 50.11.06.01 Identify factors that influence a resident/client's sleep
- 50.11.06.02 Identify action nurse assistant can take to help a resident/client sleep
- 50.11.06.03 Support a resident/client preferences and sleep/wake habits
- 50.11.06.04 Identify relaxation techniques

50.12.00.0 Care of Resident/Client with Special Needs

50.12.01.0 Identify special conditions (e.g., multiple sclerosis, cerebral palsy, traumatic injuries, developmental disabilities, ventilator dependent resident/client)

- 50.12.01.01 Demonstrate resident's level of participation in restorative activity
- 50.12.01.02 Describe the psychosocial impact of identified diseases and conditions on the resident/client, the resident/client's family and friends, and the health care team
- 50.12.01.03 Identify community support groups
- 50.12.01.04 Identify support strategies and resources
- 50.12.01.05 Identify safety concerns for a special needs resident

50.12.02.0 Demonstrate knowledge of needs of special resident (e.g., adaptive equipment and methods)

- 50.12.02.01 Identify adaptive tools (e.g., food utensils, mobility devices, communication devices)
- 50.12.02.02 Identify safety devices (e.g., helmets, padded rails, mats, lap buddies)

50.13.00.0 Restorative Duties

50.13.01.0 Demonstrate knowledge of restorative care basics

- 50.13.01.01 Explain the importance of cooperation among members of the health care team to training success
- 50.13.01.02 Define restorative care
- 50.13.01.03 Identify the requirements of restorative care
- 50.13.01.04 Identify approaches to restoring resident/client's independence
- 50.13.01.05 Define terminology for restorative care
- 50.13.01.06 Identify outcomes of restorative care
- 50.13.01.07 Identify documentation requirements for restorative care
- 50.13.01.08 Identify equipment used in restorative care (e.g., splints, braces, adaptive equipment)

50.13.02.0 Implement bladder and bowel training

- 50.13.02.01 Identify the purpose of bowel and bladder training
- 50.13.02.02 Identify the importance of patience, empathy, and positive reinforcement to the success of bladder and bowel training
- 50.13.02.03 Document/report outcomes and results

50.13.03.0 Provide range-of-motion exercises

- 50.13.03.01 Identify the principles and rules governing range-of-motion exercises
- 50.13.03.02 Identify different types of range of motion exercises
- 50.13.03.03 Identify types of resident/client who requires range-of-motion exercises
- 50.13.03.04 Apply the principles of body mechanics in performing range-of-motion exercises
- 50.13.03.05 Observe resident/client during range-of-motion exercises
- 50.13.03.06 Report/document observations and outcomes
- 50.13.03.07 Implement measures that help prevent complications of immobility as directed

50.13.04.0 Assist in implementing behavior management/reinforcement plans

- 50.13.04.01 Identify terms associated with behavior management/reinforcement theory
- 50.13.04.02 Identify appropriate responses to abnormal behavior
- 50.13.04.03 Manage/reinforce behavior in accordance with the established plan
- 50.13.04.04 Identify ethical concerns related to use of behavior management/reinforcement techniques

50.13.05.0 Assist in implementing communication development and reinforcement plans

- 50.13.05.01 Identify terms associated with alterations in resident/client's ability to communicate
- 50.13.05.02 Develop/reinforce communication in accordance with the established plan
- 50.13.05.03 Use devices designed to enhance communication skills
- 50.13.05.04 Identify appropriate responses to resident/client's attempts to communicate
- 50.13.05.05 Identify ethical concerns regarding communication and confidentiality

50.13.06.0 Provide assistance and/or training in the activities of daily living

- 50.13.06.01 Demonstrate appropriate assistive devices in ADL
- 50.13.06.02 Assist in implementing the care plan to improve or restore ADL
- 50.13.06.03 Identify training needs
- 50.13.06.04 Document observations and outcomes
- 50.13.06.05 Describe utilization of restorative devices/equipment and assistive equipment
- 50.13.06.06 Identify physical measures used in restorative care
- 50.13.06.07 Identify mechanical devices used in restorative care

50.14.00.0 Home Health Care

50.14.01.0 Demonstrate knowledge of the requirements for the provision of home health care

- 50.14.01.01 Differentiate between the roles and responsibilities of various direct care providers
- 50.14.01.02 Identify the procedure for becoming a state-approved home health assistant
- 50.14.01.03 Identify the responsibilities of a home health assistant in relation to the resident/client and supervisor (i.e., care is provided per directives of supervisor)
- 50.14.01.04 Identify the legal and ethical concerns of being a home health care provider

50.14.02.0 Provide for the special needs of a resident/client in home setting

- 50.14.02.01 Assist resident/client in using special safety devices
- 50.14.02.02 Provide a safe environment
- 50.14.02.03 Interact with resident/client and his/her families
- 50.14.02.04 Maintain records
- 50.14.02.05 Report to designated health professional

50.14.03.0 Perform homemaking tasks

- 50.14.03.01 Perform light housekeeping and laundry tasks
- 50.14.03.02 Provide assistance with meal preparation
- 50.14.03.03 Assist with household record keeping
- 50.14.03.04 Assist with infant and childcare

50.14.04.0 Perform special procedures

- 50.14.04.01 Adapt prior knowledge of basic resident/client care to home setting
- 50.14.04.02 Assist a resident/client with self-administration of over-the-counter and prescription medications
- 50.14.04.03 Assist with procedures as instructed by health-care team
- 50.14.04.04 Document observations and activities



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