



Course Outline

2026-2027 Catalog

NSG 103 - Home Health Aide for the CNA

Catalog Description

Transfer Status: NT

Prerequisite: Active CNA certificate issued by the California Department of Public Health

Unit(s): 2.00

Lecture: 25.50 Contact hours/51.00 Out of class hours/76.50 Total hours/1.50 Unit(s)

Lab: 25.50 Contact hours/0.00 Out of class hours/25.50 Total hours/0.50 Unit(s)

Total: 51.00 Contact hours/51.00 Out of class hours/102.00 Total hours/2.00 Unit(s)

Course Description: This course provides the theory and laboratory experiences required for state-Certified Nursing Assistants to become eligible for Home Health Aide certification. Content includes: orientation to home health care, personal care of clients including medical and social needs; nutrition, safety and cleanliness in the home. Graded only.

Objectives

Upon successful completion of this course, the student should be able to:

1. Describe the philosophy of home health and the role of the home health aide.
2. Apply appropriate measures for maintaining safety and cleanliness in the home.
3. Apply interventions to meet medical and social needs of home-bound clients, including therapeutic communication with clients, family, and other health personnel.
4. Perform personal care and basic nursing procedures for clients in the home at the CNA/HHA level.
5. Apply guidelines for food selection, storage, planning and preparation including basic principles of nutrition.
6. Document care provided to clients in home care in a professional and complete manner.
7. Describe common long-term diseases/conditions, related nursing care, and rehabilitation techniques in the home care setting.
8. Discuss factors which influence the quality of life for the disabled and elderly.

Course Content

Topic Titles / Suggested Time Topic

Lecture

<u>Topics</u>	<u>Lec Hrs</u>
Orientation to Home Health and role of HHA	2.00
Medical and Social Needs of Client	7.00
Nutrition in the Home	6.00
Personal Care Services and Nursing Procedures	7.00
Cleaning and Care Tasks in the Home	3.50
Total Hours:	25.50

Lab

<u>Topics</u>	<u>Lab Hrs</u>
Nutrition in the Home	3.00
Personal Care Services and Nursing Procedures	16.00
Cleaning and Care Tasks in the Home	2.00
Home Health Observation	4.50
Total Hours:	25.50

Methods of Instruction

- A. Demonstrations
- B. Discussion
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Lecture
- E. Multimedia Presentations
- F. Laboratory Practice

Methods of Evaluation

- A. Exams/Tests

- B. Quizzes
- C. Written Assignments
- D. Return Demonstrations and Oral Presentations

Examples of Assignments

Reading Assignments

1. Read the chapter in your textbook regarding safety in the home care setting and be prepared to engage in a classroom discussion on the safety issues for clients.
2. Read an article on end of life care and how it applies to home care setting. Be prepared to discuss this topic in class.

Writing Assignments

1. Write a one-page paper on the funding of home care by Medicare. Be prepared to discuss in class.
2. Write a complete one-page description of a client's home setting and its hazards. Be prepared to discuss in class.

Out-of-Class Assignments

1. Observe a home care aide/nurse in the home care setting. In class, discuss in small groups positives and negatives of the care the client received.
2. Research community agencies available to help clients in their home. Be prepared to discuss these services in class.

Recommended Materials of Instruction

Carter, P. (2019). Lippincott Textbook for Nursing Assistants: A Humanistic Approach to Caregiving. *Wolters Kluwer, 5th*. 9781975108502.

Carter P. (2020). Lippincott Essentials for Nursing Assistants: A Humanistic Approach to Caregiving workbook. *Wolters Kluwer, 5th*. 9781975142896.

Fuzy, J., & Leahy, W. (2019). The Home Health Aide Handbook, 5e. *Hartman Publishing, 5th*. 9781604251081.

Minimum Qualifications

Nursing (Masters Required)
Licensed Vocational Nursing

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