**Course Content**

Introduction to nursing- nursing careers, education requirements, nursing roles, responsibilities, and personal qualitie

Introduction to long-term care facilities- including the Omnibus Budget Reconciliation Act (OBRA), Tennessee Occupational Safety and Health Administration (TOSHA), and residents’ rights

Legal and ethical issues-providing privacy and maintaining confidentiality; advance directives; resident’s right to make personal choices; maintaining care and security of resident’s personal rights; promoting resident’s right to be free from abuse, mistreatment, and neglect; and the need to report any instances of such treatment to appropriate facility staff

Elder abuse

Communication and interpersonal skills, respecting patient’s rights and the ability to adapt communication to individual/family needs

Infection control, Occupational Safety and Health Administration (OSHA) guidelines, standard precautions

Chemistry and physics related to patient and employee safety

Certification in cardiopulmonary resuscitation (CPR) including the Heimlich maneuver

Policies on emergency situations – CPR, basic first aid, Heimlich maneuver, fire, and disasters

Writing and reading medical terminology, proper documentation

Correct behavior codes

Vital Signs- recording vital signs, measuring and recording height and weight

Caring for the resident’s environment

Review of basic body systems to include normal and abnormal changes

Growth and development- tasks associated with the aging process

Appropriate response to resident behavior

Body mechanics, maintenance of range of motion, proper turning and positioning

Use of assistive devices in transferring, ambulation, eating, and dressing

Skin care, bathing, providing baths for residents

Assisting the patient with a shower, bathing and showering check off

Mouth care, denture care, and grooming

Assisting patient with dressing

Toileting- bowel and bladder training

Assisting with eating and hydration, proper feeding techniques

Recognizing abnormal changes in body functioning and the importance of reporting

any changes to a supervisor

Understanding the difference between clean, aseptic, and sterile techniques