



Utah Nursing Assistant Core Curriculum Guide

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Introduction

The *Utah Nursing Assistant Core Curriculum Guide, 1st ed.*, provides a framework for both the Utah Nursing Assistant Registry and Nursing Assistant Training and Competency Evaluation Programs in the State of Utah. UNAR will utilize it in the review of current test content and in the creation of future content. NATCEP's will utilize it to assure that the textbooks and educational materials used in their program meet the objectives set forth within it.



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Utah Nursing Assistant Registry
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Unit 1: Certification

Objectives:

1. Define the vocabulary listed and complete unit NAPP list requirement
2. Understand the requirements for certification and renewal in the State of Utah
3. Explain the significance of the Omnibus Reconciliation Act (OBRA)
4. Explain the role of the Utah Nursing Assistant Registry (UNAR)
5. Explain the Utah Nursing Assistant Registry Abuse list
6. Understand what constitutes misconduct according to R432-45-46
7. Access the utahcna.com and Testmaster Universe websites
8. Explain the benefit of completing certification testing within 3 months of training

Vocabulary to Know

Abuse Registry

Department of Health (DOH)

Renewal

Certification

Knowledge Exam

Skills Exam

Unit 2: Intro to Healthcare & Resident's Rights

Objectives:

1. Define vocabulary and complete unit NAPP list requirement
2. Understand the structure of the healthcare system
3. Describe a typical long term care facility and the residents who live there
4. Explain what policies and procedures are
5. Explain Medicare and Medicaid
6. Describe person-directed care
7. Describe members of the healthcare team
8. Explain the nursing assistant's role in the healthcare team
9. Understand and demonstrate professionalism
10. Explain appropriate personal grooming habits
11. Explain the chain of command
12. Explain scope of practice
13. Explain the resident care plan and purpose
14. Explain delegation and the concerns that must be addressed before accepting a delegated task
15. Explain guidelines for ethical and legal behavior
16. List and discuss Residents' Rights
17. Explain how to identify possible abuse and neglect
18. Explain the responsibilities of the nursing assistant as a mandated reporter
19. Explain the role of the ombudsman
20. Explain HIPAA and the nursing assistant's role in protecting privacy and confidential information

Vocabulary to Know

Abandonment	Home Health	Patient
Abuse	Hospice	Patient Rights
Acute Care	Hospital	Pediatric
Adult Protective Services (APS)	Interdisciplinary	Person-Directed Care
Assault	Job Description	Professionalism
Assisted Living	Liability	Physical Therapist (PT)
Battery	Licensed Practical Nurse (LPN)	Registered Nurse (RN)
Certified Nursing Assistant	Long Term Care	Rehabilitation

Chronic	Malpractice	Resident
Client	Mandated Reporter	Resident Rights
Certified Nursing Assistant (CNA)	Medicaid	Respiratory Therapist (RT)
Confidentiality	Medical Doctor (MD)	Scope of Practice
Defamation	Medicare	Scope of Responsibility
Delegation	Misappropriation of Property	Sexual Harassment
Do not Resuscitate (DNR)	Neglect	Skilled Nursing Facility
Ethics	Nursing Team	Social Worker (SW)
False Imprisonment	Omnibus Budget Reconciliation Act (OBRA)	Speech Therapist
Fraud	Occupational Safety and Health Administration (OSHA)	Terminally Ill
Geriatrics	Occupational Therapist (OT)	Willful Infliction of Harm
Health Care Team	Ombudsman	
HIPAA	Outpatient Care	

Unit 3: Communication

Objectives:

1. Define vocabulary and medical abbreviations listed, and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. Explain why communication is such a critical part of a nursing assistant's job
4. Explain the influence of culture on communication and the need for cultural sensitivity
5. Explain verbal and non-verbal forms of communication
6. Identify barriers to communication and approaches that can be used to overcome those barriers
7. Explain how to send and receive clear messages
8. Explain guidelines for communicating with a resident with vision or hearing impairment
9. Explain guidelines for communicating with a resident who has had a stroke
10. Explain and identify objective and subjective information
11. Explain how to give and receive an accurate shift-change report and what type of information should be reported immediately; including signs of declining condition
12. Explain proper documentation guidelines
13. Explain and understand the resident care plan
14. Accurately use military time
15. Identify circumstances requiring an incident report and what information is to be included
16. Explain guidelines for making and receiving telephone calls
17. Explain the resident call light system
18. Discuss the potential of feeling overwhelmed as a caregiver and how to ask for help

Vocabulary to Know

Bias	Hearing Impaired	Receiver
Body Language	Incident Report	Reporting
Care Plan	Medical Abbreviations	Sender
Cliché	Medical Record	Signs
Communication	Medical Terminology	Subjective
Cultural Diversity	Message	Symptoms
Culturally Sensitive Care	Non-Verbal Communication	Verbal Communication
Documentation	Objective	

Abbreviations to Know

AKA	DX	PO
Amb	FBS	PPE
ASAP	FWB	PRN
BKA	HOB	NWB
BID	HS	RLE
BRP	LLE	RUE
ċ	LUE	š
cl liq	NKA	TID
c/o	OOB	

Unit 4: Infection Prevention

Objectives:

1. Define vocabulary and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. Explain the relationship between microorganisms and infections
4. Describe the chain of infection
5. Explain the body's defenses against infection
6. Explain standard precautions and transmission-based precautions
7. Explain the principles of medical and surgical asepsis
8. Explain personal and environmental infection control measures
9. Understand guidelines for handling equipment and laundry
10. Understand guidelines for cleaning spills involving blood, body fluids, or glass
11. Understand the role of OSHA related to infection control
12. Knowledge of bloodborne pathogens

<u>Vocabulary to Know</u>		
Acquired Immunodeficiency Syndrome (AIDS)	Disinfectants	Microorganism
Anti-microbial	Disposable	Multidrug-resistant Organisms (MDRO's)
Asepsis	Exposure Control Plan	Non-Pathogen
Bacteria	Exposure Incident	Normal Flora
Biohazardous	Hand Hygiene	Occupational Safety and Health Administration (OSHA)
Blood Borne Pathogens	Healthcare-associated Infection (HAI)	Pathogen
Center for Disease Control (CDC)	Hepatitis	Personal Protective Equipment (PPE)
Chain of Infection	Human Immunodeficiency Virus (HIV)	Reverse Isolation
Clostridium Difficile (C-Diff)	Infection	Standard Precautions
Communicable	Infection Prevention	Sterile
Contact Precautions	Influenza	Transmission-based Precautions
Contamination	Isolation	Tuberculosis (TB)
Cross Contamination		Virus

Unit 5: Basic Safety & Emergencies

Objectives:

1. Define vocabulary and complete unit NAPP list requirement
2. Discuss residents' rights in relationship to unit content
3. Discuss various methods used by facilities for a CNA to verify a resident's identity before providing care
4. Describe the principles of body mechanics
5. Identify the significance and use of the Safety Data Sheet
6. Identify safety guidelines for oxygen use
7. Describe what is considered a restraint and what limited circumstances allow for the use of restraints
8. Describe physical problems associated with the use of restraints
9. Describe psychological problems associated with the use of restraints
10. Describe restraint alternatives and how to promote a restraint-free environment
11. Identify and minimize potential hazards that may occur in any setting
12. Discuss basic first aid procedures
13. Identify potential fire hazards and describe how to respond to fires
14. Identify potential disasters and discuss how to respond to a disaster in the care setting
15. Discuss how to recognize and respond to medical emergencies and urgent care needs including first aid
 - Choking
 - Fainting
 - Myocardial infarction
 - Seizure
 - Cerebrovascular accident
 - Low blood sugar (hypoglycemia)
 - High blood sugar (hyperglycemia)
 - Bleeding
 - Vomiting
 - Burns
 - Nosebleeds
 - Allergic reactions

Vocabulary to Know

Abdominal Thrust	Emesis	RACE
Anaphylaxis	Fainting	Restraint Alternatives
Aspiration	First Aid	Restraints
Body Mechanics	Fracture	Safety Data Sheets (SDS)
Cardiopulmonary Resuscitation (CPR)	Incident Report	Seizure
Cerebrovascular Accident (CVA, Stroke)	Myocardial Infarction (MI, Heart Attack)	Shortness of Breath (SOB)
Choking	PASS	

Unit 6: Positioning & Ambulation

Objectives:

1. Define vocabulary and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. Describe the principles of body mechanics
4. Explain positioning and describe how to safely position residents
5. Explain how guidelines for proper positioning promote skin health
6. Explain the importance of preventing the complications of immobility
7. Describe how to safely transfer a resident
8. Discuss the use of mechanical lifts (any assistance provided by an employee that is <18 is done so as a junior member of the team and must be accompanied by a trained adult member of the team)
9. Identify the principles of ambulation and use of assistive devices
10. Explain special care of residents with an affected side
11. Explain how to assist a falling resident and how to care for a resident who has just fallen
12. Understand the proper use of a gait belt in transfers and ambulation

Vocabulary to Know

Abduction	Crutches	Non-skid Soles
Active Range of Motion	Draw/Lift/Transfer Sheet	Paraplegia
Adduction	Extension	Passive Range of Motion
Alignment	Flexion	Pivot
Ambulate	Foot Drop	Pneumonia
Assistive/Adaptive Devices	Fowler's	Pressure Injury/Ulcer/Sore
Atrophy	Gait	Prone
Base of Support	Gait/Transfer Belt	Quadriplegia
Bed Cradle	Hemiplegia	Rotation
Blood Clot	Hip Replacement	Shearing
Body Mechanics	Lateral	Supine
Bony Prominences	Log Rolling	Supportive Devices
Cane	Mechanical Lift	Walker
Contracture		

Unit 7: Resident Environment

Objectives:

1. Define vocabulary listed and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. Explain how a Certified Nursing Assistant can make a patient/resident's environment comfortable, safe and clean
4. Explain proper placement/answering of call lights
5. Describe the general furniture/equipment and its proper use
6. Understand guidelines for handling both clean/dirty equipment, linen, and clothing
7. Understand the process of admitting, discharging and transferring a patient/resident

Vocabulary to Know

Bed Protector	Fan Fold	Open Bed
Call Light	Inventory/Belonging List	Side Rails
Closed Bed	Mitered Corner	Toe Tuck (pleat)
Draw/Lift/Transfer Sheet	Occupied Bed	Trapeze

Unit 8: Basic Human Needs

Objectives:

1. Define vocabulary
2. Discuss residents' rights in relationship to unit content
3. Understand stages of human development with special focus on late adulthood
4. Understanding losses associated with aging
5. Have a basic understanding of developmental disabilities
6. Define holistic care
7. Identify basic human needs
8. Understand physical, mental, psychosocial and sexual needs of the elderly
9. Describe Maslow's hierarchy of needs
10. Identify the difference between spirituality and religiousness
11. Understand the need to respect each individuals spiritual, cultural, and religious beliefs and the importance of accommodating those differences
12. Understand guidelines for respecting sexual needs in all stages of life
13. Understand the need to be respectful of different forms of sexual identity/orientation
14. Understand the role of the family
15. Explain the importance of maintaining independence and self-care in the elderly and list ways to promote resident independence
16. List the benefits of physical activity
17. List the problems related to inactivity

Vocabulary to Know

Autism	Diversity	Religion
Belief	Down Syndrome	Safety
Belonging	Faith	Security
Cerebral Palsy	Holistic Care	Self-Care Deficit
Clergy	Intellectual Disability	Self Esteem
Culture	Maslow's Hierarchy of Needs	Sexuality
Customs	Physical	Sexual Orientation
Dignity	Psychosocial	Spiritual
Disabled/Disability	Race	Values

Unit 9: Vital Signs

Objectives:

1. Define vocabulary and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. Explain the importance of monitoring vital signs
4. List factors which can affect vital signs
5. Identify parameters for reporting vital signs in long term care
6. Identify parameters for reporting oxygen saturation in long term care
7. Explain guidelines for measuring temperature using an electronic thermometer through the oral, tympanic, temporal, and rectal routes
8. Explain guidelines for measuring and recording apical and radial pulse and respirations
9. Explain guidelines for measuring blood pressure for both 1-step and 2-step methods
10. Describe how to recognize and report pain
11. Identify steps to reduce pain
12. Explain guidelines for the use of oxygen and oxygen delivery devices
13. Have the understanding that nursing assistants never stop, adjust, or administer oxygen without proper delegation by a nurse

Vocabulary to Know

Apical	Electronic Thermometer	Radial Artery
Apnea	Exhalation	Rectal
Axillary	Expiration	Respirations
Blood Pressure	Fahrenheit	Sphygmomanometer
Brachial Artery	Hypertension	Stethoscope
Centigrade	Hypotension	Systolic
Diaphragm	Inhalation/Inspiration	Temporal
Diastolic	Irregular	Thermometer
Digital Thermometer	Oral	Tympanic
Dyspnea	Pain	
Ear Canal	Pulse	

Vital Sign Parameters

Report to nurse if vital signs fall out of the following ranges:

- Systolic BP 100-139
- Diastolic BP 60-89
- Pulse 60-100
- Respirations 12-20
- Temperature >99 and <98
- O2 Saturation 90- 100%

Pain:

- Report any indication or complaint of pain to nurse

Unit 10: Hygiene & Grooming

Objectives:

1. Define vocabulary and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. Explain personal care of residents
4. Describe AM and PM care
5. Identify guidelines for basic skin care
6. Identify guidelines for preventing pressure ulcers
7. Guidelines for assisting with bathing including; showers, tub bath, bed bath, partial bed bath, and perineal care
8. Safety guidelines for showers and tub baths
9. Guidelines for grooming; nail care (including trimming nails and toenails), foot care, shaving, haircare
10. Understand that facility policy or the care plan may disallow CNA's from trimming the nails of certain patients
11. Guidelines for assisting with dressing
12. Guidelines for oral care including denture care, conscious and unconscious oral care

Vocabulary to Know

AM Care	Foreskin	Perineum
Aspiration Precautions	Grooming	Rectum
Circumcised	HS/PM Care	Scrotum
Denture	Hygiene	Uncircumcised
Drape	Labia	Unconscious
Emesis Basin	Mucous Membrane	Urinary Meatus
Expectorate	Penis	Vagina
Feces	Perineal Care	

Unit 11: Nutrition

Objectives:

1. Define vocabulary and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. List the 6 basic nutrients and understand their basic functions
4. Explain MyPlate and have an understanding of healthy food choices
5. Recognize how food preferences may influence a resident's intake
6. Understand the following diets and why a resident would be on such a diet; low sodium, low fat/low cholesterol, low protein, high protein, diabetic, modified calorie, and vegetarian
7. Understand texture and/or consistency of the following diets and why a resident would be on such a diet; liquid, soft, mechanical soft, and pureed
8. CNA's role and guidelines for tube feedings
9. Understand I&O
10. Understand guidelines for preventing and reporting signs of dehydration.
11. Understand guidelines for preventing and reporting signs of fluid overload.
12. Explain how to record fluid intake and its importance
13. Explain why liquids are thickened, the types of thickening, and who makes the order to thicken liquids.
14. Understand how to safely serve residents meals, and guidelines for serving meal trays
15. Understand how to make dining an enjoyable experience
16. Understand guidelines for promoting residents appetite
17. Recognize and report signs of swallowing difficulty to prevent aspiration
18. Understand guidelines for assisting a resident with eating including those with Parkinson's disease, dementia, head trauma, vision-impaired, confusion, and stroke
19. Demonstrate how to estimate food intake at mealtime
20. Explain the importance of and how to properly position a resident with a feeding tube
21. Discuss what to watch for and report immediately in a resident with a feeding tube

Vocabulary to Know

Adaptive Devices	Edema	Intake and Output Sheet
Aspiration	Fats	MyPlate
Carbohydrates	Fiber	Nasogastric Tube
Dehydration	Fluid Restriction	NPO
Diet Card	Force Fluids	Proteins
Dietician	Gastrostomy Tube	Speech Therapist
Dysphagia	Intravenous (IV)	Total Parenteral Nutrition (TPN)
Dysphasia		

Unit 12A: Body Systems – Integumentary System

Objectives:

1. Define vocabulary listed
2. Understand and explain the basic structures and function of the integumentary system
3. Understand and explain the normal changes of aging related to the integumentary system
4. Understand and explain common diseases and/or conditions of the integumentary system
5. Understand and explain signs and symptoms that must be reported to a nurse for the integumentary system

Vocabulary to Know

Burns

Integumentary

Rash

Decubitus

Lice

Scabies

Epidermis

Pressure Injury/Ulcer/Sore

Shingles

Inflammation

Unit 12B: Body Systems – Musculoskeletal System

Objectives:

1. Define vocabulary listed and complete unit NAPP list requirements
2. Understand and explain the basic structures and function of the musculoskeletal system
3. Understand and explain the normal changes of aging related to the musculoskeletal system
4. Understand and explain common diseases and/or conditions of the musculoskeletal system
5. Understand and explain signs and symptoms that must be reported to a nurse for the musculoskeletal system

Vocabulary to Know

Amputation

Hip Fracture

Osteoporosis

Arthritis

Hip Replacement

Phantom Pain

Atrophy

Joint

Rheumatoid Arthritis

Contractures

Knee Replacement

Tendon

Fracture

Ligament

Unit 12C: Body Systems – Cardiovascular System

Objectives:

1. Define vocabulary listed
2. Understand and explain the basic structures and function of the cardiovascular system
3. Understand and explain the normal changes of aging related to the cardiovascular system
4. Understand and explain common diseases and/or conditions of the cardiovascular system
5. Understand and explain signs and symptoms that must be reported to a nurse for the cardiovascular system

Vocabulary to Know

Anemia	Congestive Heart Failure (CHF)	Hypotension
Artery	Coronary Artery Disease (CAD)	Myocardial Infarction (MI, Heart Attack)
Blood Clot	Cyanosis	Pacemaker
Capillary	Edema	Peripheral Vascular Disease (PVD)
Cardiac	Hypertension	Veins

Unit 12D: Body Systems – Respiratory System

Objectives:

1. Define vocabulary listed
2. Understand and explain the basic structures and function of the respiratory system
3. Understand and explain the normal changes of aging related to the respiratory system
4. Understand and explain common diseases and/or conditions of the respiratory system
5. Understand and explain signs and symptoms that must be reported to a nurse for the respiratory system

Vocabulary to Know

Alveoli	Cyanotic	Larynx
Apnea	Diaphragm	Nares
Aspiration	Dyspnea	Pertussis
Asthma	Epiglottis	Pneumonia
Bronchi	Emphysema	Respirations
Bronchitis	Exhale	Trachea
Chronic Obstructive Pulmonary Disease (COPD)	Inhale	Tuberculosis (TB)

Unit 12E: Body Systems – Nervous System

Objectives:

1. Define vocabulary listed
2. Understand and explain the basic structures and function of the nervous system
3. Understand and explain the normal changes of aging related to the nervous system
4. Understand and explain common diseases and/or conditions of the nervous system
5. Understand and explain signs and symptoms that must be reported to a nurse for the nervous system

Vocabulary to Know

Alzheimer's Disease	Deafness	Paraplegia
Aphasia	Dementia	Parkinson's Disease
Blindness	Dysphagia	Quadriplegia
Brain	Dysphasia	Seizures
Cataracts	Epilepsy	Spinal Cord
Central Nervous System (CNS)	Glaucoma	Spinal Cord Injury
Cerebrovascular Accident (CVA, Stroke)	Hemiplegia	Traumatic Brain Injury (TBI)
Cerebral Palsy	Multiple Sclerosis	Vertigo
Confusion	Nerves	

Unit 12F: Body Systems – Gastrointestinal System

Objectives:

1. Define vocabulary and complete unit NAPP list requirements
2. Understand and explain the basic structures and function of the gastrointestinal system
3. Understand and explain the normal changes of aging related to the gastrointestinal system
4. Understand and explain common diseases and/or conditions of the gastrointestinal system
5. Understand and explain signs and symptoms that must be reported to a nurse for the gastrointestinal system

Vocabulary to Know

Bed Pan	Diarrhea	Hemorrhoids
Beside Commode	Dysphagia	Hepatitis
Bowel Movement (BM)	Enema	Ileostomy
Bowel Obstruction	Fecal Impaction	Ostomy Bag
Bowel Retraining	Feces	Peptic Ulcers
Briefs	Flatus	Reflux
Colostomy	Fracture Pan	Stoma
Constipation	Gastroesophageal Reflux (GERD)	Stool
Defecation		

Unit 12G: Body Systems – Genitourinary System

Objectives:

1. Define vocabulary and complete unit NAPP list requirements
2. Understand and explain the basic structures and function of the genitourinary system
3. Understand and explain the normal changes of aging related to the genitourinary system
4. Understand and explain common diseases and/or conditions of the genitourinary system
5. Understand and explain signs and symptoms that must be reported to a nurse for the genitourinary system

<u>Vocabulary to Know</u>		
24 hr. Urine Collection	Incontinence	Suprapubic Catheter
Benign Prostatic Hypertrophy (BPH)	Incontinent Pad	Ureterostomy
Bladder	Indwelling Catheter	Urinal
Bladder Retraining	Kidney Stone	Urinalysis
Clean Catch/Midstream Collection Device (Hat)	Labia	Urinary Incontinence
Condom Catheter	Leg Bag	Urinary Meatus
Dialysis	Nocturia	Urinary Retention
Down Drain Bag	Polyuria	Urinary Tract Infection (UTI)
Dysuria	Renal Failure	Urination
Foreskin	Sample/Specimen	Voiding
Graduate	Sexually Transmitted Infection (STI)	
	Straight Catheter	

Unit 12H: Body Systems – Endocrine System

Objectives:

1. Define vocabulary listed
2. Understand and explain the basic structures and function of the endocrine system
3. Understand and explain the normal changes of aging related to the endocrine system
4. Understand and explain common diseases and/or conditions of the endocrine system
5. Understand and explain signs and symptoms that must be reported to a nurse for the endocrine system

Vocabulary to Know

Blood Sugar	Hormones	Pancreas
Diabetes Types 1 & 2	Insulin	Thyroid
Glucometer	Metabolism	

Unit 13: Mental Health & Mental Illness

Objectives:

1. Define vocabulary listed
2. Discuss residents' rights in relationship to unit content
3. Describe differences between mental health and mental illness
4. Distinguish between dementia, intellectual disability, and mental illness
5. Explain guidelines for communicating with mentally ill residents
6. Explain guidelines for interacting with residents displaying combative, angry, or inappropriate behavior
7. Describe common symptoms of anxiety
8. Describe common symptoms of depression
9. Identify signs of substance abuse
10. Discuss suicide awareness

Vocabulary to Know

Anxiety	Mania	Schizophrenia
Bipolar Disorder	Obsessive Compulsive Disorder (OCD)	Stress
Confusion	Phobia	Suicide
De-escalation	Post-Traumatic Stress Disorder (PTSD)	
Depression	Re-direction	

Unit 14: Cognitive Impairment & Dementia

Objectives:

1. Define vocabulary listed
2. Discuss residents' rights in relationship to unit content
3. Understand and explain cognitive impairment
4. Describe confusion and common causes of confusion
5. Explain guidelines in caring for confused residents
6. Describe dementia
7. Understand and explain strategies for better communication with a person with dementia
8. Understand and explain interventions for problems with ADL's for a person with dementia
9. Understand and explain interventions for common difficult behaviors of a person with dementia

Vocabulary to Know

Agitation	Confusion	Sundowning
Alzheimer's Disease	Delirium	Stress
Anxiety	Delusions	Triggers
Catastrophic Reaction	Dementia	Validating
Cognition	Hallucinations	
Cognitive Impairment	Parkinson's Disease	

Unit 15: Rehabilitation & Restorative Care

Objectives:

1. Define vocabulary listed and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. Have an understanding of rehabilitation and restorative care
4. Understand the importance of promoting independence
5. List ways that exercise improves health
6. Understand the importance of range of motion exercises
7. Describe how to assist with range of motion exercises
8. Be familiar with common assistive devices and equipment
9. Understand guidelines for the care and use of prosthetic devices
10. Describe bowel and bladder retraining
11. Understand the benefits of deep breathing exercises
12. Discuss the use and function of an incentive spirometer

Vocabulary to Know

Ability	Handicap	Restoration
Adaptive/Assistive Devices	Mobility Skills	Restorative Nursing Care
ADL's	Occupational Therapy	Self-care Deficit
Amputation	Phantom Pain	Speech Therapy
Amputee	Physical Therapy	Spinal Cord Injury
Cerebrovascular Accident (CVA, Stroke)	Prosthesis	Traumatic Brain Injury (TBI)
Disability	Rehabilitation	

Unit 16: End of Life Care

Objectives:

1. Define vocabulary and complete unit NAPP list requirements
2. Discuss residents' rights in relationship to unit content
3. Discuss the stages of grief and the grieving process
4. Understand the approach of hospice care
5. Explain advanced directives including; living will and DNR
6. Discuss differences in feelings and attitudes about death
7. Discuss how to care for a dying resident
8. Discuss positioning for comfort and to avoid skin breakdown
9. Discuss how to treat the dying resident and their family with dignity and to honor their rights/wishes
10. Describe common signs of approaching death
11. Describe changes that may occur in the body after death and care of the body

Vocabulary to Know

Advance Directive	Expire	POLST (Physician Order for Life Sustaining Treatment)
Apnea	Hospice	Post Mortem
Cheyne-Stokes	Life Support Systems	Rigor Mortis
Dignity	Living Will	Spiritual Needs
DNR (Do Not Resuscitate)	Mottling	Sympathy
Empathy	Palliative Care	Terminal Illness