

1. Curriculum content of the program shall include procedures and instructions on basic nursing skills in the following areas: basic hygiene techniques; **bedmaking; personal care of residents; food service; charting; safety measures (including fire/safety and disaster preparedness and infection control); basic preventative and restorative care and procedures; basic observation procedures, such as weighing and measuring; communication skills; methods of handling and caring for mentally confused residents; residents' rights; ethical and legal responsibilities; death and dying; and mental health and social needs;** and 2. The course curriculum as outlined in the manual entitled The Nurse Assistant in a Long-Term Care Facility, produced by the Instructional Materials Laboratory, University of Missouri-Columbia, revised November 2001, catalogue number 50-5061- S shall be considered an approved course curriculum. Other manuals and course material may be used to supplement the curriculum. Instructors shall use the companion instructor's guide, catalogue number 50-5061-I. (B) A training agency identified in paragraphs (9)(A)3.–5. of this rule, shall teach the basic course content outlined in paragraphs (5)(B)1. and 2. by August 31, 2021, a training agency identified paragraphs (9)(A)1., (9)(A)2., and (9)(A)6. of this rule, shall transition and begin teaching the basic course content outlined in paragraphs (5)(B)1. and 2. This basic course includes the following: 1. The curriculum content shall include the required seventy-five (75) hours of instructional training and covers all of the following areas: **A. Communication and interpersonal skills; B. Infection control; C. Safety/emergency procedures, including the Heimlich maneuver; D. Promoting residents' independence; E. Respecting residents' rights; F. Basic nursing skills including, but not limited to— (I) Taking and recording vital signs; (II) Measuring and recording height and weight; (III) Caring for the residents' environment; (IV) Recognizing abnormal**

changes in body functioning and the importance of reporting such changes to a supervisor; and (V) Caring for residents when death is imminent; G. Personal care skills including, but not limited to— (I) Bathing; (II) Grooming, including mouth care; JOHN R. ASHCROFT (11/30/21) CODE OF STATE REGULATIONS 3 Secretary of State Chapter 84—Training Program for Nursing Assistants 19 CSR 30-84 (III) Dressing; (IV) Toileting; (V) Assisting with eating and hydration; (VI) Proper feeding techniques; (VII) Skin care; and (VIII) Transfers, positioning, and turning; H. Mental health and social service needs including, but not limited to— (I) Modifying nursing assistant's behavior in response to resident's behavior; (II) Awareness of developmental tasks associated with the aging process; (III) How to respond to resident behavior; (IV) Allowing the residents to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity; and (V) Utilizing the resident's family as a source of emotional support; I. Care of cognitively impaired residents including, but not limited to— (I) Techniques for addressing the unique needs and behaviors of individuals with dementia (Alzheimer's and others); (II) Communicating with cognitively impaired residents; (III) Understanding the behavior of cognitively impaired residents; (IV) Appropriate responses to the behavior of cognitively impaired residents; and (V) Methods of reducing the effects of cognitive impairments; J. Basic restorative services including, but not limited to— (I) Training the resident in self-care according to the resident's abilities; (II) The use of assistive devices in transferring, ambulation, eating, and dressing; (III) Maintenance of range of motion; (IV) Proper turning and positioning in bed and chair; (V) Bowel and bladder training; and (VI) Care and use of prosthetic and orthotic devices; K. Residents' rights including, but not limited to— (I) Providing privacy and maintenance of confidentiality; (II) Promoting the residents' right

to make personal choices to accommodate their needs; (III) Giving assistance in resolving grievances and disputes; (IV) Providing needed assistance in getting to and participating in resident and family groups and other activities; (V) Maintaining care and security of residents' personal possessions; (VI) Promoting the residents' right to be free from abuse, mistreatment, and neglect and the need to report any instances of such treatment to appropriate facility staff; and (VII) Avoiding the need for restraints in accordance with current professional standards; and 2. The basic course shall be taught using current published instruction material(s) that are no more than ten (10) years old. The material(s) shall include current standards of practice for nursing assistants. Other course materials that contain current standards of practice in healthcare and are no more than ten (10) years old may be used to supplement the curriculum.