ALH A115: PATIENT CARE

Item	Value
Curriculum Committee Approval Date	10/18/2023
Top Code	120100 - Health Occupations, General
Units	2 Total Units
Hours	54 Total Hours (Lecture Hours 27; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

Course Description

This course must be taken within six months prior to first clinical entry. Content orients students to the fundamentals of patient care and presents foundational elements essential to healthcare professionals practicing in a clinical setting including communication, assessment of vital signs, medical asepsis, body mechanics for lifting and moving patients, legal & ethical issues, finance, review of cardiopulmonary resuscitation, presentation of common medical emergencies and basic interventions, introduction to oxygen cylinders and devices, airway suctioning, aspects of death and dying, and the future of healthcare. Mandatory pre-clinical HIPAA, blood-borne pathogen, and hazardous materials training and documentation completed. PREREQUISITE: ALH A010; ALH A111 or concurrent enrollment. ADVISORY: Non-native speakers must complete ESL A051 (exemption based on assessment results). Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Define, identify, describe and perform the basic skills of patient care.

Course Objectives

- 1. Describe effective communication skills in a patient care setting.
- 2. Describe the four assurances used in patient care.
- 3. Define each vital sign, describe how to assess on a patient, and identify the normal ranges for all: temperature, pulse, respirations, and blood pressure.
- 4. Define brady/tachycardia, brady/tachypnea, hypo/hypertension and identify common clinical causes of each.
- 5. Describe safe techniques for positioning, lifting and moving patients using correct body mechanics.
- 6. List and explain the various types of patient health care coverage and hospital reimbursement.
- 7. Define HIPAA and identify both appropriate and unacceptable scenarios of its direct application in healthcare.
- 8. Define medical asepsis and describe its importance in patient care settings.
- 9. Identify common infectious microorganisms and blood borne pathogens found in the patient care setting, routes of transmission, and the protective and safety measures the healthcare provider needs to take to prevent being infected and transmitting to others.
- 10. Identify and explain the various isolation precautions and the PPE used with each; standard, droplet, airborne, contact, reverse.
- 11. Describe correct handwashing technique and compare to sterile technique.
- 12. Discuss principles of sterile technique and the sterile field.
- 13. Describe and identify the appropriate procedures and best practices for working with and disposing of sharps and bio-hazard material in the healthcare setting.
- 14. Describe the common methods used in sterile processing of equipment found in healthcare settings.
- 15. Describe the Safety Data Sheet(SDS)and its clinical application.
- 16. Describe ethical and legal issues involved in patient care and the implications for violating.
- 17. Identify terminology, indications, hazards, basic equipment and devices used used in oxygen therapy, pulse oximetry and suctioning.
- 18. Describe common medical emergencies and identify causes, signs and symptoms, and explain the appropriate interventions.
- 19. Identify the legal aspects of working with medications in the healthcare setting and describe the proper techniques for drawing up, administering and disposing.
- 20. Explain the indications for and placement of intravenous catheters, identify hazards, and basic care of IVs and other tubes / catheters that may be encountered in patient care.
- 21. Identify core concepts of cardiopulmonary resuscitation, explain how to use an AED, and describe the steps to be performed during basic life support of an adult, child, and infant according to current AHA BLS guidelines.
- 22. Define bio-terrorism, the CDC classification system of risk, identify common micro-organisms in each category, and describe the elements of disaster preparedness the US healthcare system utilizes.
- 23. Identify the stages of death and dying, the role the healthcare provider plays in the cycle, and the impact it may have on all parties; patient, family and healthcare provider.
- 24. Define and describe stress and burnout, how it applies to the healthcare practitioner and identify prevention measures, including alternative healthcare treatments.
- 25. Describe advances in healthcare as applicable to alternative medicine, patient-centered care, EMR, diagnostic testing, point-of-care testing.

Lecture Content

Introduction: Components of effective interpersonal communications Listening skills and non-verbal communication Barriers to effective interpersonal communications Communication from the patients perspective Four assurances in patient care Body mechanics: Principles of body mechanics Moving patients from the bed to wheel chair Moving patients from bed to gurney Draw sheet, slide board and teamwork Common therapeutic positions Basic Patient Assessment: Measuring and documenting vital signs: Temperature, Pulse, Respirations, Blood Pressure Body sites used to measure each Comparison of values between sites Normal ranges Description of abnormal ranges Common clinical causes Equipment used to measure each Importance of correct procedural technique, accuracy, and documentation Healthcare Finance: Sources of Health Care Coverage: Preferred Provider Organizations (PPO) Health Maintenance Organizations (HMO) Medicare Part A, B, C, D DRG Advantage Plans Medicaid Medical Safety Net (MSN) OC Cares B. Healthcare Reform Legal and ethical issues: Legal Issues: Allied

Health Professionals Code of Ethics Patients Bill of Rights Statutes and Terminology Good Samaritan Abandonment Duty to Act Standard of care, negligence, malpractice, scope of practice, professional liability Informed consent, refusal of treatment Incident reports Patient Advance Directives Org an and tissue donation Issues of confidentiality and HIV blood test Child and Elder/Dependent Abuse Legal documentation, guidelines for charting and verbal orders HIPAA Cardiopulmonary Resuscitation: Review of basic life support according to current American Heart Association guidelines for healthcare professionals General Course Concepts Chain of Survival Principles and techniques of adult, child, and infant CPR One person Two person Barrier devices Neck/back injury considerations When to call for help A.E.D. (Automatic external defibrillator) Role in CPR Use in adult, child, and infant Hairy patients Pacemaker Medication patches Pregnant woman Relief of Choking Mild vs. Severe Adult, child and infant Conscious and unconscious G.Special considerations in CPR: Initiation of CPR When to call for help Team Dynamics Alternate Ventilation Techniques Advanced Airway Rescue Breathing Opiod-Associated Emergencies Other Life Threatening Emergencies Heart Attack vs. SCA Drowning Discontinuation of resuscitative efforts Medical emergencies and interventions: Common medical emergencies: Cause/s Signs, Sypmtoms, Manifestations Interventions / Treatment Bleeding / Hem orrhage Shock Anaphylaxis Seizures Cerebral Vascular Accident (CVA/stroke) Asthma Diabetes Intra-facility Codes Cardiac / Respiratory Arrest Adult vs. Pediatric Other examples: code for MI, CVA, Surgical Emergency Crash carts Personnel involved Infection control: Principles of Medical Asepsis Communicable Diseases and the mode of transmission Elements of Transmission: source / route / host Prevention and Protection Personal Protection Equipment (PPE) Safety Standards and Best Practices Nosocomial Infection Common infections and the responsible micro-organism Blood-borne pathogens OSHA guidelines Isolation precautions: Definition, examples of micro-organisms, and personal protection equipment (PPE) required: Standard Droplet Airborne Contact Reverse D. Disposing of soiled linen, instruments and or dressings E. Disposing of sharps and biohazard material F. Principles of sterile technique and the sterile field 1. Gowns and gloves s p; G. Sterilization techniques Physical Chemical Gas IX. Medication administration: Legal Issues with Medication Prescribing Administration Dispensing B. Preparing and administering medications:1. Five rights of administering medications 2. Routes of administration 3.Syringes and needle sizes C. Intravenous (IV) therapy: 1. Indications for IV therapy 2. Monitoring of IV therapy while attending to patient 3. Types of IV solutions 4. Location of IV sites/types of cannulas/ catheters 5. Complications of IV therapy and the intervention: kinks in tubing IV fluid flow stops tubing disconnection infiltration X. Enteral care: Administration of enemas: Therapeutic Diagnostic 2. Urinary bladder catheterization: a. In and out (straight) catheterization b. Foley catheterization 3. Collection of specimens XI. Oxygen Therapy and Suctioning: Principles of and indications for oxygen therapy Hazards of oxygen therapy Common terminolgy Oxygen delivery systems Introduction to pulse oximetry Suctioning definition oro/naso pharyngeal and tracheal suction Indications Hazards of suctioning Equipment for suctioning Suction technique XII: Bioterrorism: Definition Categories Classification system Examples of organisms and resulting diseases in each category Hospital preparedness Resources XIII. Death Dying: The five phases of grief in sudden or anticipated death Denial Anger Bargaining Depression Acceptance Affect on patient, family, healthcare provider XIV. Psychological aspects of healthcare: Stress Postive and negative effects Burnout Cycle Signs and Symptoms Thinking Psychological Bodily complaints Behavioral Social 3. Maintaining physical and mental health as a healthcare practitioner XV. Advances in Healthcare: Patient Centered Care Alternative Medicine EMR Charting Access to Information Diagnostic Testing Point of Care testing

Lab Content

A. Demonstration and hands on practice in taking a patients vital signs: 1. Blood Pressure Skill Evaulation 2. Temperature, Heart Rate, and Respiration Skill Evaluation B. Demonstration and hands on practice in lifting and moving a patient: 1. Moving Bed to Gurney Skill Evaluation 2. Moving Bed to Wheelchair Skill Evaluation 3. Therapeutic Positions Skill Evaluation C. Demonstration and hands on practice with aseptic technique 1. Personal Protective Equipment (PPE) Skill Evaluation D. Demonstration and hands on practice in setting up and delivering oxygen therapy 1. Oxygen Therapy Skill Evaluation E. Demonstration and hands on practice in sterile technique and suctioning airway 1. Sterile Technique and Airway Clearance Skill Evaluation F. Demonstration and hands on practice in Medication Administration 1. Drawing up Medications Skill Evaluation

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

Instructional Techniques

Lecture: image enhanced lectures covering course content, video enhanced lectures covering mandatory information required as pre-clinical clearance, class discussions and application of ideas. Demonstration: scenarios demonstrating examples of what to do / not to do when working with a patient, incorporating the four assurances into each skill, core concepts of each skill evaluation, working as a member of the healthare team. Skill demonstration with return demonstration in the lab.

Reading Assignments

Students will read the instructor provided handouts and materials (1-2 hour/week)

Writing Assignments

Students will complete topical written assignments, including review of videos demonstrating skill check-offs. (1 hour/week)

Out-of-class Assignments

Students are required to practice the skills learned in class. The expectation is 1-2 hour per week to develop competency in performance.

Demonstration of Critical Thinking

Written multiple choice tests, skill demonstrations, problem solving exercises, and final exam.

Required Writing, Problem Solving, Skills Demonstration

Skill practice and return demonstration in lab

Eligible Disciplines

Cardiovascular technology: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Diagnostic medical technology-diagnostic medical sonography, neurodiagnosti...: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Dietetic technician: Any bachelors degree

and two years of professional experience, or any associate degree and six years of professional experience. Dietetics: See nutritional science/dietetics Health care ancillaries (medical assisting, hospice worker, home care aide...: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Nutritional science/dietetics: Masters degree in nutrition, dietetics, or dietetics and food administration OR bachelors degree in any of the above AND masters degree in chemistry, public health, or family and consumer studies/home economics OR the equivalent. (Note: A bachelors degree in nutrition, dietetics, or dietetics and food administration, and certification as a registered dietician, is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1 Radiological technology: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Respiratory technician: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Speech language pathology: Masters degree in speech pathology, speech language pathology, speech language and hearing sciences, communicative disorders, communicative disorders and sciences, communication sciences and disorders, or education with a concentration in speech pathology, OR the equivalent. Masters degree required.

Textbooks Resources

1. Required American Heart Association. Basic Life Support for Health care Provider Student Manual, 2020 Guidelines ed. -American Heart Association, 2020 Rationale: -