

Kentucky Medicaid Nurse Aide

# Curriculum Guidelines

Kentucky Community and Technical College System  
©2015

## MEDICAID NURSE AIDE CURRICULUM GUIDELINES

- I. INTRODUCTION: The 1987 Omnibus Reconciliation Act (OBRA) mandates education and competency evaluation for all nurse aides employed by nursing facilities in all states. This Kentucky Medicaid Nurse Aide Curriculum Guide meets the course requirements of the applicable Medicaid regulation (42 CFR 483.152). This seventy-five (75) hour nurse aide training program includes a minimum of sixteen (16) hours of supervised clinical instruction.
  
- II. Sixteen (16) hours of training in the following areas are required prior to any direct contact with the resident:
  - A. Communication and interpersonal skills
  - B. Infection control
  - C. Safety/emergency procedures, including clearing the obstructed airway - conscious adult
  - D. Promoting resident's independence
  - E. Respecting resident's rights
    1. providing privacy and maintenance of confidentiality
    2. promoting the resident's right to make personal choices to accommodate their needs
    3. giving assistance in resolving grievances and disputes
    4. providing needed assistance in getting to and participating in resident and family groups and other activities
    5. maintaining care and security of resident's personal possessions
    6. promoting the 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
    7. avoiding the need for restraints in accordance with current professional standards
  
- III. The remaining theory/lab hours include the following:
  - A. Personal care skills
    1. transfers, positioning, and turning
    2. caring for the resident's environment
    3. bathing
    4. grooming, including mouth care
    5. dressing
    6. skin care
    7. bedmaking
    8. assisting with eating and hydration
    9. proper feeding techniques
    10. toileting, including specimen collection

- B. Basic nursing skills
  - 1. taking and recording vital signs
  - 2. measuring and recording height and weight
  - 3. recognizing abnormal changes in body functioning and the importance of reporting such changes to a supervisor
  
- C. Mental health and social service needs
  - 1. modifying aide's behavior in response to resident's behavior
  - 2. awareness of developmental tasks associated with the aging process
  - 3. how to respond to resident behavior
  - 4. allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity
  - 5. using the resident's family as a source of emotional support
  
- D. Care of cognitively impaired residents
  - 1. techniques for addressing the unique needs and behaviors of individuals with dementia
  - 2. communicating with cognitively impaired residents
  - 3. understanding the behavior of cognitively impaired residents
  - 4. appropriate responses to the behavior of cognitively impaired residents
  - 5. methods of reducing the effects of cognitive impairments
  
- E. Basic restorative services
  - 1. training the resident in self-care according to the resident's abilities
  - 2. use of assistive devices in transferring, ambulation, eating, and dressing
  - 3. maintenance of range of motion
  - 4. proper turning and positioning in bed and chair
  - 5. bowel and bladder training
  - 6. care and use of prosthetic and orthotic devices
  
- F. Caring for residents when death is imminent

	<b>TITLE</b>	<b>CHAPTER</b>	<b>TIME</b>
II.	A. Communication and interpersonal skills	1, 2, 3, 4 , 5, 6,	6.0 hrs
	B. Infection control	13	3.0 hrs
	C. Safety/emergency procedures, including clearing the obstructed airway - conscious adult	10,11,12,17,18,43	3.0 hrs
	D. Promoting resident's independence	4, 6, 8	2.0 hrs
	E. Respecting resident's rights	2	2.0 hrs

This completes the requirements of 16 hours theory before the student can have direct contact with a resident.

III.	A. 1. Transfers, positioning, and turning	14	3.0 hrs
	2. Caring for the resident's environment	15	1.0 hr
	*3. Bathing, including mouth care	17	10.0 hrs
	*4. Grooming	18	
	*5. Dressing	18	
	*6. Skin care	7, 8, 30, 31, 33	
	7. Bed making	16	4.0 hrs
	**8. Assisting with eating and hydration	19	2.0 hrs
	**9. Proper feeding techniques	19	
	10. Toileting	21, 22, & 28	4.0 hrs

TITLE		CHAPTER	TIME
III. B.	1. Taking and recording vital signs	26	8.0 hrs
	2. Measuring and recording height and weight	27	1.0 hr
	3. Recognizing abnormal changes in body functioning and the importance of reporting such changes to a supervisor	4, 24, 25, 29 - 37	2.0 hrs

\*III. A. 3, 4, 5, and 6 are to be taught in 10 hours.

\*\*III. A. 8 and 9 are to be taught in 2 hours.

*III. C.	1. Modifying aide's behavior in response to resident's behavior	1, 6, 8, 9, 38, & 39	4.0 hrs
	2. Awareness of developmental tasks associated with the aging process		
	3. How to respond to resident behavior		
	4. Allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity		
	5. Using the resident's family as a source of emotional support		

TITLE	CHAPTER	TIME
*III. D. 1. Techniques for addressing the unique needs and behaviors of individuals with dementia 2. Communicating with cognitively impaired residents 3. Understanding the behavior of cognitively impaired residents 4. Appropriate responses to the behavior of cognitively impaired residents 5. Methods of reducing the effects of cognitive impairments	32, 39	
*III C. and D. are found in chapters 1, 6, 8, 9,, 32, 38, & 39 as noted above and are to be taught in 4 hours.		
*III. E. 1. Training the resident in self-care according to the resident's abilities 2. Use of assistive devices in transferring, ambulation, eating, and dressing 3. Maintenance of range of motion 4. Proper turning and positioning in bed and chair 5. Bowel and bladder training 6. Care and use of prosthetic and orthotic devices	21 (Bladder Training ) 22 (Bowel Training ) 23 (Range-of-motion exercises)  23, 34, 41	2.0 hrs
III. F. Caring for residents when death is imminent	44	2.0 hrs

\*III. E. is found in chapters 21, 22, 23, 34, 41 as noted above and the total time is 2 hours.

Chapter 7 “Body Structure and Function” needs to be integrated as it relates to content.

A minimum of three (3) multiple choice tests are required. All tests must be averaged and a 70% minimum average is required.

Required texts for students and instructors:

Kostelnick, C. (2015). *Mosby's textbook for long-term care nursing assistants (7<sup>th</sup> ed.)*. St. Louis, MO: Mosby- Elsevier, Inc.

Kostelnick, C. (2015). *Mosby's workbook and competency evaluation review for long-term care assistants (7<sup>th</sup> ed.)*. St. Louis, MO: Mosby- Elsevier, Inc.

Kentucky Community and Technical College System (2015). *Kentucky Medicaid Nurse Aide Testing Procedures Manual and Study Guide*.

Resource materials for teachers:

- (1) Mosby has an instructor website: <http://evolve.elsevier.com> with many great resources. Registration and verification of instructor status required
- (2) *Instructor's resource manual: Mosby's textbook for long-term care nursing assistants (6<sup>th</sup> ed.)*. St. Louis, MO: Mosby-Elsevier, Inc.
- (3) The Federal Law related to Nurse Aide Training and Competency Evaluation (42 USC 1396r) and the Federal Regulation (42 CFR 483.152) can be found at <http://www.gpoaccess.gov>.
- (4) The Kentucky Administrative Regulation (907 KAR 1:450) about nurse aide training and the registry can be found at <http://www.lrc.ky.gov>.
- (5) The Kentucky Department for Medicaid Services Program Manual can be found at <http://chfs.ky.gov/dms/incorporated.htm> and scrolling down to 907 KAR 1:450.

**NOTE:** Compliance with all applicable regulations is the responsibility of the instructor and program administrators.