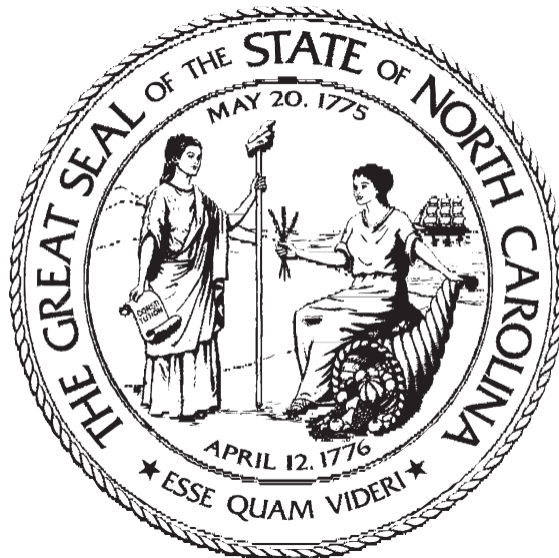


State-Approved Curriculum NURSE AIDE I TRAINING PROGRAM

July 2024 Table of Contents



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES



North Carolina Department of Health and Human Services
Division of Health Service Regulation
North Carolina Education and Credentialing Section

NCDHHS is an equal opportunity employer.

TABLE OF CONTENTS

INTRODUCTION

Nurse Aide I Training Requirements	i
Directions for use of Nurse Aide Curriculum	iv
Acknowledgments	vii

FOUNDATIONS OF CARE

Module AA	Measurement.....	AA
	Teaching Guide	2-AA
	Definition List.....	7-AA
	Curriculum	11-AA
	Activities	39-AA
Module A	The Nurse Aide I.....	A
	Teaching Guide	2-A
	Definition List.....	3-A
	Curriculum	5-A
	Activity	20-A
Module B	Infection Prevention	B
	Teaching Guide	2-B
	Definition List.....	4-B
	Curriculum	7-B
	Activities	24-B
Module C	The Resident’s Environment: Safety and Emergency.....	C
	Teaching Guide	2-C
	Definition List.....	4-C
	Curriculum	5-C
Module D	Communication	D
	Teaching Guide	2-D
	Definition List.....	4-D
	Curriculum	5-D
	Handouts	12-D

Module E	Law and Ethics	E
	Teaching Guide	2-E
	Definition List.....	4-E
	Curriculum	6-E
	Handouts.....	15-E
Module F	Dignity.....	F
	Teaching Guide	2-F
	Definition List.....	4-F
	Curriculum	5-F
Module G	Basic Restorative Care	G
	Teaching Guide	2-G
	Definition List.....	4-G
	Curriculum	5-G
Module H	Body Systems.....	H
	Teaching Guide	2-H
	Definition List.....	6-H
	Curriculum	18-H
	Alternative Instruction.....	23-H
	Activity	59-H
Module I	Body Mechanics	I
	Teaching Guide	2-I
	Definition List.....	4-I
	Curriculum	5-I
	Activity	12-I
Module J	Nutrition and Fluids.....	J
	Teaching Guide	2-J
	Definition List.....	4-J
	Curriculum	6-J
	Handouts.....	16-J
	Activities	23-J
Module K	Restraint, Elimination, Reduction, Appropriate Use.....	K
	Teaching Guide	2-K
	Definition List.....	4-K
	Curriculum	5-K

Module L	Communicating with the Health Care Team	L
	Teaching Guide	2-L
	Definition List.....	4-L
	Curriculum	5-L
Module M	The Interdisciplinary Care Plan.....	M
	Teaching Guide	2-M
	Definition List.....	3-M
	Curriculum	5-M
	Activity	12-M
Module N	Incident Report	N
	Teaching Guide	2-N
	Definition List.....	3-N
	Curriculum	4-N
	Activity	7-N
Module O	Critical Thinking	O
	Teaching Guide	2-O
	Definition List.....	4-O
	Curriculum	5-O
Module P	Family and Family Support.....	P
	Teaching Guide	2-P
	Definition List.....	3-P
	Curriculum	4-P
Module Q	Person-centered Care	Q
	Teaching Guide	2-Q
	Definition List.....	4-Q
	Curriculum	5-Q
	Activities	10-Q
Module R	Cognitive Changes Due to Aging.....	R
	Teaching Guide	2-R
	Definition List.....	3-R
	Curriculum	4-R
	Activity	9-R

Module S	Psychological Effects of Aging	S
	Teaching Guide	2-S
	Definition List.....	3-S
	Curriculum	4-S
	Activity	19-S
Module T	Dementia and Alzheimer’s Disease	T
	Teaching Guide	2-T
	Definition List.....	4-T
	Curriculum	6-T
Module U	Mental Health and Mental Illness.....	U
	Teaching Guide	2-U
	Definition List.....	3-U
	Curriculum	5-U
Module V	Pain	V
	Teaching Guide	2-V
	Definition List.....	4-V
	Curriculum	5-V
	Handout.....	13-V
	Activity	14-V
Module W	End of Life Care.....	W
	Teaching Guide	2-W
	Definition List.....	3-W
	Curriculum	5-W
	Activity	14-W

THREADS OF CARE

Module Z	Teaching Guide	2-Z
	Content	
	Complete Bed Bath	6-Z
	Dressing and Undressing	10-Z
	Pericare	13-Z
	Making an Occupied Bed.....	16-Z
	Foot Care	19-Z
	Fingernail Care	22-Z
	Mouth Care.....	23-Z
	Handwashing.....	32-Z
	Personal Protective Equipment	36-Z
	Measuring and Recording Vital Signs.....	40-Z
	Measuring and Recording Height and Weight	44-Z
	Collecting Routine Urine Specimen	46-Z
	Assisting with Use of Bathroom: Measuring/Recording Urinary Output.....	49-Z
	Providing Catheter Care and Emptying Urinary Drainage Bag	53-Z
	Assisting with Dining/Feeding Resident and Measuring/Recording Intake	56-Z
	Range of Motion Exercises.....	61-Z
	Transferring from Bed to Wheelchair.....	64-Z
	Moving Up in Bed Using Turning Sheet and Positioning Resident on Side	68-Z
	Assisting with Ambulation.....	71-Z
	Applying Restraints.....	74-Z
	Applying Anti-embolism (Elastic) Stockings.....	78-Z
	Teaching Tip Attachments, Activities	81-Z