

# *Wallenpaupack Area School District*

## **COURSE: Allied Health I**

**GRADE LEVEL:** 10<sup>th</sup>

**LENGTH OF COURSE:** 180 days/year

**TEXT:** Mosby's Textbook

for Nursing Assistants 8<sup>th</sup> Edition

**PUBLISHER:** Mosby

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### **COURSE DESCRIPTION:**

This course prepares the student to provide competent entry-level patient care as a nursing assistant. Curriculum content includes Health Care Agencies, The Person's Rights, The Nursing Assistant, Ethics and Laws, Communicating with the Health Team, Body Structure and Function, Preventing Infection, Body Mechanics, Safely Moving and Transferring the Person, Bedmaking, Measuring Vital Signs, Admission Transfer and Discharge, Exercise and Activity, Nutrition and Fluids, Nutritional Support and IV Therapy, Personal Hygiene, Grooming, Urinary and Bowel Elimination.

### **CURRICULUM WRITING TEAM:**

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### **DATE OF REVISION:**

2013

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** Grade 10

**Unit:** Introduction to Health Care Agencies

**PA Standards:** 13.1.A.C.D.E.F.  
13.2.B.D.  
13.3.A.B.C.F.G

Pennsylvania Department of Education, Program of Study Standards  
200

<b>Topics:</b>	<b>Skills:</b>
Agency Purposes and Types Organization The Nursing Team Nursing Care Patterns Paying for Health Care Meeting Standards	Define key terms. Explain the purposes and services of health care agencies. Identify members of the health team and nursing team. Describe the nursing service department. Describe the nursing team members. Describe four nursing care patterns. Describe programs that will pay for health care. Explain why standards are met.
<b>Activities:</b>	<b>Performance Assessments:</b>
Study Guide Cooperative learning Oral Presentations Writing Activities Projects	Oral Questioning Projects Presentations Unit Test

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** Grade 10

**Unit:** The Person's Rights

**PA Standards:** 13.1.A.C.D.E.F.  
13.2.B.D.  
13.3.A.B.C.F.G

Pennsylvania Department of Education, Program of Study Standards  
200

<b>Topics:</b>	<b>Skills:</b>
<b>Patient's Rights</b> <b>Resident's Rights</b> <b>Ombudsman Program</b>	Define key terms. Explain the purpose of The Patient Care Partnership. Describe purpose and requirements of OBRA. Identify the persons rights under OBRA. Explain how to protect the person's rights. Explain the Ombudsman role.
<b>Activities:</b>	<b>Performance Assessments:</b>
Study Guide Cooperative learning Oral Presentations Writing Activities Projects	Oral Questioning Projects Presentations Unit Test

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** Grade 10

**Unit:** The Nursing Assistant/  
Ethics & Laws

**PA Standards:** 13.1.A.B.C.D.E.F.G  
13.2.D.E.  
13.3.A.B.C.F.G

Pennsylvania Department of Education, Program of Study Standards  
200

<b>Topics:</b>	<b>Skills:</b>
<ul style="list-style-type: none"> <li>History and Current Trends</li> <li>State and Federal Laws</li> <li>Roles and Responsibilities</li> <li>Delegation</li> <li>Ethical Aspects</li> <li>Legal Aspects</li> <li>Reporting Abuse</li> </ul>	<ul style="list-style-type: none"> <li>Define key terms.</li> <li>Explain the laws that affect nursing assistants.</li> <li>Explain what nursing assistants can do and their role limits.</li> <li>Describe the educational requirements for nursing assistants.</li> <li>Explain how to accept/refuse a delegated task.</li> <li>Explain how to prevent negligent acts.</li> <li>Give examples of false imprisonment, defamation, assault, battery, and fraud.</li> <li>Describe how to protect the right to privacy.</li> <li>Explain the purpose of informed consent.</li> <li>Explain role in relation to wills.</li> <li>Describe child, elder and domestic abuse.</li> </ul>
<b>Activities:</b>	<b>Performance Assessments:</b>
<ul style="list-style-type: none"> <li>Study Guide</li> <li>Cooperative learning</li> <li>Oral Presentations</li> <li>Writing Activities</li> <li>Role-Play</li> <li>Projects</li> </ul>	<ul style="list-style-type: none"> <li>Oral Questioning</li> <li>Projects</li> <li>Presentations</li> <li>Unit Test</li> </ul>

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** Grade 10

**Unit:** Communicating With the Health Team

**PA Standards:** 13.1.A.C.D.E.F  
13.2.C.D.  
13.3.A.B.C.F

Pennsylvania Department of Education, Program of Study Standards  
200, 300, 1200

<b>Topics:</b>	<b>Skills:</b>
<ul style="list-style-type: none"> <li>Communication</li> <li>The Medical Record</li> <li>The Kardex</li> <li>Reporting and Recording</li> <li>Medical Terminology and Abbreviations</li> <li>Using Computers</li> <li>Phone Communications</li> <li>Dealing with Conflict</li> <li>Cross-Training Opportunities</li> </ul>	<ul style="list-style-type: none"> <li>Define key terms.</li> <li>Explain rules for good communication.</li> <li>Explain purpose, parts, and information in the medical record.</li> <li>Describe ethical/legal aspects of medical records.</li> <li>Describe the purpose of the Kardex.</li> <li>List basic rules for reporting/recording.</li> <li>Correctly utilize 24-hour clock, medical terminology and abbreviation.</li> <li>Explain health care related computer use and protection of privacy.</li> </ul>
<b>Activities:</b>	<b>Performance Assessments:</b>
<ul style="list-style-type: none"> <li>Study Guide</li> <li>Cooperative learning</li> <li>Oral Presentations</li> <li>Creative Writing Activities</li> <li>Role-Play</li> <li>Projects</li> </ul>	<ul style="list-style-type: none"> <li>Oral Questioning</li> <li>Projects</li> <li>Presentations</li> <li>Written Stories</li> <li>Unit Test</li> </ul>

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** Grade 10

**Unit:** Body Structure and Function

**PA Standards:** 13. A.C.D.E.  
13.2 B.C.D.

Pennsylvania Department of Education, Program of Study Standards  
1000

<p><b>Topics:</b></p> <p>Cells, Tissues and Organs The Integumentary System The Musculoskeletal System The Nervous System The Circulatory System The Respiratory System The Digestive System The Urinary System The Reproductive System The Endocrine System The Immune System</p>	<p><b>Skills:</b></p> <p>Define key terms. Identify the basic structures of the cell. Explain how cells divide. Describe four types of tissue. Identify the structures of each body system. Identify the functions of each body system.</p>
<p><b>Activities:</b></p> <p>Study Guide Cooperative learning Oral Presentations Writing Activities Projects</p>	<p><b>Performance Assessments:</b></p> <p>Oral Questioning Projects Presentations Unit Test</p>

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade** Grade 10

**Unit:** Preventing Infection

**Level:**

**PA** 13.1 A.C.D.E.F.

**Standards:** 13.2 B.C.D.G.

13.3 A.C.F.

Pennsylvania Department of Education, Program of Study Standards  
400

<b>Topics:</b>	<b>Skills:</b>
Microorganisms Infection Medical Asepsis Isolation Precautions Bloodborne Pathogen Standard Surgical Asepsis	Define key terms. Identify what microbes need to live and grow. List signs/symptoms of infection. Explain the chain of infection. Describe nosocomial infections and the persons at risk. Describe the practices of medical asepsis. Describe disinfection & sterilization methods. Explain how to care for equipment & supplies. Explain standard & transmission-based precautions. Explain principals & practices of surgical asepsis. Perform the procedures described in this chapter.
<b>Activities:</b>	<b>Performance Assessments:</b>
Study Guide Nurse Asst. Skills DVD Role-play Case studies Cooperative learning Oral Presentations Writing Activities Projects	Oral Questioning Projects Presentations Competency Performance evaluation using procedure checklists Unit Test

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** Grade 10

**Unit:** Body Mechanics/Safely Moving and Transferring the Person

**PA Standards:** 13.1 A.C.D.E.F.  
13.2 B.C.D.G.  
13.3 A.C.

Pennsylvania Department of Education, Program of Study Standards  
100,700

<b>Topics:</b>	<b>Skills:</b>
<ul style="list-style-type: none"> <li>Body Mechanics</li> <li>Ergonomics</li> <li>Positioning</li> <li>Preventing Work-related Injuries</li> <li>Moving Persons in Bed</li> <li>Turning Persons</li> <li>Sitting on the Side of the Bed (dangling)</li> <li>Transferring Persons</li> <li>Re-positioning in a chair/wheelchair</li> </ul>	<ul style="list-style-type: none"> <li>Define key terms.</li> <li>Explain the purpose and rules of body mechanics.</li> <li>Explain how ergonomics can prevent workplace accidents.</li> <li>Identify the causes, signs and symptoms of back injuries.</li> <li>Identify comfort and safety measures for lifting, turning and moving patients in bed.</li> <li>Explain how to safely perform transfers.</li> <li>Explain why body alignment and position changes are important.</li> <li>Identify the comfort and safety measures for positioning a person.</li> <li>Position persons in the basic bed positions and in a chair.</li> <li>Perform the procedures described in this chapter.</li> </ul>
<b>Activities:</b>	<b>Performance Assessments:</b>
<ul style="list-style-type: none"> <li>Study Guide</li> <li>Nurse Asst. Skills DVD</li> <li>Role-play</li> <li>Cooperative learning</li> <li>Oral Presentations</li> <li>Writing Activities</li> <li>Projects</li> </ul>	<ul style="list-style-type: none"> <li>Oral Questioning</li> <li>Projects</li> <li>Presentations</li> <li>Competency Performance evaluation using procedure checklists</li> <li>Unit Test</li> </ul>

# *Wallenpaupack Area School District*

**Course:** Allied Health I

**Grade Level:** Grade 10

**Unit:** Admissions, Transfers and Discharges

**PA Standards:** 13.1 A.C.D.E.F  
13.2 B.C.D.G.  
13.3 A.

Pennsylvania Department of Education, Program of Study Standards  
800

<b>Topics:</b>	<b>Skills:</b>
Admissions Moving the Person to a New Room Transfers & Discharges	Define key terms. Describe your role in the admission, transfer and discharge processes. Explain how to prepare the room for a new admission. Measure height and weight. Explain the reasons for transfer to another nursing unit.
<b>Activities:</b>	<b>Performance Assessments:</b>
Study Guide Nurse Asst. Skills DVD Role-play Cooperative learning Oral Presentations Writing Activities Projects	Oral Questioning Projects Presentations Competency Performance evaluation using procedure checklists Unit Test

# *Wallenpaupack Area School District*

**Course:** Allied Health I

**Grade Level:** Grade 10

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**Grade Level:** Grade 10

**Course:**

**Unit:** Bedmaking

**PA Standards:** 13.1 A.C.D.E.G.

13.2 B.C.D.G.

13.3 A.E.

Pennsylvania Department of Education, Program of Study Standards  
800

<b>Topics:</b>	<b>Skills:</b>
Types of Beds Linens Making Beds The Open Bed The Occupied Bed The Surgical Bed	Define key terms. Describe open, closed, occupied and surgical beds. Explain how to use drawsheets. Handle linens according to the rules of medical asepsis. Perform the procedures described in this chapter.
<b>Activities:</b>	<b>Performance Assessments:</b>
Study Guide Nurse Asst. Skills DVD Role-play Cooperative learning Oral Presentations	Oral Questioning Projects Presentations Competency Performance evaluation using procedure checklists Unit Test

# Wallenpaupack Area School District

**Unit:** Personal Hygiene

**PA** 13.1 A.C.D.E.G.  
**Standards:** 13.2 B.C.D.G.  
 13.3 A.E.  
 Pennsylvania Department of  
 Education, Program of Study  
 Standards 800

<p><b>Topics:</b></p> <p>Daily Care          Oral Hygiene          Bathing          The Back Massage          Perineal Care          Reporting and Recording</p>	<p><b>Skills:</b></p> <p>Define key terms.          Explain why personal hygiene is important.          Describe care given:          Before and after breakfast          After lunch and in the evening.          Describe rules for bathing.          Identify safety measures for tub baths and showers.          Explain the purposes of a back massage.          Explain the purposes of perineal care.          Identify observations to make while assisting with personal hygiene.          Perform the procedures described in this chapter.</p>
<p><b>Activities:</b></p> <p>Study Guide          Nurse Asst. Skills DVD          Role-play          Cooperative learning          Oral Presentations</p>	<p><b>Performance Assessments:</b></p> <p>Oral Questioning          Projects          Presentations          Competency Performance evaluation using procedure checklists          Unit Test</p>

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade** Grade 10

**Unit:** Grooming

**Level:**

**PA** 13.1 A.C.D.G.

**Standards:** 13.2 B.C.D.G.

13.3 A.E.

Pennsylvania Department of  
Education, Program of Study  
Standards 800

<p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>Hair Care</li> <li>Shampooing</li> <li>Shaving</li> <li>Nail and Foot Care</li> <li>Changing Clothing &amp; Hospital Gowns</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>Define key terms.</li> <li>Explain why grooming is important.</li> <li>Identify the factors that affect hair care.</li> <li>Explain how to care for matted and tangled hair.</li> <li>Explain how to shampoo hair.</li> <li>Describe the measures practiced when shaving a person.</li> <li>Explain why nail and foot care are important.</li> <li>Describe the rules for changing gowns and clothing.</li> <li>Perform the procedures described in this chapter.</li> </ul>
<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>Study Guide</li> <li>Nurse Asst. Skills DVD</li> <li>Role-play</li> <li>Cooperative learning</li> <li>Oral Presentations</li> </ul>	<p><b>Performance Assessments:</b></p> <ul style="list-style-type: none"> <li>Oral Questioning</li> <li>Projects</li> <li>Presentations</li> <li>Competency Performance evaluation using procedure checklists</li> <li>Unit Test</li> </ul>

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** Grade 10

**Unit:** Urinary Elimination

**PA Standards:** 13.1 A.C.D.E.  
13.2 B.C.D.G.  
13.A.  
Pennsylvania Department of  
Education, Program of  
Study Standards 800

<b>Topics:</b>	<b>Skills:</b>
<p>Normal Urination Urinary Incontinence Catheters Bladder Training</p>	<p>Define key terms. Describe normal urine. Describe rules for normal Urination. Describe urinary incontinence and the care required. Explain why catheters are used. Explain how to care for persons with catheters. Describe straight, indwelling and condom catheters. Describe two methods of bladder training. Perform the procedures described in this chapter.</p>
<b>Activities:</b>	<b>Performance Assessments:</b>
<p>Study Guide Nurse Asst. Skills DVD Cooperative learning Oral Presentations</p>	<p>Oral Questioning Projects Presentations Competency Performance evaluation using procedure checklists Unit Test</p>

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** 10

**Unit:** Bowel Elimination

**PA Standards:** 13.1 A.C.D.E.  
13.2 B.C.D.G.  
13.A.

Pennsylvania Department of Education, Program of Study Standards 800

<b>Topics:</b>	<b>Skills:</b>
Normal bowel movements Factors affecting bowel elimination Common problems Bowel Training Suppositories Enemas The person with an ostomy	Define key terms. Describe normal defecation. Identify the factors that affect bowel elimination. Describe common bowel elimination problems. Explain how to promote comfort and safety Describe bowel training. Explain why enemas are given. Describe the common enema solutions. Describe the rules for giving enemas. Explain the purpose of rectal tubes. Describe how to care for a person with an ostomy. Perform the procedures described in this chapter.
<b>Activities:</b>	<b>Performance Assessments:</b>
Study Guide Nurse Asst. Skills DVD Cooperative learning Oral Presentations Writing Activities Projects	Oral Questioning Projects Presentations Competency Performance evaluation using procedure checklists Unit Test

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** 10

**Unit:** Measuring Vital Signs

**PA Standards:** 13.1 A.C.D.E.  
13.2 B.C.D.G.  
13.A.

Pennsylvania Department of Education, Program of Study Standards 800

<p><b>Topics:</b></p> <p>Measuring and reporting vital signs  <b>Body temperature</b>-sites, glass thermometers(using, reading)  <b>procedure</b> for-oral, axillary, rectal, tympanic <b>types</b> of thermometers  <b>Pulse</b> –sites, characteristics, use of stethoscope, procedure for measuring- radial, apical , apical-radial  <b>Respirations</b> qualities, normal range, measuring  <b>Blood pressure</b> define, equipment, procedure</p>	<p><b>Skills:</b></p> <p>Define key terms.          Explain why vital signs are measured.          List factors affecting vital signs.          Identify normal ranges for each temperature site.          Explain when to use each temperature site          Identify the pulse sites.          Describe normal respirations.          Describe factors affecting blood pressure.          Satisfactory performance of each Procedure described.          Explain variances in vital signs due to age group.</p>
<p><b>Activities:</b></p> <p>Study Guide          Nurse Asst. Skills DVD          Guided practice          Cooperative learning          Oral Presentations</p>	<p><b>Performance Assessments:</b></p> <p>Oral Questioning          Projects          Presentations          Competency Performance evaluation using procedure checklists          Unit Test</p>

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** 10

**Unit:** Nutrition and Fluids/ Nutritional Support and IV Therapy

**PA Standards:** 13.1 A.C.D.E.  
13.2 B.C.D.G.  
13.A.

Pennsylvania Department of Education, Program of Study Standards 900

<b>Topics:</b>	<b>Skills:</b>
Basic nutrition Factors affecting eating and nutrition Special diets Fluid balance Meeting food and fluid needs Foodborne Illnesses Enteral Nutrition Parenteral Nutrition IV Therapy	Define key terms. Explain purpose and use of the food guide pyramid. Describe function and major sources of nutrients. Explain the use of food labels. Describe factors that affect eating and nutrition. Describe special diets. Identify the signs, symptoms and precautions related to regurgitation and aspiration. Describe fluid requirements and the causes of dehydration. Explain what to do for a patient with special fluid orders. Explain the purpose of intake and output. Identify what is counted as fluid intake. Explain how to assist with food and fluid needs. Describe the purpose, methods and comfort measures for enteral nutrition and IV therapy. Perform procedures described in this unit.
<b>Activities:</b>	<b>Performance Assessments:</b>
Study Guide Nurse Asst. Skills DVD Guided practice Cooperative learning Oral Presentations Writing Activities Projects	Oral Questioning Projects Presentations Competency Performance evaluation using procedure checklists Unit Test

# Wallenpaupack Area School District

**Course:** Allied Health I

**Grade Level:** 10

**Unit:** Exercise and Activity

**PA Standards:** 13.1 A.C.D.E.  
13.2 B.C.D.G.  
13.A.

Pennsylvania Department of Education, Program of Study Standards 700,800

<b>Topics:</b>	<b>Skills:</b>
Bedrest Range of motion exercises Ambulation	Define key terms. Describe bedrest. Explain how to prevent complications of bedrest. Describe the devices used to support and maintain body alignment. Explain the purpose of a trapeze. Describe range of motion exercises. Explain how to assist a falling person. Describe four walking aids. Perform all procedures explained in this unit.
<b>Activities:</b>	<b>Performance Assessments:</b>
Study Guide Nurse Asst. Skills DVD Guided practice Role-play Cooperative learning Oral Presentations	Oral Questioning Projects Presentations Competency Performance evaluation using procedure checklists Unit Test