

PLATO Course Certified Nurse Aide Semester B

Course Overview

The Certified Nurse Aide Semester A course is a one-semester course designed to introduce you to the topics and the skills that you must learn to take the competency evaluation to become a certified nurse aide. The course will provide you with the knowledge and skills that you need to perform your duties as a nurse. The course consists of four units. In the first unit, you will learn basic nursing skills and how to best care for clients. The second unit will introduce you to different types of clients and how to provide quality care to them depending on their varying needs. The lessons in the third unit cover topics related to infection control, waste management, and cost containment. Finally, the fourth unit will introduce laws and ethics related to nurse aides and their duties.

Course Goals

By the end of this course, you will be able to do the following:

- Identify basic nursing skills for nurse aides.
- Identify how to provide assistance to clients with activities of daily living and other physical and mental health needs.
- State the nurse aide's role in helping clients learn preventive care and self-care.
- State the importance of a safe environment in nursing.
- Identify elements of and guidelines for infection control and hygiene in nursing.
- State the need for safe, sterilized medical and surgical equipment in nursing.
- Recall standards, ethics, and laws related to nursing in the United States, and state the nurse aide's scope of practice.
- Identify clients' rights regarding their health care, including the right to privacy.

General Skills

To participate in this course, you should be able to do the following:

- Complete basic operations with word processing software, such as Microsoft Word or Google Docs.

- Perform online research using various search engines and library databases.
- Communicate through email and participate in discussion boards.

For a complete list of general skills that are required for participation in online courses, refer to the Prerequisites section of the Student Orientation, found at the beginning of this course.

Credit Value

PLATO Course Certified Nurse Aide Semester B is a 0.5-credit course.

Course Materials

- Notebook
- Computer with Internet connection and speakers or headphones
- Microsoft Word or equivalent

Course Pacing Guide

This course description and pacing guide is intended to help you keep on schedule with your work. Note that your course instructor may modify the schedule to meet the specific needs of your class.

Unit 1: Client Care

Summary

This unit focuses on the care that a nurse aide provides to clients. You will identify strategies for health and well-being. You will list basic nursing skills such as measuring and recording vital signs and recording other client data. You will recognize the importance of a client’s environment to wellbeing and learn how to assist the client to participate in activities. You will learn how to care for the physical needs of clients, such as grooming and bathing, and teach clients self-care based on their abilities.

Day	Activity / Objective	Type
1 day: 1	Syllabus and Student Orientation <i>Review the Plato Student Orientation and Course Syllabus at the beginning of this course.</i>	Course Orientation
4 days:	Nutrition and Wellness	Lesson

Day	Activity / Objective	Type
2–5	<i>State choices and strategies for optimal health and wellness.</i>	
4 days: 6–9	Basic Nursing Skills <i>Identify basic nursing skills for nurse aides.</i>	Lesson
4 days: 10–13	Environment and Assistance <i>Identify the importance of the client’s environment and how to provide assistance to the client.</i>	Lesson
4 days: 14–17	Physical Needs <i>Identify how to aid clients with their physical needs.</i>	Lesson
4 days: 18–21	Restorative Services <i>State basic restorative services that nurse aides provide to clients.</i>	Lesson
4 days: 22–25	Unit Activity and Discussion—Unit 1	Unit Activity Discussion
1 day: 26	Posttest—Unit 1	Assessme nt

Unit 2: Preventive Care, Self-Care, and Special Needs

Summary

In this unit, you’ll identify different types of clients for whom a nurse aide may provide care. You will identify preventive care measures and ways that clients can take care of themselves after discharge and during the recovery process. You will explain how to respond to and care for clients with mental health issues, help older clients cope with the aging process, and provide support systems to clients. You will also learn how to communicate, understand, and respond to the behavior of cognitively impaired clients.

Day	Activity / Objective	Type
4 days: 27–30	Preventive Care and Self-Care <i>State the nurse aide’s role in helping clients learn preventive care and self-care.</i>	Lesson
4 days: 31–34	Mental Health, Support Systems, and Aging <i>Describe the nurse aide’s role in working with clients with mental health issues, helping with the clients’ support systems, and aiding the aging process.</i>	Lesson
4 days: 35–38	Cognitive Impairments <i>List nurse aide skills and techniques associated with caring for cognitively impaired clients.</i>	Lesson
4 days: 39–42	Unit Activity and Discussion—Unit 2	Unit Activity Discussion
1 day: 43	Posttest—Unit 2	Assessme nt

Unit 3: Safety and Infection Control

Summary

In this unit, you will identify safety hazards and list practices to eliminate these hazards in nursing. You will recall safety standards in nursing and appropriate responses to emergencies. You will also describe effective conflict management in the workplace. You will describe infection control concepts and skills, such as the chain of infection, non-touch dressing technique, and medical asepsis. You will describe the safe use of medical and surgical equipment. You will also discuss waste management. Finally, you will explain concepts such as disease prevention and cost containment.

Day	Activity / Objective	Type
5 days:	Safety at the Workplace	Lesson

Day	Activity / Objective	Type
44–48	<i>State the importance of a safe environment in nursing.</i>	
5 days: 49–53	Infection Control <i>Identify elements of and guidelines for infection control and hygiene in nursing.</i>	Lesson
4 days: 54–57	Medical and Surgical Equipment <i>State the need for safe, sterilized medical and surgical equipment in nursing.</i>	Lesson
4 days: 58–61	Waste Management <i>List safe waste management techniques in nursing.</i>	Lesson
4 days: 62–65	Disease Prevention and Cost Containment <i>State how disease prevention helps with nursing cost containment.</i>	Lesson
4 days: 66–69	Unit Activity and Discussion—Unit 3	Unit Activity Discussion
1 day: 70	Posttest—Unit 3	Assessme nt

Unit 4: Laws and Ethics

Summary

This unit focuses on ethics and laws related to nursing. You will identify ethical concerns in nursing and the ramifications of illegal and unethical practices. You will list the responsibilities and authority of a nurse aide and define the limits of this authority and responsibility. In other words, you will define a nurse aide’s scope of practice. Finally, you will learn about laws concerning clients’ rights and identify ways to promote and respect clients’ rights.

Day	Activity / Objective	Type
4 days: 71–74	Standards, Ethics, and Laws Related to Health Care <i>Recall standards, ethics, and laws related to nursing in the United States.</i>	Lesson
4 days: 75–78	Scope of Practice <i>State the scope of practice appropriate for client care for nurse aides.</i>	Lesson
4 days: 79–82	Rights and Choices <i>Identify client’s rights regarding their health care, including the right to privacy.</i>	Lesson
4 days: 83–86	Unit Activity and Discussion—Unit 4	Unit Activity Discussion
1 day: 87	Posttest—Unit 4	Assessme nt
1 day: 88	Semester Review	
1 day: 89	End-of-Semester Exam	Assessme nt
1 day: 90	NNAAP Written Practice Exam	Assessme nt