

Home Health Care Aide Curriculum

Introduction:

The changes in family dynamics, size of the family and distribution of family members in different geographical locations have caused serious threats to care for assistants in hospitals and home settings. The scenario of depending on unskilled people for caring the dependent assistants is commonly seen and leads to unsafe practices and endangers assistant safety. As a social responsibility this Home health care course is designed to develop care givers who will be able to provide competent health care to the assistant population who are bedridden, chronically ill and for those require assistance after major surgeries, Mentally ill etc..

Overall Objective:

To prepared skilled home health care assistants to meet the health care needs of dependent assistants.

Name of the course: Certificate Course in Home Health Care Aide

Duration of the Course : One academic year

Eligibility: Pass in 10 +2.

Examination : Theory and practical exam at the end of one year conducted by The TN Dr. MGR medical University.

Syllabus

Module I. Introduction to Home Care

Unit A. Home Care, the Home /care assistant and the Assistants

Unit B. What is a Home Care Assistant?

Unit C. Providing Home Care

Module II. Working Effectively with Home Care Assistants

Unit A. Theories of Basic Human Needs

Unit B. Diversity

Unit C. Communication and Interpersonal Skills

Unit D. Caregiver observation, Recording and Reporting

Unit E. Confidentiality

Module III. Working with the Elderly

Unit A. What is Aging

Unit B. Aging and the Body/ Body Systems

Unit C. Aging and the Mind

Module IV. Working with children

Unit A. Family situations in which children may need home care assistants

Unit B. How children develop and how to work with them

Unit C. Problems that affect the family and how children react to stress

Unit D. How you can help strengthen families through work with parents or caregivers

Module V. Working with People who are Mentally Ill

Unit A. What is Mental Health?

Unit B. What is Mental illness?

Unit C. Mental Health, Mental illness, and the Home Care assistant

Module VI. Working with People with Developmental Disabilities

Unit A. Understanding Developmental Disabilities

Unit B. How the Home care assistant can help the physically disabled.

Module VII. Working with People with Physical Disabilities

Unit A. What is physical disability?

Unit B. How the Home Care assistant can help the physically disabled

Module VIII. Food Nutrition and Meal Preparation

Unit A. The Major Nutrients

Unit B. Meal Planning

Unit C. Food preparation and serving

Unit D. Food shopping, storage and Handling Food Safely

Unit E. Modified Diets

Module IX. Care of the Home and Personal Belongings

Unit A. Importance of Housekeeping in Home Care

Unit B. Performing Housekeeping in the Home

Unit C. Ways to be safe and save energy and time

Unit D. How to get the job done.

Module X. Safety and Injury Prevention

Unit A. Injuries

Unit B. Injury Prevention

Unit C. What to do when injuries and emergencies happen

Module XI. Personal Care

Unit A. Defining Personal Care

Unit B. Personal Care Skills

1. Hand washing
2. Infection control

Process of Infection

Standard Precautions

Blood borne Pathogens

Exposure Incidents

3. Freedom from Pain
 - . Pain Management
 - . Recognizing and Reporting Pain

4. Urinary System
 - Assisting with Bedpan/Urinal/Fracture Pan
 - Bedside Commode / Toilet
 - Incontinence
 - Care of urinary catheters
5. Digestive Systems
 - Nutrition and a Balanced Diet
 - Assisting with Eating and Hydration
 - a) Proper Feeding Techniques
 - 1) Positioning
 - 2) Assistance for Independent Eaters
 - 3) Partial Assistance with Eating
6. Integumentary System
 - Skin Care and Alterations in Skin
 - a) Sponge bath, Mouth care, Back care
7. Musculoskeletal System
 - Transfers, positioning and turning
 - a) Body mechanics
 - b) Turning and positioning in bed and chair
 - c) Transfer with one assist
 - Ambulation
 - a) One assistant
 - b) Assistive devices (canes, walkers, etc)
 - c) Safety principles
 - Range of Motion
 - a. Active exercises/ Passive exercises of limbs
 - b. Prevention of contractures
 - c. Chest physic exercises
8. Bathing Processes
 - Partial / Sponge bath
 - AM/ PM Care
 - Shower
 - Tub
9. Grooming
 - Hair care
 - Shampooing
 - Brushing / combing

Mouth care
Conscious assistant
Partial assistance
Total assistance for unconscious assistant

Care of Dentures

Shaving
Hand and nail care
Foot care

10.Dressing - Wound

11.Adaptive Equipment
Glasses
Prosthesis

12.The Assistants' Environment

Components and care of the environment – drawers, closets and
immediate
Environment
Unoccupied bed making
Occupied bed Making

Unit C: Personal Care for the well Baby

Baby Bath
Assisting the mother for breast feeding
Baby nappy change

Unit D: Special Equipment use by Home Care assistants

Nebulisers - with guidance of a doctor.
Oxygen administration – with guidance of a doctor.
Crutches/ walkers
Electronic wheel chairs

Unit E : Assisting with the Self-Administration of Medications

Procedure Log Book

1.	Proper hand washing
2.	Proper Body Mechanics
3.	Tub or shower bath
4.	Turning the Patient in Bed
5.	Bed Bath
6.	Shampoo in Bed
7.	Back Rub
8.	Nail Care

9.	Shaving the Patient
10.	Mouth Hygiene and Care
11.	Care of dentures
12.	Assisting with Eating
13.	Assisting with Dressing
14.	Assisting with the use of Elastic support stockings
15.	Helping the patient to walk
16.	Making an unoccupied Bed
17.	Making an Occupied Bed
18.	Use of a Bedpan
19.	Use of Urinal
20.	Assisting with the use of the Condom Catheter
21.	Assisting with cleaning the skin and catheter Tubing
22.	Assisting with the Emptying of the Urinary Drainage Bag
23.	Positioning the patient in Bed
24.	Transfer to the sitting position
25.	Helping a patient to sit at the side of the bed
26.	Helping a patient to stand
27.	Transfer to wheelchair, chair or Commode
28.	Positioning patient in Chair or Wheelchair
29.	Transfer from Wheelchair to Toilet
30.	Transfer from wheel chair to shower and Assisting with Shower
31.	Transfer from wheelchair to stool or chair in Tub
32.	Weighing a patient
33.	Measuring intake
34.	Measuring Urinary Output
35.	Assisting with changing a clean dressing
36.	Oxygen administration/ Nebulisation
37.	Handling the infant
38.	Infant Bath
39.	Assisting for breast feeding
40.	Infant Nappy change
41.	Ryle's tube feeding
42.	Assisting with the Use of the Hydraulic Lift
43.	Slide Board Transfer
44.	Checking the Right Person
45.	Checking the Right Medication
46.	Checking the Right Dose
47.	Checking the Right Time
48.	Checking the Right Route

SCHEME OF EXAMINATION

CERTIFICATE COURSE - HOME HEALTH CARE AIDE

University Examination

Sl.No.	PAPERS	UNIVERSITY EXAMINATION				IA	
		THEORY PAPER		PRACTICAL			
		Max	Min	Max	Min	Max	Min
1	Basics of home health care	100	50	-	-	50	25
2	Care of patients at home (Adults & Geriatric, Newborn, Children, Physical and Mental disabilities)	100	50	-	-	50	25
3	Home Patient care skills	100	50	100	50	50	25