

Instructional Framework

Nursing
51.3900.00

Domain 1: Caring for Patients/Residents	
45-55% Instructional Time	
STANDARD 4.0 APPLY PRINCIPLES OF BODY MECHANICS WHEN POSITIONING, TRANSPORTING, TRANSFERRING, AND AMBULATING RESIDENTS/PATIENTS	
4.1 Examine the effects of prolonged bed rest and/or restricted physical activity (e.g., muscle atrophy, arterial restriction, and body alignment)	<ul style="list-style-type: none"> ● Turning patients to prevent muscle atrophy and pressure injury ● Ergonomics ● Use of footboard
4.2 Identify and use different techniques for positioning residents/patients in bed (e.g., side lying, supine, prone, Sim's, high and low Fowler's, Trendelenberg, lithotomy, orthopneic)	<ul style="list-style-type: none"> ● Demonstrate patient positioning
4.3 Identify and use different techniques for turning residents/patients (e.g., logroll, draw sheet, move up in bed)	<ul style="list-style-type: none"> ● Demonstrate techniques for turning patients
4.4 Identify and use assistive devices and techniques to aid in ambulating residents/patients (e.g., crutches, cane, walker, wheelchair, dangling, and gait belt)	<ul style="list-style-type: none"> ● Demonstrate techniques to aid in ambulating patients ● Procedure to use gait belt
4.5 Identify and use assistive devices and techniques to aid in transferring residents/patients (e.g., gait belt, mechanical lifts, slide board, lift sheet, and stretcher)	<ul style="list-style-type: none"> ● Demonstrate when/how and appropriate safety measures in use of assistive devices
4.6 Assist residents/patients to transfer from bed to chair and chair to bed using pivot and ambulatory techniques	<ul style="list-style-type: none"> ● Properly transfer patient
4.7 Assist resident/patient to ambulate with and without a gait belt	<ul style="list-style-type: none"> ● Demonstrate use of gait belt
4.8 Demonstrate proper positioning of the resident/patient in a wheelchair	<ul style="list-style-type: none"> ● Demonstrate patient alignment in wheelchair
4.9 Assist and care for the resident/patient who is falling or who has fallen	<ul style="list-style-type: none"> ● Ease patient to the ground in the event of falling
4.10 Identify and use safety procedures when positioning, transferring, transporting, and lifting residents/patients	<ul style="list-style-type: none"> ● Lock brakes on wheelchair and bed ● Use of gait belt ● Use of proper body mechanics

4.11 Determine the purpose and procedure for active and passive range of motion exercises	<ul style="list-style-type: none"> ● Shoulder range of motion ● Hip/knee range of motion ● Active, active assist, and passive range of motion
4.12 Identify and the purpose continuous passive motion (CPM) devices	<ul style="list-style-type: none"> ● Define purpose of CPM device
STANDARD 8.0 MEASURE AND RECORD VITAL SIGNS	
8.1 Analyze purpose, influencing factors (e.g., confused patient, infant, child), and procedures (e.g., digital, electronic, oral, rectal, axillary, tympanic) for measuring and recording temperature	<ul style="list-style-type: none"> ● Temperature sites ● Influencing factors when taking temperature (different types of patients) ● Identify normal temperature and age related variation
8.2 Analyze purpose, influencing factors, and procedures for measuring and recording pulse rate (e.g., radial, apical, carotid, brachial)	<ul style="list-style-type: none"> ● Pulse sites ● Normal pulse and age related variation ● Influencing factors when taking pulse
8.3 Analyze purpose, influencing factors, and procedures for measuring and recording respirations	<ul style="list-style-type: none"> ● Normal respiration and age related variation ● Influencing factors when taking respiration
8.4 Analyze purpose, influencing factors, and procedures for measuring and recording blood pressure	<ul style="list-style-type: none"> ● Normal blood pressure and age related variation ● Influencing factors when taking blood pressure
8.5 Analyze purpose, influencing factors, and procedures for measuring and recording height and weight (e.g., upright/standing, bed, chair scale)	<ul style="list-style-type: none"> ● Normal and baseline weight ● Influencing factors when measuring height and weight
8.6 Analyze purpose, influencing factors, and procedures for measuring and recording oxygen saturation using an oximeter	<ul style="list-style-type: none"> ● Normal oxygen saturation ● Influencing factors when taking pulse oximeter
8.7 Identify and analyze common signs, symptoms, and behavior relative to pain and report to licensed personnel	<ul style="list-style-type: none"> ● Pain scale ● Influencing factors when identifying pain
8.8 Report observations of changes in vital signs to licensed personnel according to protocol (e.g., tachycardia, bradypnea, arrhythmia, tachypnea, hypertension, and pain)	<ul style="list-style-type: none"> ● Normal vs abnormal vital signs ● Importance of reporting abnormal vital signs to licensed personnel

8.9 Identify and apply noninvasive pain relief measures within scope of practice	<ul style="list-style-type: none"> • Comfort measures
STANDARD 11.0 ASSIST IN MEETING NUTRITIONAL NEEDS	
11.1 Identify alternative feeding methods	<ul style="list-style-type: none"> • Oral feeding • Parental feeding • Tube feeding
11.2 Explain optimal nutritional needs for the resident/patient across the lifespan	<ul style="list-style-type: none"> • Dietary needs are different based on stage of life, age, activity level
11.3 Examine therapeutic diets (e.g., liquid, low sodium, diabetic, high fiber)	<ul style="list-style-type: none"> • Dietary needs are different based on patient condition and diagnosis
11.4 Present meals in the facility	
11.5 Restrict and record fluids	<ul style="list-style-type: none"> • NPO • Fluid restriction • I & O documentation
11.6 Assist with eating using feeding devices	<ul style="list-style-type: none"> • Types of feeding adaptive devices
11.7 Examine dietary concerns associated with age-related problems (e.g., denture problems, reduced sense of taste); situational factors (e.g., depression and dysphagia), and aspects of nursing assistant care (e.g., socialization and comfort foods)	<ul style="list-style-type: none"> • Positioning of patient • Check diet card • Thickened liquids • Socialization during the dining experience
11.8 Identify personal, cultural, religious, and medical conditions leading to variations in the diet	<ul style="list-style-type: none"> • Cultural and religious dietary needs • Therapeutic diets • Check diet card
11.9 Ensure that residents/patients receive diets as ordered	<ul style="list-style-type: none"> • Check diet card
11.10 Measure and record nutritional data, including meal percentage, intake, and output	<ul style="list-style-type: none"> • I & O documentation • Calculation of meal percentage • Measure in mL
STANDARD 12.0 FACILITATE ACTIVITIES RELATED TO ELIMINATION	
12.1 Assist with toileting, (e.g., bedpan, urinal, commode and toilet seat extension, bladder training)	<ul style="list-style-type: none"> • Toileting procedures

12.2 Measure, calculate, and record fluid intake and output in ounces and milliliters	<ul style="list-style-type: none"> ● I & O documentation
12.3 Assist with alternative methods of elimination (e.g., ostomy, urostomy, Foley catheter)	<ul style="list-style-type: none"> ● Alternative toileting procedures ● Foley catheter bag placement ● Ostomy ● Foley care
12.4 Care for the resident/patient who is incontinent	<ul style="list-style-type: none"> ● Bladder training ● Skin care ● Brief change
12.5 Care for the resident/patient who is vomiting	<ul style="list-style-type: none"> ● Emesis basin ● Oral care ● Report to license personal
STANDARD 13.0 CARE FOR RESIDENTS/PATIENTS WITH PROTECTIVE DEVICES	
13.1 Identify ethical and legal issues in the use of restraints	<ul style="list-style-type: none"> ● OBRA ● Alternative restraints ● Physician orders
13.2 Analyze restraint techniques and alternatives for restraints (e.g., protective door devices and mobility alarms)	<ul style="list-style-type: none"> ● Types of alternative restraints ● Alarms (bed, door, etc.) ● Policy and procedure of restraint application
13.3 Observe and report the condition of the resident/patient while in protective devices	<ul style="list-style-type: none"> ● Risks of restraint use ● Documentation ● Report to license personal
STANDARD 14.0 CARE FOR RESIDENTS/PATIENTS WITH DRAINS/TUBES	
14.1 Determine purpose and procedure for positioning and caring for resident/patient receiving tube feeding	<ul style="list-style-type: none"> ● Different types of tube feeding ● Positioning of patient ● Skin/oral care ● Equipment management
14.2 Determine purpose and procedure for caring for residents/patients with feeding tubes	<ul style="list-style-type: none"> ● Different types of tube feeding ● Positioning of patient ● Skin/oral care ● Equipment management
14.3 Determine purpose and procedure for caring for residents/patients with gravity and	<ul style="list-style-type: none"> ● Different types of drains ● Positioning of patient

sump drains	<ul style="list-style-type: none"> • Skin care • Equipment management
14.4 Examine complications with improper positioning and surgical gravity	
14.5 Measure and record intake and output	<ul style="list-style-type: none"> • I & O documentation
STANDARD 15.0 CARE FOR RESIDENTS/PATIENTS WITH BINDERS, BANDAGES, DRESSINGS, AND DEVICES	
15.1 Determine purpose and procedure for applying binders	<ul style="list-style-type: none"> • Different types of binders • Skin care • Different patient condition (surgical, abdominal) • Purpose of binder
15.2 Determine purpose and procedure for applying support, anti-embolism, and compression hose	<ul style="list-style-type: none"> • Application of stockings • Different types of stockings • Skin care • Observation of circulation
15.3 Determine purpose and procedure for applying and maintaining dressings	<ul style="list-style-type: none"> • Application of dressings • Different types of dressings • Skin care • Observation of circulation
15.4 Report status, observations, and resident/patient response to binders, bandages, and dressings	<ul style="list-style-type: none"> • Patient comfort • Skin care • Report to license personal
STANDARD 16.0 CARE FOR RESIDENTS/PATIENTS RECEIVING HEAT AND COLD TREATMENTS	
16.1 Determine purpose and procedure for applying heat therapy (e.g., compress, soak heat pack, K-Pad, sitz bath)	<ul style="list-style-type: none"> • Application of heat therapy • Different types of heat therapy • Skin care • Observation of skin condition • Report to license personal
16.2 Determine purpose and procedure for cold therapy (e.g., cooling blanket, cold compress, ice bag)	<ul style="list-style-type: none"> • Application of cold therapy • Different types of cold therapy • Skin care • Observation of skin condition • Report to license personal

16.3 Follow policy and protocol for appropriate temperature range for heat and cold treatments	<ul style="list-style-type: none"> ● Age considerations ● Appropriate temperature range for heat and cold treatments
STANDARD 17.0 ASSIST WITH ADMISSION, TRANSFER, AND DISCHARGE	
17.1 Explain the procedure for admitting a resident/patient	<ul style="list-style-type: none"> ● Admission checklist ● Belongings list ● Valuable belongings ● Orientation to room and facility ● Baseline vital signs/ height and weight ● Reason for admission
17.2 Explain the procedure for transferring a resident/patient	<ul style="list-style-type: none"> ● Reason for transfer ● Belongings list ● Orientation to new room ● Report to new unit
17.3 Explain the procedure for discharging a resident/patient	<ul style="list-style-type: none"> ● Reason for discharge ● Discharge paperwork ● Liability of facility ● Belongings ● Reinforce discharge teaching
17.4 Maintain safekeeping of resident/patient's belongings and personal possessions according to facility policy	<ul style="list-style-type: none"> ● Valuable belongings ● Procedures for care and documentation of belongings
STANDARD 18.0 ASSIST WITH DIAGNOSTIC TESTING AND EXAMINATIONS	
18.1 Determine purpose and procedure for collection, labeling, and sending specimen for analysis according to protocol (e.g., sputum, stool, urine, blood)	<ul style="list-style-type: none"> ● Hemacult slides ● Rules for specimen collection (9 rights) ● Specimen collection devices
18.2 Determine purpose and procedure for diagnostic testing (e.g., culture and sensitivity, clean catch, sterile, 24-hour)	<ul style="list-style-type: none"> ● Specimen collection devices ● Rules for specimen collection (9 right)
STANDARD 19.0 CARE FOR PERIOPERATIVE RESIDENTS/PATIENTS	
19.1 Determine purpose and procedure for assisting with preoperative care according to protocol (e.g., NPO orders, ID band, surgical checklist)	<ul style="list-style-type: none"> ● NPO ● Surgical checklist ● Patient identification ● Preoperative teaching

<p>19.2 Determine purpose and procedure for assisting with postoperative care per protocol (e.g., ID band, airway maintenance, N/V)</p>	<ul style="list-style-type: none"> ● Surgical bed ● Signs and symptoms to report to licensed personnel ● Pain scale ● Dietary restrictions ● Positioning ● Nosocomial infection ● Equipment management ● Post-operative teaching ● Cough and deep breath ● Incentive spirometer
---	---

<p>Domain 2: Foundational Nursing</p> <p>15-25% Instructional Time</p>	
<p>STANDARD 1.0 EXAMINE THE HEALTHCARE COMMUNITY AND THE ROLES AND RESPONSIBILITIES OF THE HEALTHCARE TEAM</p>	
<p>1.1 Identify essential functions, similarities, and differences of healthcare facilities (e.g., acute care, long-term care, assisted living, homecare, rehabilitation, and hospice)</p>	<ul style="list-style-type: none"> ● Differences between healthcare facilities ● Type of patient/resident in each facility ● Duties of healthcare professionals in each facility ● Services offered in different healthcare facilities
<p>1.2 Explain the organizational structure and essential duties, including the delegation process, of the healthcare team within a healthcare facility [e.g., physician, physician’s assistant, RN, LPN, nursing assistant, nurse practitioner, discharge coordinator, home health aide, and therapists (physical, occupational, respiratory)]</p>	<ul style="list-style-type: none"> ● Chain of command ● Delegation ● Duties of healthcare professionals
<p>1.3 Explain the role of the nursing assistant as outlined in regulatory and professional guidelines [e.g., Omnibus Budget Reconciliation Act (OBRA), Arizona State Board of Nursing Standards of Conduct (R4- 19-814), ethics in the workplace, informed consent, and advanced directives]</p>	<ul style="list-style-type: none"> ● OBRA ● Arizona State Board of Nursing ● Roles of CNA ● Scope of practice ● Medicare regulations ● Living wills

	<ul style="list-style-type: none"> ● OSHA
1.4 Analyze measures to prevent or control workplace violence (e.g., facility policies and procedures and personal safety practices)	<ul style="list-style-type: none"> ● Workplace violence
STANDARD 2.0 DEMONSTRATE ETHICAL AND LEGAL CONDUCT IN ALL NURSING ACTIVITIES	
2.1 Examine ethical and legal issues and the standards for healthcare professions (e.g., nursing code of ethics, facility ethical protocol, and appropriate legal documents)	<ul style="list-style-type: none"> ● Code of ethics ● Legal terms ● HIPAA ● Confidentiality
2.2 Examine the effect of personal ethics, morals, and values in nursing services	<ul style="list-style-type: none"> ● Code of ethics ● Legal terms ● Confidentiality ● Scope of practice
2.3 Compare and contrast behaviors and practices that could result in malpractice, liability, or negligence	<ul style="list-style-type: none"> ● Code of ethics ● Legal terms ● Confidentiality ● HIPAA ● Abuse ● Scope of practice
2.4 Explain the Patient's Bill of Rights (e.g., right for privacy, right for confidentiality, right to participate in activities, right to be free from abuse, mistreatment, and neglect)	<ul style="list-style-type: none"> ● Bill of rights ● Code of ethics ● Ombudsman ● OBRA
2.5 Comply with legal, regulatory, and accreditation standards or codes such as the Health Insurance Portability and Accountability Act (HIPAA)	<ul style="list-style-type: none"> ● HIPAA ● Confidentiality
2.6 Describe the role of the Joint Council on Account Accreditation of Healthcare Organizations (JCAHO) and Centers for Medical Services (e.g., Medicare, Medicaid)	<ul style="list-style-type: none"> ● JCAHO ● Accreditation ● Insurance reimbursement ● DRG
2.7 Describe terminology, types, signs, and contributing factors regarding resident/patient abuse	<ul style="list-style-type: none"> ● Types of abuse ● Mandatory reporting/reporter ● Documentation

	<ul style="list-style-type: none"> ● Signs and symptoms of abuse ● Vulnerable populations
2.8 Review methods and protocol for reporting instances or suspicion of abuse, mistreatment, or neglect	<ul style="list-style-type: none"> ● Types of abuse ● Mandatory reporting/reporter ● Documentation
2.9 Follow the standards for workers' rights, harassment, labor, and employment laws	<ul style="list-style-type: none"> ● OSHA ● Employee rights ● Workplace violence ● Incident reporting and compensation
STANDARD 3.0 APPLY STANDARD PRECAUTIONS AND INFECTION CONTROL MEASURES	
3.1 Explain the infectious process and modes of disease transmission	<ul style="list-style-type: none"> ● Chain of infection ● Virus, bacteria, protozoa, and fungus ● Clean vs. Sterile ● Normal flora ● Resistant organisms ● Nosocomial infection
3.2 Examine the Center for Disease Control (CDC) and Prevention guidelines related to body substances and Standard Precautions (e.g., respiratory hygiene, exposure incidents, transmission-based precautions)	<ul style="list-style-type: none"> ● Hand washing ● PPE ● Clean vs. Sterile ● Types of isolation ● Asepsis
3.3 Examine the Occupational Safety and Health Administration (OSHA) guidelines related to body substance and Standard Precautions (e.g., bloodborne pathogen and methods for reducing infection)	<ul style="list-style-type: none"> ● PPE ● Hand washing ● Hepatitis ● HIV/aids
3.4 Explain the general principles of asepsis (e.g., clean, medical, sterile, disinfection)	<ul style="list-style-type: none"> ● PPE ● Hand washing ● Clean vs. Sterile ● Autoclave ● Isolation precautions
3.5 Demonstrate the principles of hand hygiene	<ul style="list-style-type: none"> ● Hand washing

3.6 Explain the isolation procedures	<ul style="list-style-type: none"> ● PPE ● Standard precautions ● Communicable disease ● Droplet ● Contact ● Airborne ● Reverse isolation
3.7 Explain and demonstrate the use of Personal Protective Equipment (PPE)	<ul style="list-style-type: none"> ● Gown ● Mask ● Gloves ● Eye protection ● Hat ● Shoe covers ● Biohazard bag
STANDARD 6.0 ANALYZE HUMAN BODY SYSTEMS FOR COMMON CONDITIONS, DISORDERS, AND CARE	
6.1 Describe the characteristics of homeostasis	<ul style="list-style-type: none"> ● Homeostasis
6.2 Identify the function, structure, common health problems, and age-related changes of the integumentary system (e.g., bruises, skin tears, rashes, decubitus ulcers, shingles, lice/scabies, gangrene)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
6.3 Identify the function, structure, common health problems, and age-related changes of the musculoskeletal system (e.g., arthritis, osteoporosis, fractures, amputations, muscle atrophy, joint replacement)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
6.4 Identify the function, structure, common health problems, and age-related changes of the nervous system (e.g., cerebral vascular accident, Parkinson's disease,	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology

dementia/Alzheimer's, spinal cord /head injuries, seizures, multiple sclerosis)	<ul style="list-style-type: none"> ● Disease process ● Normal age related changes
6.5 Identify the function, structure, common health problems, and age-related changes of the sensory system (e.g., cataracts, glaucoma, macular degeneration, hearing loss, neuropathy)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
6.6 Identify the function, structure, common health problems, and age-related changes of the circulatory system (e.g., angina, myocardial infarction, coronary disease, congestive heart failure, hypertension)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
6.7 Identify the function, structure, common health problems, and age-related changes of the respiratory system (e.g., COPD, bronchitis, asthma, TB, pneumonia, oxygen therapy)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
6.8 Identify the function, structure, common health problems, and age-related changes of the gastrointestinal system (e.g., constipation/fecal impaction, gastroesophageal reflux disease, ulcers, hernias, gall bladder disease, diverticulitis, colon cancer, Crohn's disease, celiac disease)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
6.9 Identify the function, structure, common health problems, and age-related changes of the urinary system (e.g., renal failure, urinary tract infection, incontinence, kidney stones)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
6.10 Identify the function, structure, common health problems, and age-related changes of the endocrine system (e.g., diabetes mellitus, thyroid disease)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes

6.11 Identify the function, structure, common health problems, and age-related changes of the reproductive system (e.g., BPH, prolapsed uterus, cancer, pregnancy-related conditions, endometriosis)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
STANDARD 7.0 COMMUNICATE AND REPORT MEDICAL INFORMATION USING MEDICAL TERMINOLOGY	
7.1 Use medical terminology as it relates to body systems and their functions	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Anatomy ● Physiology ● Disease process ● Normal age related changes
7.2 Use medical terminology to interpret and communicate information, data, and observations (including sound alike and look alike terms)	<ul style="list-style-type: none"> ● Prefix ● Suffix ● Root word ● Medical vocabulary
7.3 Use common symbols, roots, abbreviations, prefixes, and suffixes	<ul style="list-style-type: none"> ● Prefix ● Suffix ● Root word ● Medical vocabulary
7.4 Use specific vocabulary, procedures, abbreviations, and word elements for defined work areas (e.g., Fowler’s, prone, supine, IV, cc, ml)	<ul style="list-style-type: none"> ● Prefix ● Suffix ● Root word ● Medical vocabulary

Domain 3: Health, Safety, and Social Needs

10-20% Instructional Time

STANDARD 9.0 DEMONSTRATE PERSONAL CARE AND GROOMING WITH CONSIDERATION TO CULTURAL AND PERSONAL PREFERENCES

9.1 Determine purpose and procedure for bathing residents/patients (e.g., complete bed bath, partial bath, tub bath, whirlpool, and shower)	<ul style="list-style-type: none"> ● Skin care, ● Patient privacy,
---	--

	<ul style="list-style-type: none"> ● Water temperature ● Types of bathing
9.2 Provide skin care including back rub, massage procedures, and frequent turning	<ul style="list-style-type: none"> ● Skin care ● Back rub ● Patient privacy ● Turn every 2 hours ● Inspection of skin
9.3 Identify and report skin problems including the four major stages of decubitus ulcers	<ul style="list-style-type: none"> ● Inspection of skin ● Signs and symptoms of decubitus injury ● Report to licensed personnel
9.4 Determine purpose and procedure for perineal care	<ul style="list-style-type: none"> ● Purpose and procedure for perineal care
9.5 Determine purpose and procedure for catheter care	<ul style="list-style-type: none"> ● Purpose and procedure for catheter care
9.6 Determine purpose and procedure for oral care	<ul style="list-style-type: none"> ● Purpose and procedure for oral care
9.7 Determine purpose and procedure for hair care	<ul style="list-style-type: none"> ● Purpose and procedure for hair care
9.8 Determine purpose and procedure for nail care	<ul style="list-style-type: none"> ● Purpose and procedure for nail care
9.9 Determine the procedure for shaving a resident/patient	<ul style="list-style-type: none"> ● Purpose and procedure for shaving
9.10 Assist resident/patient with dressing and undressing, including gown change	<ul style="list-style-type: none"> ● Purpose and procedure for dressing/undressing
9.11 Examine the use and care of prosthetic and orthotic devices	<ul style="list-style-type: none"> ● Hearing aids ● Artificial eye ● Glasses ● Dentures ● Prosthetics ● Orthotic devices
9.12 Determine purpose and procedure for bedmaking (occupied and unoccupied)	<ul style="list-style-type: none"> ● Types of bedmaking (open, closed, surgical) ● Types of linen ● Pillows ● Bed height
9.13 Determine purpose and methods for pressure reduction (e.g., floating heels,	<ul style="list-style-type: none"> ● Reposition and turn every 2 hours ● Eggcrate

repositioning)	<ul style="list-style-type: none"> • Alternating pressure mattress • Sheepskin • Protective devices
STANDARD 10.0 MAINTAIN A SAFE AND CLEAN ENVIRONMENT FOR RESIDENTS/PATIENTS	
10.1 Examine and apply safety precautions related to age of residents/patients (e.g., flooring, bed elevation, shoes/dress, cords)	<ul style="list-style-type: none"> • Bed height • Type of shoes • Lock brakes • Call light • Clean spills • Environment safety
10.2 Explain risk management protocols in the healthcare environment (e.g., incident reporting, fall risk)	<ul style="list-style-type: none"> • Environment safety • Incident report • SDS • Identify patient risks • Posting of appropriate signage
10.3 Examine and apply emergency procedures (e.g., fire, chemical, biohazard, radiation, community disasters)	<ul style="list-style-type: none"> • Incident command system • SDS • Types of disasters
10.4 Maintain equipment to ensure safe use (e.g., cleaning, check safety cords)	<ul style="list-style-type: none"> • Appropriate tagging • Report to appropriate personnel
10.5 Comply with hazardous labeling requirements, safety signs, and symbols	<ul style="list-style-type: none"> • Posting of appropriate signage
10.6 Handle and dispose of contaminated and hazardous items according to standards and procedures	<ul style="list-style-type: none"> • CDC • SDS • Sharps container • Biohazard bags
10.7 Position call light for easy access	<ul style="list-style-type: none"> • Call light
10.8 Provide care within scope of practice to residents/patients receiving oxygen	<ul style="list-style-type: none"> • Procedures for oxygen use
10.9 Demonstrate proper and safe use of oxygen delivery systems/equipment (e.g., nasal cannula, face mask)	<ul style="list-style-type: none"> • Oxygen equipment • Different oxygen delivery methods
STANDARD 20.0 ASSIST IN IDENTIFYING MENTAL HEALTH AND SOCIAL SERVICE NEEDS OF RESIDENTS/PATIENTS	

20.1 Explain and apply the Patient's Bill of Rights (e.g., right for independence and personal choices)	<ul style="list-style-type: none"> ● Bill of rights
20.2 Facilitate family/significant others as a source and resource of social and emotional support	<ul style="list-style-type: none"> ● Care plan ● HIPAA ● Understanding scope of practice
20.3 Facilitate planned recreational activities that encourage social relationships	<ul style="list-style-type: none"> ● Care plan ● Refer to licensed personnel
20.4 Facilitate residents/patients in achieving optimal wellness	<ul style="list-style-type: none"> ● Refer to licensed personnel
STANDARD 21.0 CARE FOR RESIDENTS/PATIENTS FROM SPECIAL POPULATIONS AND THOSE WITH SPECIAL NEEDS	
21.1 Describe special needs and developmental tasks of residents/patients across the life span	<ul style="list-style-type: none"> ● Maslow
21.2 Modify personal behavior in response to resident/patient behavior	<ul style="list-style-type: none"> ● Coping techniques
21.3 Determine purpose and techniques for addressing needs and behaviors of individuals with dementia, Alzheimer's, and other cognitive or sensory deficits (e.g., cognitive impairments, anger, depression, unresponsiveness)	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Disease process ● Sundowning ● Validation therapy ● Reality orientation ● Reminiscence therapy
21.4 Describe special needs of residents/patients with a mental health diagnosis	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Disease process ● Behavioral modification
21.5 Describe special needs of residents/patients in long-term care/alternative care facilities	<ul style="list-style-type: none"> ● Normal vs abnormal conditions ● Normal age related changes
STANDARD 22.0 CARE FOR DYING RESIDENTS/PATIENTS AND THEIR FAMILIES	
22.1 Describe the stages of grieving and death and dying process	<ul style="list-style-type: none"> ● Stages of grief
22.2 Explain the role of hospice in end-of-life care	<ul style="list-style-type: none"> ● Role of hospice ● Supportive care
22.3 Assist with care for the dying resident/patient and support for the family considering physical needs, spiritual, and cultural beliefs	<ul style="list-style-type: none"> ● Stages of grief

22.4 Determine purpose and procedure for postmortem care (e.g., positioning, respect, dress, organ donation)	<ul style="list-style-type: none"> ● Procedure for postmortem care
--	---

Domain 4: Emergency Care
5-10% Instructional Time

STANDARD 5.0 PROVIDE BASIC EMERGENCY CARE

5.1 Recognize emergency situations/changes in condition and notify appropriate personnel following protocol (e.g., asphyxia, stroke/TIA, anaphylaxis, seizure, poisonings, fainting, hemorrhage)	<ul style="list-style-type: none"> ● Sign and symptoms ● First aid ● Notifying emergency personnel ● Standard precautions ● Incident Command
5.2 Demonstrate basic life support (CPR) at the minimum accepted standard of practice (e.g., compression, AED, breathing techniques)	<ul style="list-style-type: none"> ● CPR ● AED ● CAB (aka ABC) ● Notify emergency personnel ● Standard precautions
5.3 Perform standard first aid skills (e.g., hemorrhage, shock, fainting, burns)	<ul style="list-style-type: none"> ● First aid skills ● EPI pen ● Notify emergency personnel ● Standard precautions
5.4 Perform abdominal thrusts for the choking victim	<ul style="list-style-type: none"> ● Abdominal thrusts ● Notify emergency personnel