



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

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.

- I. 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.

- I. RCP #7 - Falling or Fainting
- II. RCP #8 - Choking
- III. RCP #9 - Seizures

Lesson 6 – Fire Safety

1/hr.

- I. RCP #10 - Fire
- II. RCP #11 - Fire Extinguisher

Lesson 7 – Basic Nursing Skills

3/hrs.

- I. RCP #12 - Oral Temperature (Electronic)
- II. RCP #13 - Axillary Temperature
- III. RCP #14 - Pulse and Respiration
- IV. RCP #15 - Blood Pressure
- V. RCP #16 - Height
- VI. RCP #17 - Weight



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Week 3

Lesson 8 – Activities of Daily Living (Positioning/Turning/Transfer)

4/hrs.

- 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 - 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 Wheelchair
- X. RCP #27 - Walking
- XI. RCP #28 - Assist with Walker
- XII. RCP #29 - Assist with Cane

Lesson 9 – Activities of Daily Living (Transfer)

3/hrs.

- 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)

1/hr.

- I. RCP #32 - Shower/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

2/hrs.

- I. RCP #36 - Oral Care for the Alert and Oriented Resident
- II. 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)

3/hrs.

- I. RCP #44 - Changing Resident's Gown
- II. RCP #45 - Dressing a Dependent Resident
- III. RCP #46 - Assist to Bathroom
- IV. RCP #47 - Bedside Commode
- V. RCP #48 - Bedpan/Fracture Pan
- VI. RCP #49 - Urinal



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- VII. RCP #50 - Empty Urinary Draining Bag
- VIII. RCP #51 - Urine Specimen Collection
- IX. RCP #52 - Stool Specimen Collection
- X. RCP #53 - Application of Incontinent Brief

Lesson 13 – Resident Environment

1/hr.

- I. RCP #54 - Unoccupied Bed
- II. RCP #55 - Occupied Bed

Week 5

Lesson 14 – Activities of Daily Living (Nutrition/Hydration)

2/hrs.

- 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

2/hrs.

- I. RCP #60 - Inspecting Skin
- II. RCP #61 - Float Heels
- III. RCP #62 - Bed Cradle

Lesson 16 – Rehabilitation/Restorative Services

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

3/hrs.

- I. RCP #69 - Nasal Cannula Care

Lesson 18 – Devices/Interventions

3/hrs.

- 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



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Week 7

Skills Evaluation

7/hrs.

Total Sim Lab
43 hrs

Upon completion of all in-person and online learning, no other administrative delinquencies, and current on all financial obligations, students will be scheduled to conduct a minimum of 32 hours of clinical training as a nurse resident in our long-term care facility.