

Home Health Aide (HHA)

curriculum

A Home Health Aide, or Personal Care Aide, are professional caregivers responsible for helping patients maintain their personal health and hygiene in their place of residence. Their duties include shopping for groceries and preparing meals, grooming patients and handling basic logistics such as paying bills or scheduling appointments

Units	Modules	Clinical Lab Skills	Takeaways
UNIT A Orientation to Health Related Tasks	<ul style="list-style-type: none"> • Introduction to Home Care • Working Effectively w/ Homecare Clients • Working with the Elderly • Working with Children • Working w/People who are Mentally Ill 	<ul style="list-style-type: none"> • Cleaning a glass thermometer • Measuring an oral temperature with a glass thermometer; • Measuring an oral temperature with an electronic thermometer; • Measuring an axillary with a glass thermometer; • Measuring an axillary temperature with an electronic thermometer 	<ul style="list-style-type: none"> • Performing simple measurements and tests • Assisting with the preparation of complex modified diets • Assisting with the use of prescribed medical equipment, supplies and devices • Maintain, strengthen, improve and safeguard the home and family • Observe, record and report appropriately. • Establish a successful and appropriate Aide Client relationship • Review of Infection Control and Hand washing
UNIT B Performing Simple Measurements and Tests.	<ul style="list-style-type: none"> • Working with People w/ Develop. Disab. • Working w/ People w/ Physical Disab. • Food, Nutrition & Meal Preparation • Family Spending & Budgeting • Care of the Home & Personal Belongings • Safety & Injury Prevention 	<ul style="list-style-type: none"> • Measuring a rectal temperature with a glass thermometer. • Measuring a rectal temperature with an electronic thermometer • Measuring the pulse and respirations • Measuring Blood Pressure • Collecting a specimen 	<ul style="list-style-type: none"> • Define the terms: vital signs and TPR. • Explain the importance of monitoring vital signs. • Demonstrate how to measure blood pressure, temperature, pulse and respiratory rate accurately. • Describe the healthcare worker's role in obtaining urine, stool and sputum specimens. • Identify the Home Care Worker's attitudes and feelings about performing simple measurements, tests and specimen collections • Demonstrate the appropriate use of personal protective equipment in specimen collection. • Describe reporting and recording results of vital sign measurements and specimen collection

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UNIT C Complex Modified Diets And Assisting with a Prescribed Exercise Program	<ul style="list-style-type: none"> Personal Care Skills (End PCA part) Orientation to Health Related Tasks Performing Simple Measurements & Tests Complex Modified Diets Assisting w/ Prescribed Exercise Program 	<ul style="list-style-type: none"> Personal Care Skills Diets Exercise 	<ul style="list-style-type: none"> Describe three types of complex modified diets Describe their role in the preparation of complex modified diets Assist a client in meeting specific dietary goals consistent with the client's personal and ethnic preferences Identify their attitudes and feelings about assisting with the preparation of complex modified diets Describe how to plan and prepare meals using the Exchange Lists for Meal Planning Describe the meal planning process when multiple dietary restrictions must be met Describe how to measure and mix prescribed supplements Describe how to assist with tube feedings Describe what to observe, record and report when assisting with the preparation of complex modified diets
UNIT D Assisting with the use of Prescribed Medical Equipment, Supplies and Devices	<ul style="list-style-type: none"> Assisting w/ use of Prescribed Medical Equipment, Supplies & Devices Assisting w/ Special Skin Care Assisting w/ a Dressing Change Assisting w/ Ostomy Care 	<ul style="list-style-type: none"> Equipment, Supplies & Devices 	<ul style="list-style-type: none"> State the benefits of exercise to body systems. Define prescribed exercise program. Describe the HHA'S role in assisting with a prescribed exercise program. Describe the guidelines of correctly using ambulation devices. Demonstrate assisting the client with transfers and walking. Define the terms Active Range of Motion, Passive Range of Motion, Resistive Range of Motion and Postural Drainage Demonstrate the aide's role in assisting the client with active, passive and resistive range-of-motion exercises. Describe how different disabilities and illnesses may impact your client. Describe what to observe, record and report when assisting with a prescribed exercise program. Identify how personal feelings and attitudes about exercises can influence the client.

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UNIT 6 Career Development	<ul style="list-style-type: none"> • The Job Search Process <ul style="list-style-type: none"> ➤ Preparing Resumes ➤ The Cover Letter ➤ Preparing for the Job Interview ➤ The Job Application ➤ Preparation of Professional Portfolio ➤ The Thank You Letter 	<ul style="list-style-type: none"> • Participate in an in-class mock interview 	<ul style="list-style-type: none"> • Successfully prepare a career portfolio that will contain a resume, cover letter, thank you letter and references. • Successfully demonstrate successful job search techniques by locating a minimum of five positions in the medical field
Internship Clinical Rotation	SUPERVISED CLINICAL EXPERIENCE IN RHCF Internship in a Hospital or Home Care Agency		