

# Patient Care Fundamentals (2013)

Demonstrate employability skills required by business and industry. [HS-PCF-1](#)

- 1.1** Communicate effectively through writing, speaking, listening, reading, and interpersonal abilities. [1.1](#)

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- 1.2** Demonstrate creativity by asking challenging questions and applying innovative procedures and methods. [1.2](#)

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- 1.3** Exhibit critical thinking and problem solving skills to locate, analyze and apply information in career planning and employment situations. [1.3](#)

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- 1.4** Model work readiness traits required for success in the workplace including integrity, honesty, accountability, punctuality, time management, and respect for diversity. [1.4](#)

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- 1.5** Apply the appropriate skill sets to be productive in a changing, technological, diverse workplace to be able to work independently and apply team work skills. [1.5](#)

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- 1.6** Present a professional image through appearance, behavior and language. [1.6](#)

Examine the needs of the elderly and how those needs can impact their care and well-being. [HS-PCF-2](#)

- 2.1** Discuss the philosophy of restorative care when meeting needs. [2.1](#)

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- 2.2** Examine principals of human growth and development for the elderly and apply knowledge. [2.2](#)

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- 2.3** Examine the physical, social, and emotional changes that occur in the elderly and chronically ill. [2.3](#)

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- 2.4** Respect and advocate for the resident/patient/client's rights. [2.4](#)

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- 2.5** Uncover and examine the special needs of residents/patients/clients with disabilities, including physical limitations, mental and emotional conditions, as well as dementias. [2.5](#)

Apply the employability skills required for proficiency working in the Patient Care field. [HS-PCF-3](#)

- 3.1** Assess self accurately, set personal goals, monitor progress, and exhibit self-control. [3.1](#)

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- 3.2 Differentiate work ethic skills such as adaptability, dependability, and responsibility and such social behaviors as tolerance, honesty, empathy, and courtesy and cite evidence of them in the school and workplace. 3.2**
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- 3.3 Analyze an effective response to the needs of people of different ages, genders, cultures, socioeconomic backgrounds, attitudes, and abilities and perform correctly. 3.3**
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- 3.4 Formulate an appropriate response to the needs of customers/clients and manage conflict. 3.4**
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- 3.5 Construct the organizational structure for a healthcare business including the individual roles and responsibilities of employees and their relationships to one another. 3.5**
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- 3.6 Construct a personal career development plan, investigate how educational achievement will affect one's goals, and predict how choices affect family patterns and one's lifestyle show career progression (ex. CNA to LPN to RN). 3.6**
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- 3.7 Critique personal skills for seeking and securing employment and summarize strategies for gaining employment opportunities. 3.7**
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- 3.8 Examine state requirements for licensure and discuss the purpose of continuing education. 3.8**
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- 3.9 Identify potential workplace stressors and formulate responses for management of stress. 3.9**
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**Maintain resident/patient's rights and practice resident/patient/client's privacy, according to Omnibus Budget Reconciliation Act (OBRA) and Health Insurance Portability and Accountability Act (HIPAA) guidelines. HS-PCF-4**

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- 4.1 Examine nurse aide practice in order to protect privacy and confidentiality. 4.1**
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- 4.2 Apprise clients of their right to personal choices to accommodate their needs. 4.2**
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- 4.3 Research the role of an Ombudsman to give assistance in resolving grievances and disputes. 4.3**
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- 4.4 Provide needed assistance getting to and participating in resident/patient/client and family groups and activities. 4.4**
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- 4.5 Adhere to facility policies and procedures regarding the security of personal possessions of the residents/patients/clients. 4.5**
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- 4.6 Examine care methods for freedom from abuse, mistreatment, and neglect and report any instances of such treatment to appropriate staff/instructor. 4.6**
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- 4.7 Investigate the need for restraints in accordance with current professional standards and uncover alternative options. 4.7**
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**Communicate effectively with residents/patients/clients' healthcare team members and resident/patient/client family or visitors using appropriate customer service skills.** HS-PCF-5

- 5.1 Utilize the correct medical terminology and acronyms according to regulating agencies for effective communication in written documentation.** 5.1

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- 5.2 Demonstrate correct use of appropriate communication devices.** 5.2

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- 5.3 Examine resident/patient/client procedures and conditions appropriately, using one's senses to make pertinent observations and record and report objectively.** 5.3

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- 5.4 Assess residents/patients/clients that have various sensory impairments to determine effective methods of communication.** 5.4

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- 5.5 Select formal and informal, written, and oral, communication skills when planning and providing care.** 5.5

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- 5.6 Formulate and show courteous and compassionate care for the resident/patient/client and their family and friends.** 5.6

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- 5.7 Examine methods for communicating with residents with cognitive impairments.** 5.7

**Demonstrate appropriate behaviors meeting mental health and social service needs of resident/patient/client.** HS-PCF-6

- 6.1 Investigate the components of proper mental health and evaluate the inter-relatedness of physical and mental health.** 6.1

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- 6.2 Differentiate the signs and symptoms of various cognitive impairment including dementia, Alzheimer's Disease, delirium, and delusions that should be documented and reported.** 6.2

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- 6.3 Assess the correct nursing assistant plan of action in providing care for resident/patients/clients with cognitive impairments.** 6.3

**Analyze the organizational structure of the nursing facility and adhere to policies and procedures.** HS-PCF-7

- 7.1 Differentiate between long-term care and other healthcare agencies.** 7.1

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- 7.2 Examine the administrative structure for healthcare agencies.** 7.2

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- 7.3 Compare and contrast the relationship between various governmental and private agencies that define the guidelines for resident/patient/client quality care.** 7.3

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- 7.4 Adhere to approved institutional policies and procedures when providing care.** 7.4

**Adhere to the scope of practice for patient care assistant and demonstrate appropriate actions while respecting a patient's right to privacy**

- 8.1 Demonstrate responsible nursing assistant actions supporting resident/patient/client rights.** 8.1

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- 8.2 Assess the provision of resident/patient/client privacy as needed and provide accordingly.** 8.2

and proper  
treatment. **HS-PCF-8**

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**8.3 Practice confidentiality according to the Health Insurance Portability and Accountability Act (HIPAA) and Omnibus Budget Reconciliation Act (OBRA) guidelines. 8.3**

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**8.4 Differentiate elder abuse, misappropriation of property, and resident/patient/client neglect. 8.4**

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**8.5 Compare and contrast practices that would promote legal responsibility and the consequences of failing to fulfill legal responsibilities. 8.5**

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**8.6 Formulate a plan of care for a dying resident/patients/client and family members. 8.6**

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**8.7 Examine the training requirements and scope of practice for the nursing assistant. 8.7**

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**Adhere to regulations and practice appropriate safety measures in providing resident/patient/client care. **HS-PCF-9****

**9.1 Differentiate the nursing assistant's role in various disaster situations in the healthcare setting. 9.1**

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**9.2 Examine ways to promote safety and handle non-medical emergencies in the healthcare setting. 9.2**

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**9.3 Assess the safety of the resident/patient/client's environment and cite evidence of safe nursing assistant care. 9.3**

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**9.4 Assess the use of correct body mechanics. 9.4**

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**9.5 Formulate and follow emergency procedures for fire and other types of disasters. 9.5**

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**9.6 Demonstrate how to recognize and respond to medical emergencies including the Heimlich maneuver for clearing foreign body airway obstructions for both conscious and unconscious victims. 9.6**

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**9.7 Demonstrate procedures for positioning and transferring and turning residents/patients/clients and assess proper technique. 9.7**

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**9.8 Discuss with the client the location and function of staff/emergency contact devices (call light, restroom emergency button) and position within easy reach for the resident/patient/client. 9.8**

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**9.9 Select the correct restraints/safety devices according to facility standards and demonstrate proper use. 9.9**

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**9.10 Successfully complete Basic Life Support CPR course by a recognized agency such as American Heart Association or American Red Cross. 9.10**

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**Describe and demonstrate infection**

**10.1 Cite evidence of medical aseptic hand washing techniques and demonstrate 10.1**

**control practices.** HS-  
PCF-10

**10.2** Apprise and implement the use of standard precautions when providing care. 10.2

**10.3** Apprise and use isolation precautions correctly when providing care. 10.3

**10.4** Apprise and use Personal Protective Equipment (PPE) correctly. 10.4

**10.5** Demonstrate sterile technique. 10.5

**Examine the role and responsibility of individual members of the healthcare team; and interact effectively and sensitively with all team members in promoting the delivery and quality of healthcare.** HS-PCF-11

**11.1** Judge the effectiveness of one's role as a team member in a patient care facility and provide quality care. 11.1

**11.2** Compare and contrast the roles of the other members of the patient care team. 11.2

**Utilize information on the resident/patient/client care plan to assist with Activities of Daily Living (ADL) skills while promoting the resident's/patient's/client's independence. In addition, beginning and ending procedures should be properly sequenced and performed with all resident/patient/client care.** HS-PCF-12

**12.1** Model the proper technique to administer a bed bath while citing evidence of patient/client privacy and dignity. 12.1

**12.2** Assess and assure the resident/patient/client of personal hygiene while providing patient/client privacy. 12.2

**12.3** Apply concepts of good skin care evidences by observation, reporting and recording. 12.3

**12.4** Assess the resident/patient/client by providing oral hygiene, denture care, and eyeglasses care. 12.4

**12.5** Create a model that reveals how to perform a therapeutic backrub. 12.5

**12.6** Compare and contrast shaving techniques between male and female residents and patients; and investigate the safety hazards of an electric vs. a non-electric razor contraindications of its use. 12.6

**12.7** Investigate and model the proper uses of adaptive devices for dressing and grooming. 12.7

**12.8** Construct special diets and hydrations necessary to meet the nutritional needs of the residents/patients, and the clients. 12.8

**12.9** Investigate and compare the proper techniques used for feeding the resident/patient/clients. 12.9

**12.10** Formulate a plan of care for the resident/patient/client evidenced by establishing a routine elimination pattern. 12.10

Perform basic patient care skills within the scope of practice for a nursing assistant while maintaining resident/patient/client rights, including beginning and ending procedures (i.e. washing hands, gathering equipment, identifying client, providing privacy, etc.). [HS-PCF-13](#)

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- 13.1** Assess and document vital signs including blood pressure using manual and electronic equipment. [13.1](#)
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- 13.2** Assess height and weight accurately. [13.2](#)
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- 13.3** Model respect and management for residents'/patients'/clients' environment. [13.3](#)
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- 13.4** Cite evidence that differentiates abnormal changes in body function of all body systems while keeping the supervisor apprised to the changes. [13.4](#)
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- 13.5** Formulate ways to implement and maintain fluid balance of residents/patients/clients, by differentiating between dehydration and edema. [13.5](#)
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- 13.6** Assess and revise as needed various types of urinary catheters while citing evidence of effectiveness. [13.6](#)
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- 13.7** Utilizing standard precautions, submit specimens per facility policy and procedure. [13.7](#)
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- 13.8** Construct and implement facility guidelines which detail how to care for residents/patients/clients with various drainage tubes. [13.8](#)
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- 13.9** Simulate and then critique the required steps necessary to construct the care of the resident/patient/client when death and/or post-mortem care is imminent. [13.9](#)
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- 13.10** Investigate options to enhance pulmonary functions for resident's/patient's/client's receiving oxygen therapy [13.10](#)
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Assess, demonstrate, and integrate principals of restorative care for the nursing assistant to include maintaining a resident's rights. [HS-PCF-14](#)

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- 14.1** Differentiate the role of the nursing assistant for restorative care needs. [14.1](#)
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- 14.2** Assess and select methods to promote a resident's/patient's/client's independence. [14.2](#)
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- 14.3** Organize and demonstrate proper use of assistive devices and equipment when assisting a resident/patient/client in transferring and ambulation skills, to include the correct use of a gait/ambulate belt. [14.3](#)
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- 14.4** Examine the resident/patient/client and performs range of motion exercises. [14.4](#)
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- 14.5** Demonstrate correct bowel and bladder training and cite evidence concerning its effectiveness. [14.5](#)
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- 14.6** Examine and demonstrate the correct techniques to prevent pressure sores and contractures. [14.6](#)
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**Cite evidence of the proper role of the nursing assistant in a home health environment.** HS-PCF-15

**15.1 Differentiate the nursing assistant's role in home care as compared to an acute and long-term care environment.** 15.1

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**15.2 Apply concepts to make modifications or adaptations for procedures in a home-care environment.** 15.2

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**15.3 Investigate methods to promote safety and infection control in the home care environment.** 15.3