# Home Health Aide Course No. 36053 Credit: 0.5

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| **Student name:** |  | **Graduation Date:** |  |

Pathways and CIP Codes:Health Science (51.3901)

Course Description: **Application Level:** This course will teach students how to care for individuals within their homes under the direct supervision of a nurse. Course content will include patient care, comfort, and safety; anatomy and physiology; the prevention of disease and infection; nutrition and meal preparation; human relations; and first aid and CPR. Additional topics that must be included to receive a full credit are therapy strategies, household management and employability. This class results in the opportunity to test for KS certification of Home Health Aide.

Directions:The following competencies are required for full approval of this course. Check the appropriate number to indicate the level of competency reached for learner evaluation.

**RATING SCALE:**

4. Exemplary Achievement: Student possesses outstanding knowledge, skills or professional attitude.

3. Proficient Achievement:Student demonstrates good knowledge, skills or professional attitude. Requires limited supervision.

2. Limited Achievement:Student demonstrates fragmented knowledge, skills or professional attitude. Requires close supervision.

1. Inadequate Achievement:Student lacks knowledge, skills or professional attitude.

0. No Instruction/Training:Student has not received instruction or training in this area.

## Benchmark 1: Orientation to Home Care

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 1.1 | Generally describe functions of a home health agency and how the agency may be organized. |  |
| 1.2 | Identify responsibilities of home health personnel. |  |
| 1.3 | Discuss how a care plan is developed and used in the home health agency. |  |
| 1.4 | Discuss legal and ethical aspects of the home health aide's job. |  |
| 1.5 | Identify needs that clients with developmental challenges may have and how the home health worker can support meeting those needs. |  |
| 1.6 | Identify needs that clients with physical disabilities may have and how the home health worker can support meeting those needs. |  |
| 1.7 | Describe and demonstrate the responsibility for the health care worker’s health and management of a job including professionalism. |  |
| 1.8 | Identify and describe jobs where a Home Health Aide certification is needed. |  |
| 1.9 | Identify and describe job opportunities that a Home Health Aide certification can lead to. |  |

## Benchmark 2: Roles of a Home health aide

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 2.1 | Define home and family. |  |
| 2.2 | Discuss cultural diversity and religious differences. |  |
| 2.3 | Identify goals of the home health aide for providing care in the client's home. |  |
| 2.4 | Identify common adult and family reactions to stress, such as illness and disability or approaching death. |  |
| 2.5 | Describe appropriate response of the home health aide to client/family behaviors resulting from the stress of illness and disability or approaching death. |  |
| 2.6 | Identify common reactions of children to personal or family illness and stress. |  |
| 2.7 | Identify the role of the home health aide in working with children in the home. |  |
| 2.8 | Identify characteristics of mental health. |  |
| 2.9 | Define what is meant by mental illness and identify the role of the home health aide in situations where there is mental illness. |  |
| 2.10 | Define what is meant by developmental disability and identify the role of the home health aide in working with a client who is developmentally disabled. |  |
| 2.11 | Describe indications of family abuse which might be observed. Indicate the home health aide's responsibility if abuse is suspected. |  |
| 2.12 | Discuss hospice/palliative care and how it relates to home care. |  |
| 2.13 | Identify the psychosocial aspects of death and dying. |  |
| 2.14 | Describe what to do with death in the home. |  |

## Benchmark 3: Home management

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 3.1 | Identify actions the home health aide takes to maintain a clean and safe environment. |  |
| 3.2 | Describe and demonstrate adaptive effective body mechanics when performing ADL tasks in the home care setting. |  |
| 3.3 | Describe and demonstrate ability to provide a client with basic nutrition in a home health setting. |  |
| 3.4 | Identify and demonstrate procedures relating to infection control practicesin the home health setting. |  |

## Benchmark 4: Nutrition and Meal Preparation

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 4.1 | Identify the importance of an adequate and balanced intake of food. |  |
| 4.2 | Name the basic food groups and identify goods which belong to each group. |  |
| 4.3 | Identify the recommended amount of the basic food groups for both adults and children. |  |
| 4.4 | Identify foods or substances to be avoided in the following therapeutic diets: a. Diabetic b. low sodium c. Low cholesterol d. Low fat |  |
| 4.5 | Identify the factors to consider when planning and preparing meals. |  |
| 4.6 | Discuss factors to consider in planning for food purchases. |  |
| 4.7 | Identify ways to safely store food. |  |
| 4.8 | Discuss safe food handling and preparation practices. |  |

## Benchmark 5: Adapting Personal Care Activities in the Client's Home

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 5.1 | Describe how to adapt personal care activities to meet the client's needs in the home. |  |

## Benchmark 6: Mother and Baby Care

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 6.1 | Discuss the role of the home health aide in caring for mother and baby. |  |
| 6.2 | State how to prepare a bottle for feeding avoiding contamination. |  |
| 6.3 | Describe how to feed and burp a baby. |  |
| 6.4 | Describe how to bathe a baby, including care of the umbilical cord and circumcision (if applicable). |  |
| 6.5 | Describe how to diaper a baby. |  |
| 6.6 | Identify safety principles to be observed when caring for an infant. |  |
| 6.7 | List signs of potential health crisis for an infant warranting evaluation by health professionals. |  |

## Benchmark 7: Observing Client's Medication

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 7.1 | Define the role of the home health aide in assisting the client with medication. |  |
| 7.2 | Identify and report observations concerning client's medications. |  |
| 7.3 | Identify safe medication storage. |  |
| 7.4 | Disposing of outdated/unlabeled medications. |  |
| 7.5 | Identify concerns with oxygen therapy. |  |
| 7.6 | Identify proper directions for use of other equipment. |  |

## Benchmark 8: Special Procedures and Emergency Care

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 8.1 | Describe the technique for changing a clean dressing. |  |
| 8.2 | Describe care for a person who has a cast. |  |
| 8.3 | Describe general guidelines for care of a client who wears a prosthesis. |  |
| 8.4 | Identify how to use a vaporizer or humidifier safely. |  |
| 8.5 | Identify the home health aide's action in emergency situations. |  |

## Benchmark 9: Reporting, Documentation and Observation

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 9.1 | Describe the importance of reporting, documentation and observing in home care. |  |

I certify that the student has received training in the areas indicated.

Instructor Signature:

For more information, contact:

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