

**NAS 101**  
**NURSING AIDE I**

**COURSE DESCRIPTION:**

Prerequisites: COMPASS Reading score of 70 or greater, OR successful completion of Reading 80, 90, DRE 097 OR ENG 111

Corequisites: None

The Nurse Aide curriculum prepares individuals to work under the supervision of licensed nursing professionals in performing nursing care and services for persons of all ages. Topics include growth and development, personal care, vital signs, communication, nutrition, medical asepsis, therapeutic activities, accident and fire safety, household environment and equipment management, family resources and services, and employment skills. Upon completion, the student may be eligible for listing as a Nurse Aide I and other selected Nurse Aide registries as determined by the local program.

Course Hours Per Week: Class 3 Lab 4 Clinical 3 Work 0 Credit 6

**LEARNING OUTCOMES:**

Upon successful completion of the course, students will be able to:

- a. Perform basic patient care skills
- b. Describe the mental, social, physical, and environmental needs of the patient
- c. Act in a safe manner while providing care
- d. Develop critical thinking skills
- e. Communicate appropriately with staff, peers, residents and faculty
- f. Display professional behavior
- g. Utilize the course content to prepare for the NNAAP exam for the North Carolina Nurse Aide I

**CORE CONCEPTS EXAMINED:**

- A. The Nurse Aide I
- B. Infection Prevention
- C. The Resident's Environment: Safety and Emergency
- D. Communication
- E. Law and Ethics
- F. Dignity
- G. Basic Restorative Care
- H. Body Systems
- I. Body Mechanics

- J. Nutrition and Fluids
- K. Restraint Elimination, Reduction, Appropriate Use
- L. Communicating with the Health Care Team
- M. The Nursing Process and Nursing Care Plan
- N. Incident Report
- O. Critical Thinking
- P. Family and Family Support
- Q. Person Centered Care
- R. Cognitive Changes Due to Aging
- S. Psychological Effects of Aging
- T. Dementia and Alzheimer's Disease
- U. Mental Health and Mental Illness
- V. Pain
- W. End of Life Care

**REQUIRED TEXTBOOK AND MATERIAL:**

Nursing Assisting: A Foundation in Caregiving by Diana L. Dugan, RN 3<sup>rd</sup> edition Hartman Publishing

Skills Manual

Equipment and Supplies: uniform (white shoes, scrubs), stethoscope, gait belt, watch with a second hand, BP cuff