

483.152 Requirements for approval of a nurse aide training and competency evaluation program.

The curriculum of the nurse aide training program must include the following:

At least a total of 16 hours of training in the following areas prior to any direct contact with a resident.

Communication and interpersonal skills;

Infection Control

Safety/emergency procedures, including the Heimlich maneuver;

Promoting residents' independence; and

Respecting residents' rights.

Basic nursing skills:

Taking and recording vital signs;

Measuring and recording height and weight;

Caring for the residents' environment;

Recognizing abnormal changes in body functioning and the importance of reporting such changes to a supervisor; and

Caring for residents when death is imminent.

Personal care skills, including, but not limited to:

Bathing;

Grooming, including mouth care;

Dressing;

Toileting;

Assisting with eating and hydration;

Proper feeding techniques;

Skin care; and

Transfers, positioning, and turning.

Mental health and social service needs:

Modifying aide's behavior in response to residents' behavior;

Awareness of developmental tasks associated with the aging process;

How to respond to resident behavior;

Allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity; and

Using the resident's family as a source of emotional support.

Care of cognitively impaired residents:

Techniques for addressing the unique needs and behaviors of individual with dementia (Alzheimer's and others);

Communicating with cognitively impaired residents;

Understanding the behavior of cognitively impaired residents;

Appropriate responses to the behavior of cognitively impaired residents; and

Methods of reducing the effects of cognitive impairments.

Basic restorative services:

Training the resident in self-care according to the resident's abilities;

Use of assistive devices in transferring, ambulation, eating, and dressing;

Maintenance of range of motion;

Proper turning and positioning in bed and chair;

Bowel and bladder training; and

Care and use of prosthetic and orthotic devices.

Residents' Rights:

Providing privacy and maintenance of confidentiality;

Promoting the residents' right to make personal choices to accommodate their needs;

Giving assistance in resolving grievances and disputes;

Providing needed assistance in getting to and participating in resident and family groups and other activities

Maintaining care and security of residents' personal possessions;

Promoting the resident's right to be free from abuse, mistreatment, and neglect and the need to report any instances of such treatment to appropriate facility staff;

Avoiding the need for restraints in accordance with current professional standards