

Southern Indiana Medical Education Center Nurse Aide Training - Laboratory Skills Curriculum

Skills Training Estimated Time

**Please read the steps for each skill in RCP cards and watch the corresponding video in the Canvas Lab course before the scheduled in-person class.

Week 1

Lesson 1 – Foundations

- I. Student Handbook
- II. Course Syllabus
- III. Course Curriculum

RCP #17 - Weight

VI.

Week 2

Lesson 2 – Residents Rights 1/hr. I. RCP #1 - Initial Steps II. RCP #2 - Final Steps **Lesson 3/4 – Infection Control** 1/*hr*. RCP #3 - Hand Washing/Hand Rub II. RCP #4 – Gloves III. RCP #5 - Gown (PPE) IV. RCP #6 - Mask **Lesson 5 – Medical Concerns** 1/hr. RCP #7 - Falling or Fainting I. II. RCP #8 - Choking III. RCP #9 - Seizures **Lesson 6 – Fire Safety** 1/hr. RCP #10 - Fire I. II. RCP #11 - Fire Extinguisher **Lesson 7 – Basic Nursing Skills** 3/hrs. I. RCP #12 - Oral Temperature (Electronic) II. RCP #13 - Axillary Temperature RCP #14 - Pulse and Respiration III. RCP #15 - Blood Pressure IV. V. RCP #16 - Height

Revised: 9/2024



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Week 3

I. RCP #18 - Assist to Move to Head of Bed II. RCP #19 - Supine Position III. RCP #20 - Lateral Position IV. RCP #21 - Fowler's Position V. RCP #22 - Scmi-Fowler's Position V. RCP #22 - Scmi-Fowler's Position VI. RCP #23 - Sit on Edge of Bed VII. RCP #24 - Using Gait Belt to Assist w/Ambulation VIII. RCP #25 - Transfer to Chair IX. RCP #26 - Transfer to Wheelchair X. RCP #27 - Walking XI. RCP #28 - Assist with Walker XII. RCP #29 - Assist with Walker XII. RCP #29 - Assist with Cane Lesson 9 - Activities of Daily Living (Transfer) I. RCP #30 - Transfer: Two-Person Lift Week 4 Lesson 10 - Activities of Daily Living (Bathing & Shampoo) I. RCP #31 - Transfer: Two-Person Lift Week 4 Lesson 10 - Activities of Daily Living (Bathing & Shampoo) I. RCP #33 - Bed Bath/Pertineal Care III. RCP #34 - Back Rub IV. RCP #35 - Bed Shampoo Lesson 11 - Activities of Daily Living Oral, Grooming & Care I. RCP #36 - Oral Care for the Alert and Oriented Resident III. RCP #37 - Oral Care for an Unconscious Resident III. RCP #39 - Electric Razor V. RCP #40 - Safety Razor V. RCP #40 - Safety Razor VI. RCP #41 - Comb/Brush Hair VII. RCP #42 - Fingernail Care VIII. RCP #43 - Foot Care (Basin) Lesson 12 - Activities of Daily Living (Dressing & Toileting) I. RCP #44 - Changing Resident's Gown II. RCP #45 - Dressing a Dependent Resident III. RCP #45 - Dressing a Dependent Resident III. RCP #47 - Bedside Commode V. RCP #48 - Bedpan/Fracture Pan VII. RCP #47 - Bedside Commode V. RCP #48 - Bedpan/Fracture Pan VII. RCP #49 - Urinal	Lesson 8 – Activities of Daily Living (Positioning/Turning/Transfer) 4/hrs						
III. RCP #20 - Lateral Position IV. RCP #21 - Fowler's Position V. RCP #22 - Semi-Fowler's Position VI. RCP #23 - Sit on Edge of Bed VII. RCP #24 - Using Gait Belt to Assist w/Ambulation VIII. RCP #25 - Transfer to Chair IX. RCP #26 - Transfer to Chair IX. RCP #27 - Walking XI. RCP #28 - Assist with Walker XIII. RCP #29 - Assist with Cane Lesson 9 - Activities of Daily Living (Transfer) I. RCP #30 - Transfer to Stretcher/Shower Bed II. RCP #31 - Transfer: Two-Person Lift Week 4 Lesson 10 - Activities of Daily Living (Bathing & Shampoo) II. RCP #33 - Bed Bath/Perineal Care III. RCP #34 - Back Rub IV. RCP #35 - Bed Shampoo Lesson 11 - Activities of Daily Living Oral, Grooming & Care I. RCP #36 - Oral Care for the Alert and Oriented Resident III. RCP #37 - Oral Care for an Unconscious Resident III. RCP #38 - Denture Care IV. RCP #39 - Electric Razor V. RCP #40 - Safety Razor VI. RCP #41 - Comb/Brush Hair VII. RCP #42 - Fingernail Care VIII. RCP #43 - Foot Care (Basin) Lesson 12 - Activities of Daily Living (Dressing & Toileting) I. RCP #44 - Changing Resident's Gown II. RCP #44 - Changing Resident's Gown III. RCP #44 - Passing a Dependent Resident IIII. RCP #44 - Passing a Dependent Resident IIII. RCP #44 - Sasist to Bathroom IV. RCP #44 - Bedpan/Fracture Pan		I.	RCP #18 - Assist to Move to Head of Bed				
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V. RCP #48 - Bedpan/Fracture Pan							
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		VI.	RCP #49 - Urinal				



Southern Indiana Medical Education Center Nurse Aide Training - Laboratory Skills

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	VII. VIII. IX.	RCP #50 - Empty Urinary Draining Bag RCP #51 - Urine Specimen Collection RCP #52 - Stool Specimen Collection					
	X.	RCP #53 - Application of Incontinent Brief					
Lesso	Lesson 13 – Resident Environment 1/hr.						
	I.	RCP #54 - Unoccupied Bed					
	II.	RCP #55 - Occupied Bed					
Lesson 14 – Activities of Daily Living (Nutrition/Hydration) I. RCP #56 - Thickened liquids II. RCP #57 - Passing Fresh Ice Water III. RCP #58 - Feeding IV. RCP #59 - Assist to Eat							
Lesson 15 – Skin Care I. RCP #60 - Inspecting Skin							
	II.	RCP #61 - Float Heels					

Lesson 16 – Rehabilitation/Restorative Services

RCP #62 - Bed Cradle

3/hrs.

- I. RCP #63 Passive Range of Motion
- II. RCP #64 Splint Application
- III. RCP #65 Abdominal Binder
- IV. RCP #66 Abduction Pillow
- V. RCP #67 Knee Immobilizer
- VII. RCP #68 Palm Cones

Week 6

Lesson 17 – Oxygen Use

III.

I. RCP #69 - Nasal Cannula Care

3/hrs.

3/hrs.

Lesson 18 – Devices/Interventions

I. RCP #70 - Assisting with Hearing Aids

II. RCP #71 - TED Hose Elastic/Compression Stocking Application

III. RCP #38 - Denture Care

Lesson 19 – End of Life.

1/hr.

I. RCP #72 - Post Mortem Care

Revised: 9/2024



Southern Indiana Medical Education Center Nurse Aide Training - Laboratory Skills Curriculum

Week 7

Skills Evaluation	7/hrs.
	<u>Total Sim Lab</u> 43 hrs
Upon completion of all in-person and online learning, no other administrate financial obligations, students will be scheduled to conduct a minimum of 3 resident in our long-term care facility.	

Revised: 9/2024 4