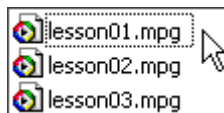


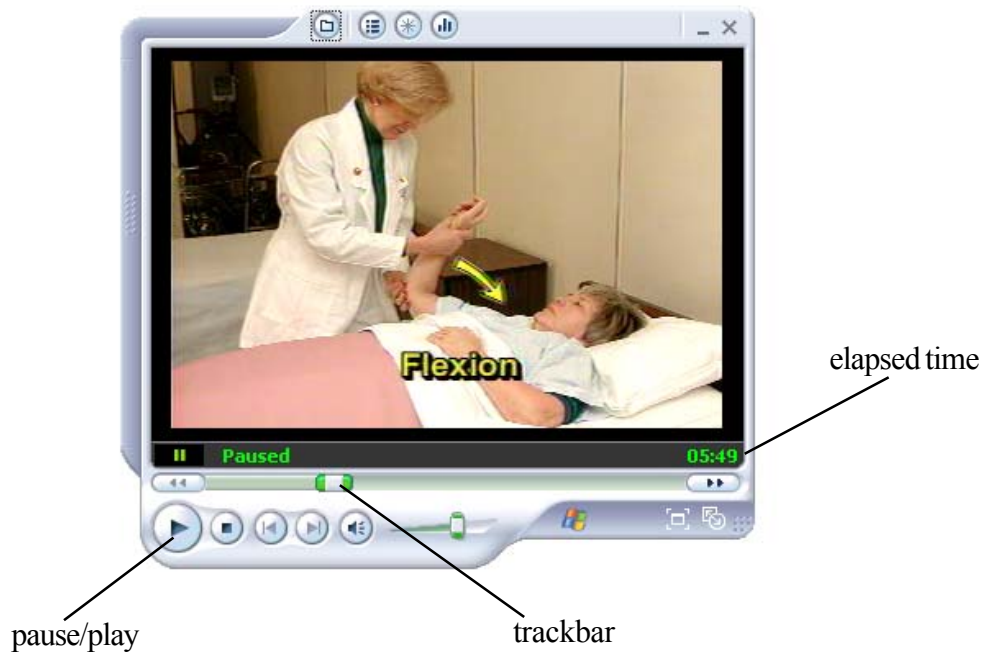
Viewing Lessons on CD or DVD

1. Find the disk that has the lesson you want to watch and insert it into your computer.
2. On your computer's desktop, use the My Computer* icon to locate your CD-ROM or DVD-ROM** drive.
3. Then double-click on the CD or DVD drive. You will see a list of files which are named according to lesson number.



4. Finally, double-click lesson you want to watch. The video lesson will begin playing in a movie player (for example, Media Player, Real Player, or Quicktime).

The picture below shows the controls for one version of Windows Media Player. The movie player on your computer may not look the same, but most movie players have features similar to those shown below. You can drag the trackbar forward or backward to view different topics within each lesson. Starting times for each lesson topic are listed on the following pages of this manual.



* *The lesson disks are not compatible with Mac computers, unless Windows interface software is installed. However, if your institution has placed the movie files on a network, you will be able to view them on any computer platform.*

** *DVD-ROM disks are used in computer hardware and are not compatible with DVD set top players.*

NURSING ASSISTANT VIDEO LESSONS

Communication and

Interpersonal Interaction

1. Role and Function on the Job (2001)
2. Resident Communication (2001)
3. Touch as Nonverbal Communication (2003)
4. Therapeutic Interaction (2003)
5. Problem Behaviors (2003)
6. Safe Intervention With Aggressive Behavior (2003)
7. Staff Communication and Interaction (2001)
8. Time Management/Work Organization (2003)
9. Observations: How and What to Report (2001)
10. Recording Client Information (2003)
11. Job Seeking and Keeping Skills (2003)

Ethical and Legal

Responsibilities in the Work Setting

12. Client Rights (2002)
13. Worker Rights (2003)
14. Legal and Ethical Responsibilities (2003)

Asepsis and Infection Control

15. Asepsis and Hand Washing (2002)
16. Infection Control (2002)
17. Bloodborne Infections (2001)
18. Specimen Collection (2004)

Environmental Safety for the Assistant and the Client

19. Workplace Safety (2001)
20. Personal Safety Measures (2003)
21. Posture and Body Mechanics (2001)
22. Bed Making (2002)
23. Patient/Resident Environment (2003)
24. Restraining Devices (2002)
25. Fall Prevention and Restraint Alternatives (2002)

Understanding the Client and Assistant as People

26. Understanding Human Behavior (2003)
27. Cultural Competence (2003)
28. Assisting to Meet Spiritual Needs (2003)
29. Physical Changes With the Aging Process (2003)
30. Psychological Changes With Age (2003)
31. Client and Family Stress (2002)
32. Caregiver Stress (2002)

Personal Care and Hygiene

33. Principles of Skin Care (2001)
34. Shower, Tub, and Partial Bath (2002)
35. Complete Bedbath (2001)
36. Personal Hygiene (2004)
37. Grooming (2003)
38. Warm and Cold Applications to Skin (2003)
39. Topical Application of Medications to Skin (2003)

Nutrition and Fluid Balance

40. Nutrition and Hydration (2002)
41. Assisting at Mealtime (2002)
42. Problems Interfering With Nutrition (2002)
43. Fluid Balance (2004)
44. Urinary Elimination (2002)
45. Care of the Patient With a Urinary Catheter (2002)
46. Bowel Elimination (2002)
47. Bowel and Bladder Retraining (2002)
48. Enema and Suppository Treatments (2004)

Vital Signs and Functions

49. Taking a Temperature (2001)
50. Pulse, Respiration, Height and Weight (2002)
51. Blood Pressure (2002)
52. Alterations in Vital Functions (2004)
53. Comfort Needs (2004)
54. Psychological Impact of Death (2001)
55. Terminal Illness and Hospice Care (2001)

Exercise and Activity (*Lifting, Moving, Positioning*)

56. Principles of Moving (2001)
57. Problems Resulting From Immobility (2001)
58. Assisting With Ambulation (2001)
59. Transfer Techniques (2001)
60. Range-of-Motion Exercises (2001)
61. Positioning (2002)
62. Supportive and Orthotic Devices (2001)

Rehabilitation and Restorative Care

63. What Is Rehabilitation? (2001)
64. Developmental Disabilities (2004)
65. Neurological Disorders (2004)
66. Cardiovascular Diseases (2004)
67. Managing Arthritis (2004)
68. Diabetes Mellitus (2004)
69. Cancer Care (2004)
70. Hearing Loss (2004)
71. Vision Impairments and Blindness (2004)
72. Speech and Language Disorders (2004)

Dementia and Related Disorders

73. What Is Dementia? (2001)
74. Environment and Activities (2004)
75. Nursing Assistant Caregiver (2004)
76. Mealtime Interventions (2002)
77. Working With Behavioral Challenges (2004)
78. Family Support and Community Resources (2004)

Home Care Adaptations

79. Overview of Home Health Care (2004)
80. Home Visit (2004)

Nursing Assistant Lesson 1

Role and Function on the Job (2001)

Lesson Length - 25:15

Lesson Topics	Starts At:
Introduction	:13
Factors affecting health care	1:00
Care delivery	1:40
Health care team	2:25
Nursing assistant	3:50
Works under supervision of registered nurse	4:25
Valuable member of team	5:25
Omnibus Budget Reconciliation Act (OBRA)	6:25
Duties/functions	8:00
Common tasks	8:11
Special person	9:10
Personal characteristics	10:30
Personal health and hygiene	14:05
Stress reduction	17:10
Stress reducers	18:00
Avoid stressful situations	19:21
Beginning and ending actions	20:30

Nursing Assistant Lesson 2

Resident Communication (2001)

Lesson Length - 26:35

Lesson Topics	Starts At:
Introduction	:14
Guidelines for communication	1:50
Communicating with special needs clients	4:55
Hearing impaired	5:05
Visually impaired	7:35
Aphasia	10:30
Cultural differences	15:10
Barriers to communication	16:35
Anxiety and fear	16:45
Caregiver talking too much	18:40
Outside distractions	20:45
Passive response	22:50
Changing subject	23:40
Sensory overload	24:15
Dementia clients	24:50

Nursing Assistant Lesson 3

Touch as Nonverbal Communication (2003)

Lesson Length - 22:06

Lesson Topics	Starts At:
Introduction	:15
Importance of touch	1:15
Touch is a communicator	3:53
Appropriate time for touch	5:05
Importance of non-verbal communication	5:52
Benevolent touch	7:25
Types of benevolent touch	9:33
Guidelines	13:10
Caregiver preparation	15:35
Demonstration- slow stroking back massage	17:13
Demonstration- Hand massage	18:49

Benevolent Touch is a product and creation of St. Ann Center for Intergenerational Care, which retains its ownership rights that are protected under the federal copyright laws of the United States of America. To learn more about the Benevolent Touch program, call 414- 977-5000.

Nursing Assistant Lesson 4

Therapeutic Interaction (2003)

Lesson Length - 29:44

Lesson Topics	Starts At:
Definition	:30
Caring for the person	1:00
Developing therapeutic relationships	6:20
Attitude, Trust, Empathy	7:04
Acceptance	11:25
Personal distance	16:30
Culture	17:25
Uncomfortable space	18:55
Touch	19:50
Humor	22:09
Active listening	26:02
Offering self	28:13

Nursing Assistant Lesson 5

Problem Behaviors (2003)

Lesson Length - 14:34

Lesson Topics	Starts At:
Introduction	:13
Staff actions	:50
Influences on feelings	1:40
Communication	2:52
Professionalism	4:39
Self care	5:14
Depression and suicide	5:53
Signs and symptoms	6:23
Interventions	7:15
Agitation - Signs and symptoms	9:25
Interventions	9:53
Wandering and confusion - Signs and symptoms	11:22
Interventions	11:50
Focus	12:30
Golden rule of safety	13:00

Nursing Assistant Lesson 6

Safe Intervention with Aggressive Behavior (2003)

Lesson Length - 23:31

Lesson Topics	Starts At:
Introduction	:15
Causes of aggression	:47
Stages of escalation	1:27
Calm- stage 1	1:50
Increasing anxiety- stage 2	4:00
Attention seeking- stage 3	5:57
Defensiveness- stage 4	7:40
Challenging- stage 5	9:50
Physical acting out- stage 6	10:40
Learning opportunities- stage 7	11:37
Reporting and recording	14:03
Golden rules of safety	14:27
Demonstration of safe intervention techniques.....	14:50

Nursing Assistant Lesson 7

Staff Communication & Interaction (2001)

Lesson Length - 26:00

Lesson Topics	Starts At:
Introduction	:20
Components of communication	1:10
Types of communication	2:35
Verbal	2:50
Nonverbal	7:05
Communication Styles	10:30
Passive	10:50
Aggressive	12:30
Passive/Aggressive	13:45
Assertive	15:20
Listening	16:35
Why learn to be an active listener	16:40
Tips for good listening	18:25
Examples	20:25

Nursing Assistant Lesson 8

Time Management/Work Organization (2003)

Lesson Length - 24:21

Lesson Topics	Starts At:
Introduction	:12
Benefits of work organization	:48
Planning your time	1:55
Your frame of mind	6:45
Shortcuts <u>never</u> to take- not an all inclusive list	8:40
Shortcuts to take	15:44
Resources to promote work organization	19:43
Make rounds at end of shift	23:03

Nursing Assistant Lesson 9

Observations: How and What to Report (2001)

Lesson Length - 25:38

Lesson Topics	Starts At:
Introduction	:15
Collect and communicate information	1:25
Observations	1:30
Reporting your observations	2:30
Observing never ends	4:40
Initial observation	5:05
What is expected/normal	5:15
Basis of comparison in future	5:45
Observations you can make	6:20
Reporting observations	10:50
Include name and room number	11:15
Never try to judge pain or behavior	11:50
Difference between objective and subjective reporting	13:15
Role-play I—make observations	14:40
Discussion of role-play I	15:50
Role-play II	17:10
Discussion of role-play II	18:05
Shift report	19:30
Summary of guidelines	22:02

Nursing Assistant Lesson 10

Recording Client Information (2003)

Lesson Length - 24:06

Lesson Topics	Starts At:
Introduction	:18
Purposes of charting	2:00
Types of recording	3:28
Types of records	5:52
Medical terminology and abbreviations	9:07
Confidentiality of records	11:06
Guidelines for privacy	11:52
Military time	16:52
Guidelines for documentation	19:30

Nursing Assistant Lesson 11

Job Seeking and Keeping Skills (2003)

Lesson Length - 24:03

Lesson Topics	Starts	At:
Job search		:15
Sources of job postings		:25
Resumes		3:42
Applications		5:27
References		7:38
Role play 1		8:47
Interview		11:15
Role play 2		16:27
Habits for job success		19:28
Skills employers value		19:34
Keeping a balance		21:20

Nursing Assistant Lesson 12

Client Rights (2002)

Lesson Length - 27:36

Lesson Topics	Starts At:
Introduction	:13
Rights and health care	:50
Responsibilities of health care workers	2:30
Overview of certain rights	4:33
Wisconsin Caregiver Program	12:00
Introduction.....	12:45
Caregiver misconduct	15:30
Case examples	19:18
Reporting requirements	22:55

Nursing Assistant Lesson 13

Worker Rights (2003)

Lesson Length - 28:36

Lesson Topics	Starts At:
Introduction	:15
Know the law	1:16
Your role and responsibilities	4:12
Job description	4:40
Laws and acts pertaining to your job	5:58
Orientation	7:40
Policies and procedures	9:27
Performance appraisals	12:55
Physical environment and safety	13:40
Working with others	19:00
The Americans with Disabilities Act (1990)	20:12
Drug testing.....	21:21
Harassment and abuse	23:04
Care for the caregiver	25:00

Nursing Assistant Lesson 14

Legal and Ethical Responsibilities (2003)

Lesson Length - 29:36

Lesson Topics	Starts At:
Introduction	:12
Rights and health care	:33
Resident rights	1:20
Patient Bill of Rights	2:20
Rights of all residents, patients, or clients	3:18
Preserving rights	4:40
Legal responsibilities- protect against abuse	7:09
Reasonable care	11:13
Wills	12:50
Legal standards	15:02
Ethical standards	21:44
Your responsibilities	22:53
Survey process	25:23

Nursing Assistant Lesson 15

Asepsis and Hand Washing (2002)

Lesson Length - 26:17

Lesson Topics	Starts At:
Introduction	:15
Types of organisms	1:38
Chain of infection	2:40
Body defenses	5:23
Serious infections in health care facilities	8:58
Bacterial infections	9:23
MRSA and VRE	10:50
Disease prevention and medical asepsis	12:10
Handwashing	12:57
Gloves and handwashing	15:10
Handwashing location and when to wash hands	16:35
Types of soap and towels	21:09
Demonstration: handwashing without water	22:57
Demonstration: handwashing with water	24:20

Nursing Assistant Lesson 16

Infection Control (2002)

Lesson Length - 20:15

Lesson Topics	Starts At:
Introduction	:12
Guidelines to prevent transmission of pathogens	2:09
Standard precautions	2:40
Standard precautions for infection control	4:27
Transmission-based precautions	6:05
Isolation	7:06
Transmission-based isolation precautions	9:33
Preparing for isolation	13:12
Demonstrations	14:48
Putting on gloves	15:04
Removing gloves	15:37
Putting on gown and mask	16:12
Removing gown and mask	17:41

Nursing Assistant Lesson 17

Bloodborne Infections (2001)

Lesson Length - 27:37

Lesson Topics	Starts At:
Occupational Safety and Health Administration	:15
Universal precautions—approach to infection control.....	1:00
Standard precautions—expanded precautions	1:40
Hand washing and protective equipment (PPE)	2:40
OSHA tape “As It Should Be Done”	3:52
Hepatitis B and Acquired Immune Deficiency Syndrome	6:05
Both diseases caused by viruses	6:55
Routes traveled by viruses	8:00
Exposure occurrence	8:35
Treat all blood as if it were infectious	9:35
OSHA Federal regulations	10:00
Bloodborne Pathogen Standard	10:25
Report exposure incident promptly	11:00
Precautions are the law	11:25
Real-life situations	11:30
Summary of precautions	24:00

Nursing Assistant Lesson 18

Specimen Collection (2004)

Lesson Length - 25:43

Lesson Topics	Starts At:
Introduction	:11
Body waste show changes	1:00
Accuracy in specimen collection	2:27
Asepsis in specimen collection	4:03
Urine specimens	5:09
Routine (random) urine specimen	5:39
Midstream (clean-catch) urine specimen	10:05
Twenty four (24)-hour urine specimen	12:48
Straining urine	15:32
Sputum collection	17:20
Stool specimen	19:14
Stool specimen for blood	21:40

Nursing Assistant Lesson 19

Workplace Safety (2001)

Lesson Length - 31:53

Lesson Topics	Starts At:
Basic fire prevention	:15
Preparing for an emergency evacuation	3:40
Types of fire extinguishers	5:32
Using a fire extinguisher	7:35
Back safety	8:33
Anatomy of proper lifting	11:50
How to lift a patient safely	13:25
Spills	15:15
Ergonomics	15:55
Inclement weather	17:46
Material Safety Data Sheet	18:55
Latex Allergy	22:05
Irritant contacted dermatitis	23:45
Chemical sensitivity dermatitis	24:30
Latex Allergy	25:20
NIOSH recommendations on latex allergy	29:25

Nursing Assistant Lesson 20

Personal Safety Measures (2003)

Lesson Length - 26:27

Lesson Topics	Starts At:
Introduction	:11
Airway clearance	1:10
Demonstration (Heimlich maneuver)	5:07
Bleeding control	7:50
Demonstrations	12:15
Myocardial infarction (heart attack)	13:43
Stroke (brain attack)	16:35
Seizures	18:42
Fainting	20:28
Overexposure to heat	21:25
Overexposure to cold	23:53

Nursing Assistant Lesson 21

Posture and Body Mechanics (2001)

Lesson Length - 24:20

Lesson Topics	Starts At:
About back injuries	:13
Sitting posture	2:15
Maintain the natural curve	2:55
Sit with low back supported	3:12
Keep chin in slightly and head in line with body	4:55
Computer use	5:20
Standing posture	6:24
Body mechanics	8:40
Keep work at proper height	9:05
Change positions frequently	9:24
Tips for pushing, pulling, sweeping, and vacuuming	9:53
Tips when working over sink	13:40
Do not twist spine	15:25
Types of lifts	17:00
Squat lift	18:20
Diagonal lift	19:00
One knee lift	19:30
Golfer's lift	20:05
Summary of key points	21:00

Nursing Assistant Lesson 22

Bed Making (2002)

Lesson Length - 23:04

Lesson Topics	Starts At:
Introduction	:14
Closed versus open bed	1:12
Organization of linen	2:00
Principles of care with linen	3:13
Demonstration: making the unoccupied bed	5:18
Demonstration: folding blanket for reuse	12:47
Demonstration: making the occupied bed	14:20

Nursing Assistant Lesson 23

Patient/Resident Environment (2003)

Lesson Length - 29:41

Lesson Topics	Starts At:
Introduction	:14
Comfort	1:07
Safety	7:17
Privacy	9:56
Restorative care	11:11
Furniture and equipment	13:08
Bathroom	21:55
Call system	22:52
Other equipment	24:16
Guidelines for maintaining environment	25:14
Quality of life	27:22

Nursing Assistant Lesson 24

Restraining Devices (2002)

Lesson Length - 32:22

Lesson Topics	Starts At:
What are restraints?	12
Federal and state laws	1:16
Why are restraints used?	2:08
Benefits of restraints	3:13
Hazards of restraints; how it feels to be restrained	4:14
Patient restraint policies	7:13
Guidelines for use of restraints	8:08
Report	11:20
Demonstrations of Posey patient products	12:35
Personal alarm	13:04
Posey sitter.....	15:25
Side rail wedges	17:45
Freedom splint	19:15
Skin sleeves	20:00
Limb holder	22:00
Finger control mitt	23:56
Roll belt.....	25:25
Criss-cross vest (applied in wheel chair)	27:24
Criss-cross vest (applied in bed)	29:33
Security cuffs.....	30:20

Nursing Assistant Lesson 25

Fall Prevention and Restraint Alternatives (2002)

Lesson Length - 23:17

Lesson Topics	Starts At:
Introduction	:13
Why do falls occur	2:30
Resident	2:42
Environment	6:05
Alternatives to the use of restraints to prevent falls	7:34
High risk residents	11:22
Ways to help	13:47
If a fall occurs	17:08
Demonstration - caring for a falling resident	19:22

Nursing Assistant Lesson 26

Understanding Human Behavior (2003)

Lesson Length - 24:28

Lesson Topics	Starts At:
Introduction	:12
Tasks of personality development (Erikson)	1:12
Human needs (Abraham Maslow)	6:35
Physiological/survival needs	7:10
Safety/security needs	10:30
Self-esteem needs	11:48
Self-actualization or creativity needs	16:03
Influences on how we develop and behave	19:58
Unmet human needs	21:40

Nursing Assistant Lesson 27

Cultural Competence (2003)

Lesson Length - 22:53

Lesson Topics	Starts At:
Introduction	:13
Purpose of training	:27
Cultural competency	1:42
Barriers to developing cultural competency	4:30
Valuing diversity	7:40
Cultural responsive services	13:06
Effective cross-cultural communication skills	14:12
Barriers	14:26
Strategies	16:21

Nursing Assistant Lesson 28

Assisting to Meet Spiritual Needs (2003)

Lesson Length - 24:12

Lesson Topics	Starts At:
Introduction	:13
Caregiver responsibilities	2:36
Look for signs of spiritual distress	5:57
Some situations requiring extra spiritual help	8:58
Resources	9:27
Panel discussion	10:20

Nursing Assistant Lesson 29

Physical Changes with the Aging Process (2003)

Lesson Length - 31:04

Lesson Topics	Starts At:
Introduction	:11
Central nervous system.....	1:55
Cardiovascular system	6:32
Respiratory system.....	9:58
Musculoskeletal system.....	11:57
Gastrointestinal system.....	15:44
Urinary system	18:13
Integumentary system.....	19:56
Special senses	24:20

Nursing Assistant Lesson 30

Psychological Changes with Age (2003)

Lesson Length - 27:46

Lesson Topics	Starts At:
Introduction	:12
Most elderly are active, productive individuals	1:40
Developmental tasks of mature adults	4:12
Losses and changes influencing the mature adult	6:06
Sexual expression.....	10:45
Health problems	13:28
Roles: role changes, role reversals, cultural roles	16:38
Meeting the psychosocial needs of the mature adult	22:25

Nursing Assistant Lesson 31

Client and Family Stress (2002)

Lesson Length - 29:47

Lesson Topics	Starts At:
Impact of illness	:12
Defense mechanisms	2:15
Assisting clients to cope	7:58
Maladaptive behaviors	9:50
Dealing with stress from families and visitors	12:20
Panel discussion	14:33

Nursing Assistant Lesson 32

Caregiver Stress (2002)

Lesson Length - 28:12

Lesson Topics	Starts At:
Stress	:13
Signs of stress	3:15
Long-term effects of stress	7:35
Faulty coping tools	8:15
Healthy coping tools	10:38
Panel discussion	14:55

Nursing Assistant Lesson 33

Principles of Skin Care (2001)

Lesson Length - 32:38

Lesson Topics	Starts At:
Integumentary system	:17
Skin structure	1:38
Epidermis, dermis and subcutaneous	2:10
Hair, glands and nerves	3:22
Blood vessels.....	4:26
Skin functions	5:03
Forces and factors working against skin health	8:30
Aging	8:47
Infections	11:41
Nutrition and hydration status	12:18
Disease	13:08
Medications	13:53
Treatments	14:33
Observations	15:22
Normal appearance	16:08
Abnormal appearance.....	19:45
Skin safeguards	26:42
Nutrition and hydration	26:55
Keep skin clean and dry	28:42
Reposition body every 1-2 hours	31:08
Dress client appropriately for weather conditions	31:24

Nursing Assistant Lesson 34

Shower, Tub, and Partial Bath (2002)

Lesson Length - 38:00

Lesson Topics	Starts At:
Introduction	:17
Purposes of bath	:33
Type of bath	1:59
Special treatments	5:35
Demonstrations	6:23
Shower in bathtub	6:51
Shower using shower chair	10:00
Partial bed bath	19:20

Nursing Assistant Lesson 35

Complete Bedbath (2001)

Lesson Length - 38:01

Lesson Topics	Starts At:
Introduction	:16
Demonstration	1:45
Preparation	1:50
Start the bath.....	5:35
Always offer bedpan prior to bath	34:38
Use thermometer to check water temperature	35:25
Watch for drafts and chilling	36:27

Nursing Assistant Lesson 36

Personal Hygiene (2003)

Lesson Length - 22:28

Lesson Topics	Starts At:
Introduction	:10
Holistic personal care	1:05
Oral hygiene	2:57
Demonstration- assisting with oral hygiene	3:55
Special oral hygiene	5:50
Denture care	8:22
Nail care	12:02
Demonstration- cleaning and trimming the nails	14:35
Perineal care	15:58
Demonstration- female	18:24
Demonstration- male	20:45

Nursing Assistant Lesson 37

Grooming (2003)

Lesson Length - 24:27

Lesson Topics	Starts At:
Introduction	:11
Hair care	:58
Shampooing hair	3:06
Shaving the resident	9:18
Dressing/undressing a resident	13:08
Demonstration- dressing the dependent resident	19:04

Nursing Assistant Lesson 38

Warm and Cold Applications to the Skin (2003)

Lesson Length - 22:15

Lesson Topics	Starts At:
Introduction	:11
Therapy with heat and cold	1:19
Use of cold applications	3:50
Cautions	5:40
Demonstration- applying a disposable cold pack	10:28
Use of warm applications	12:20
Cautions	14:00
Demonstration- Applying warm moist compress	20:15

Nursing Assistant Lesson 39

Topical Application of Medications to Skin (2003)

Lesson Length - 23:47

Lesson Topics	Starts At:
Introduction	:11
Topical medications	:50
Guidelines	6:50
Application of various preparations	13:48
Medicated shampoo	17:18
Medicated baths	19:06
Demonstration	21:38

Nursing Assistant Lesson 40

Nutrition and Hydration (2002)

Lesson Length - 36:02

Lesson Topics	Starts At:
What is nutrition?	:14
Essential nutrients	1:10
Food guide pyramid	5:16
Dietary Guidelines for Americans	8:10
Signs of good nutrition	11:57
Gastrointestinal (digestive) system	13:22
Types of diets	16:00
Resident Rights with nutrition	26:21
Factors that affect nutrition	27:43
Fluids	29:25
Role of caregiver	32:50

Nursing Assistant Lesson 41

Assisting at Mealtime (2002)

Lesson Length - 23:10

Lesson Topics	Starts At:
Preparing for mealtime	:15
Serving the tray	2:31
Feeding guidelines	3:25
Follow-up after meals	6:10
Nourishments and fresh water	7:32
Alternative nutrition	10:23
Responsibility with tubes	12:58
Demonstrations	15:00
Assisting the client who can feed self	15:16
Feeding the dependent client in bed	19:50

Nursing Assistant Lesson 42

Problems Interfering with Nutrition (2002)

Lesson Length - 30:04

Lesson Topics	Starts At:
Introduction	:11
Problems interfering with nutrition	:40
Lack of appetite and refusal to eat	:45
Nausea and vomiting	4:50
Gastroesophageal reflux disease (GERD)	6:33
Gastritis/ulcers	8:20
Visual impairment	9:23
Difficulty swallowing (dysphagia)	10:33
Demonstration- feeding a patient with dysphagia	17:53
Assistive devices	21:03
Role of caregiver	24:15
Report to nurse	28:29

Nursing Assistant Lesson 43

Fluid Balance (2004)

Lesson Length - 29:31

Lesson Topics	Starts At:
Introduction	:13
Fluid intake	:53
Fluid output	1:44
Fluid balance	2:24
Fluid imbalance	2:59
Intake and Output	5:30
Unit of measurement	8:07
Measuring devices	10:55
Measuring fluid intake	11:47
Fluid output	18:00
Force fluids	21:33
Restricting fluid intake	24:35
Demonstration-measuring fluid intake	27:00
Demonstration- measuring fluid output	28:00

Nursing Assistant Lesson 44

Urinary Elimination (2002)

Lesson Length - 28:23

Lesson Topics	Starts At:
Introduction	:13
Urinary function	1:28
Urinary structure	1:51
Definition of terms	3:09
Principles of urinary care	4:58
Urinary equipment	9:45
Demonstrations	11:28
Placing the standard bedpan	11:35
Placing the fracture pan	15:32
Placing the urinal in bed	16:50
Toileting on commode	18:38
Stimulating urination	23:28
Urinary observations	24:55
Recording	26:50

Nursing Assistant Lesson 45

Care of the Patient with a Urinary Catheter (2002)

Lesson Length - 23:43

Lesson Topics	Starts At:
Urinary catheter	:14
Urinary structures/function	2:12
Urinary drainage system	2:42
Principles of catheter care	4:59
Urinary catheter care	6:25
Demonstration: urinary catheter care	9:13
Demonstration: emptying urinary drainage bag	13:42
Demonstration: urinary drainage leg bag	15:45
Urinary tract infections (UTI)	21:07

Nursing Assistant Lesson 46

Bowel Elimination (2002)

Lesson Length - 30:14

Lesson Topics	Starts At:
Process of waste elimination.....	:12
Structure of lower gastrointestinal system.....	1:39
Characteristics of stool.....	3:21
Factors affecting bowel elimination	4:08
Common problems of bowel elimination	9:05
Ways to assist in bowel elimination.....	15:09
Demonstration: providing rectal care	20:24
Report and record observations	24:13
The ostomy	27:10

Nursing Assistant Lesson 47

Bowel and Bladder Retraining (2002)

Lesson Length - 31:44

Lesson Topics	Starts At:
Introduction	:13
The “Attends” videotape	1:12
Incontinence	1:41
Types of incontinence	5:00
Treatment/management of incontinence	6:55
Attends products	11:42
Retraining programs	15:34
Bowel retraining program	16:36
Bladder retraining program	18:32
Support measures for continence control program	20:14
Caring for residents with incontinence	22:10
Demonstration: changing an incontinence brief	27:42

Nursing Assistant Lesson 48

Enema and Suppository Treatments (2004)

Lesson Length - 31:34

Lesson Topics	Starts At:
Introduction	:11
Structure and function of lower gastrointestinal system	1:11
Constipation	2:58
Fecal impaction	5:55
Laxative medications	8:25
Enemas	9:38
General considerations	12:40
Positioning the patient	15:40
Large volume enema	16:47
Demonstration- administering a large volume enema	18:50
Small volume enema	22:28
Demonstration- administering a small volume enema	24:50
Use of rectal suppositories	26:44
Demonstration- insertion of a suppository	28:10
Charting and reporting	29:17

Nursing Assistant Lesson 49

Taking a Temperature (2001)

Lesson Length - 34:14

Lesson Topics	Starts At:
Taking temperature is common nursing task	:18
What is body temperature	1:20
Measuring body temperature	2:57
Normal body temperature values	3:40
Types of clinical thermometers	5:36
Glass thermometers	5:50
Mercury spill kits	7:22
Reading a thermometer	10:38
Types of glass thermometers	13:04
Oral temperature demonstration	17:05
Rectal temperature demonstration	19:50
Axillary temperature demonstration.....	22:18
Electronic thermometer	24:13
Tympanic thermometer	27:02
Tempa-Dot thermometer	29:07
Reporting and recording.....	31:06
Temperature as well as other vital signs are recorded	32:55

Nursing Assistant Lesson 50

Pulse, Respiration, Height and Weight (2002)

Lesson Length - 29:39

Lesson Topics	Starts At:
Introduction	:12
Pulse	1:06
Factors that affect pulse variations	4:05
Demonstration: taking a radial pulse	8:06
Respirations	9:40
Factors that affect respiration deviations	12:55
Demonstration: counting respirations	15:17
Reporting and recording vital signs	16:22
Height and Weight	18:01
Types of scales	19:32
Demonstration: upright scale	23:18
Demonstration: standing lift	25:48

Nursing Assistant Lesson 51

Blood Pressure (2002)

Lesson Length - 30:43

Lesson Topics	Starts At:
Introduction	:12
What is blood pressure?	:48
Blood pressure range	2:11
Blood pressure equipment	6:18
Placement of cuff	14:25
How to read gauge	15:00
Electronic blood pressure apparatus	15:33
Points to remember	16:27
Demonstration: measuring blood pressure	20:11
Blood pressure examples	23:55

Nursing Assistant Lesson 52

Alterations in Vital Functions (2004)

Lesson Length - 23:31

Lesson Topics	Starts At:
Introduction	:13
Alteration in temperature	:48
Fever	1:08
Hypothermia	2:27
Alteration in circulation	4:00
Fainting (syncope)	4:11
Shock	6:44
Alteration in respiration (respiratory failure or distress) ...	8:55
Signs and symptoms	9:36
Caregiver responsibilities	10:38
Special tests	13:10
Demonstration- using a pulse oximeter	15:45
Oxygen therapy	16:41
Methods of oxygen administration	19:20
Caregiver responsibilities	20:30

Nursing Assistant Lesson 53

Comfort Needs (2004)

Lesson Length - 26:41

Lesson Topics	Starts At:
Introduction	:12
Rest	2:00
Sleep	3:15
Sleep deprivation	5:25
The sleep-wake cycle	6:12
Caregiver role	7:49
Sleep disorders	10:50
Pain	15:20
Reaction to pain very individual	16:05
Types of pain	17:40
Signs and symptoms	19:04
Caregiver responsibility	20:05
Caregiver comfort measures	22:58

Nursing Assistant Lesson 54

Psychological Impact of Death (2001)

Lesson Length - 26:19

<hr/> Lesson Topics	<hr/> Starts At:
Psychological changes	:16
Stages of grief	:30
Group discussion on impact of death	3:25

Nursing Assistant Lesson 55

Terminal Illness and Hospice Care (2001)

Lesson Length - 27:45

Lesson Topics	Starts At:
What is hospice care	13
Role of health care assistant	2:15
Physical signs of approaching death	4:20
Decrease in appetite, circulation, responses	4:30
Pale, dry skin	7:16
Loss of bowel and bladder control.....	8:50
Irregular, shallow breathing	9:47
Visual/hearing changes	12:20
Signs of death	15:40
What to do	16:12
Preparation of body after death	18:30
Organ and tissue donation	21:32
Need for donations	22:38
How to indicate willingness to donate	24:42

Nursing Assistant Lesson 56

Principles of Moving (2001)

Lesson Length - 37:26

Lesson Topics	Starts	At:
Introduction		:18
Importance of activity	3:23	
Benefits whole person	3:33	
Physical health	4:23	
Considerations	6:04	
Client's ability	6:13	
Appropriate equipment	8:53	
Safety and body mechanics.....	11:32	
Involve the client	14:56	
Enlist client's help as appropriate.....	16:20	
Devices to assist in moving and transferring	17:30	
Pivot disc and slide board	17:53	
Electric bed	20:56	
Draw sheet.....	22:30	
Hoyer mechanical lift	25:48	
Standing mechanical lift	28:05	
Demonstration of standing lift	33:18	

Nursing Assistant Lesson 57

Problems Resulting from Immobility (2001)

Lesson Length - 41:52

Lesson Topics	Starts At:
Importance of activity	:18
Factors that influence our ability to move	2:40
Types of immobility	5:24
Voluntary and therapeutic.....	5:30
Unavoidable	8:50
Problems associated with limited mobility	10:15
Skin	10:51
Musculoskeletal system	16:21
Cardiovascular system	19:28
Respiratory system	30:42
Gastrointestinal system	37:18
Urinary system	38:53
Neurological system	39:45

Nursing Assistant Lesson 58

Assisting with Ambulation (2001)

Lesson Length - 26:52

Lesson Topics	Starts At:
Introduction	:15
General Considerations	1:07
Body mechanics	3:02
Transferring	5:50
Use a safety belt.....	6:22
Helping a patient stand	8:34
Review.....	11:00
Ambulation	11:40
Standby assist ambulation	14:06
Falling	16:26
Walker	18:06
Cane	20:22
Crutches	22:37

Nursing Assistant Lesson 59

Transfer Techniques (2001)

Lesson Length - 34:40

Lesson Topics	Starts At:
Definition	:12
Body mechanics	1:15
Safety during transfers	4:00
Transfer Demonstrations	9:25
Dangling	11:33
Technique	13:13
Pivot transfer	16:25
Pivot transfer with disc	23:00
Two-person assist	24:55
Slide board	26:49
Cart/stretchers	29:25

Nursing Assistant Lesson 60

Range-of-Motion Exercises (2001)

Lesson Length - 23:55

Lesson Topics	Starts At:
Introduction	:16
To remain healthy, the body must be active	:39
Guidelines to follow when performing	2:29
Terms that describe how joints are moved	5:33
Demonstrations	8:09
Shoulder	11:17
Wrist and forearm	14:52
Lower extremity	17:29
Leg	18:55
Hip	20:28

Nursing Assistant Lesson 61

Positioning (2002)

Lesson Length - 26:58

Lesson Topics	Starts At:
Introduction	:13
Importance of positioning	2:10
Preparation/safety	4:23
Basic body positions	10:27
Body alignment	11:00
Extra care measures with position change	12:20
Demonstrations	14:52
Placing in supine position	14:56
Placing in Fowler's position/sitting position	16:23
Orthopneic position	17:28
Log Rolling	18:20
Placing in lateral/side-lying position	20:09
Placing in prone position.....	21:49
Positioning in wheelchair	23:58
Final assessment	25:05

Nursing Assistant Lesson 62

Supportive and Orthotic Devices (2001)

Lesson Length - 30:04

Lesson Topics	Starts At:
Introduction	:13
Supportive equipment	:44
Orthoses	6:54
Hemitray, arm trough, strap sling	7:20
Splints	13:28
Hand rolls	18:49
Ankle/foot orthosis	22:45
Lower extremity prosthesis	24:39
Guidelines for use of prosthetic/orthotic devices	28:22

Nursing Assistant Lesson 63

What is Rehabilitation? (2001)

Lesson Length - 27:28

<hr/> Lesson Topics	<hr/> Starts At:
Movie: “Meeting the Challenge: Starting Now”	:12
Interdisciplinary team	20:00
Goal of rehabilitation	20:49
Role of health care assistant	21:19
Client care plans	23:27
Adaptive equipment	24:57

Nursing Assistant Lesson 64

Developmental Disabilities (2004)

Lesson Length - 22:34

Lesson Topics	Starts At:
Introduction	:11
Physical and mental conditions	1:20
Developmental disabilities affect different aspects	2:22
Characteristics of developmental disability	2:32
Occurrence of developmental disabilities	3:25
Prevention of developmental disabilities	6:40
Functional Skills	8:50
Teaching strategies	12:00
Teaching methods (demonstrations)	14:06
Teaching loops- encourages client success	20:04

Nursing Assistant Lesson 65

Neurological Disorders (2004)

Lesson Length - 17:16

Lesson Topics	Starts At:
Introduction	:12
Stroke	2:05
Signs of a new stroke or TIA	2:50
Nursing Care	4:45
Multiple Sclerosis (MS)	6:05
Symptoms	7:08
Nursing care	8:15
Parkinson's Disease (PD)	9:35
Symptoms	10:12
Nursing Care	10:30
Dementia	11:29
Spinal Cord Injury	12:35
Symptoms	13:40
Nursing Care	14:15
Traumatic Brain Injury	15:22
Symptoms	15:34
Nursing Care	16:00

Nursing Assistant Lesson 66

Cardiovascular Diseases (2004)

Lesson Length - 28:59

Lesson Topics	Starts At:
Cardiovascular functions	:12
Components	:58
Changes with age	4:16
Disorders of the blood vessels	5:26
Arteriosclerosis (hardening of the arteries)	5:31
Varicose veins	7:11
Cerebral vascular accident (CVA)	8:21
High blood pressure (hypertension)	11:40
Disorders of the heart	12:57
Care of the patient with cardiovascular disease	18:04
Prevention of cardiovascular disease	23:20

Nursing Assistant Lesson 67

Managing Arthritis (2004)

Lesson Length - 15:03

Lesson Topics	Starts At:
Introduction	:13
Arthritis management	2:05
Care of the patient with arthritis in health facility	7:42
Joints and muscles must be used frequently	8:41
Shoulder flexion	9:37
Other shoulder motions	10:25
Upper extremity motions	10:46
Lower extremity motions	11:16
Positioning	12:35

Nursing Assistant Lesson 68

Diabetes Mellitus (2004)

Lesson Length - 14:39

Lesson Topics	Starts At:
Introduction	:14
Normal metabolism	1:11
Definition	1:40
Symptoms of diabetes	2:11
Types of diabetes	2:46
Diabetes management	5:55
Complications of diabetes	7:22
Caring for the diabetic patient	10:44

Nursing Assistant Lesson 69

Cancer Care (2004)

Lesson Length - 29:51

Lesson Topics	Starts At:
Cancer	:14
Risk factors	2:08
Causes	3:06
Cancer prevention	4:16
Seven warning signs	6:22
Treatment	7:47
Chemotherapy	8:14
Radiation therapy	11:28
Surgery	12:50
Biotherapy	13:08
Palliative care	14:04
Mental and emotional needs	14:58
Patient Perspective	16:40

Nursing Assistant Lesson 70

Hearing Loss (2004)

Lesson Length - 32:17

Lesson Topics	Starts At:
Introduction	:13
Unfair hearing test	2:20
Statistics	3:48
Description of hearing loss	4:33
Signs of hearing loss	7:30
Common emotional reactions	8:32
Audiologist	10:19
Hearing aids	11:50
Communication strategies (hard of hearing)	19:22
Deaf communication strategies	24:40
Assistive devices	26:37
Ear protection	31:02

Nursing Assistant Lesson 71

Vision Impairments and Blindness (2004)

Lesson Length - 23:42

Lesson Topics	Starts At:
Introduction	:13
Meaning of vision impairment	2:10
Myths about vision loss and blindness	2:29
Signs of visual loss	4:28
Most common causes of visual impairments	5:10
Caregiver responsibilities	7:08
Daily living skills	8:39
Aids and appliances	10:28
Orientation and mobility skills	11:52
Protective techniques	16:09
Trailing	17:09
Orientation skills	17:43
Travel with white cane	19:11
Glare and contrast	20:02
Environmental precautions	21:11
Resources and technical assistance	22:29

Nursing Assistant Lesson 72

Speech and Language Disorders (2004)

Lesson Length - 12:18

Lesson Topics	Starts At:
Introduction	:11
Speech/language disorders	1:03
Frequency of disorders	1:20
Speech production	2:30
Common causes of speech/language disorders	3:20
Aphasia	3:51
Communication assistive devices	5:45
Guidelines for effective communication	6:24
Swallowing disorders (dysphagia)	7:35
Swallowing guidelines	10:16

Nursing Assistant Lesson 73

What is Dementia? (2001)

Lesson Length - 30:04

Lesson Topics	Starts	At:
What is dementia?		:18
There are two types of dementia.....		1:28
Memory, thinking and language skills		2:15
Personality, ADL, and relationship changes		5:10
Reversible dementia		8:42
Irreversible dementia		14:25
Alzheimer's Disease		17:05
Theories on the cause of Alzheimer's		20:10
Progression of the disease		21:10
Early stage		22:20
Middle stage		24:15
Late Stage		26:33

Nursing Assistant Lesson 74

Environment and Activities (2004)

Lesson Length - 23:02

Lesson Topics	Starts At:
Introduction	:14
Ways to decrease boredom, confusion, and loneliness	1:18
Activities are part of our day	2:10
Building on memories	5:40
Reflect residents' interests and lifestyle	7:40
Activities that restore sense of self/self worth	8:20
Adapting the environment	10:05
Main concerns in physical environment	12:37
Activities for dementia resident	16:25
Activity program guidelines	18:18
Sundowning	21:05

Nursing Assistant Lesson 75

Nursing Assistant Caregiver (2004)

Lesson Length - 27:53

<hr/> Lesson Topics	<hr/> Starts At:
Introduction	:11
Causes of stress	1:10
Challenges for the family	5:04
Emotions experienced by caregivers	8:36
Ways for caregivers to cope panel discussion	10:35

Nursing Assistant Lesson 76

Mealtime Interventions (2002)

Lesson Length - 30:08

Lesson Topics	Starts At:
Introduction	:12
Problem behaviors	1:45
Distractions	2:05
Inappropriate actions	4:20
Not opening mouth/initiating eating	8:35
Difficulty/inability feeding self	13:10
Caregiver responsibilities	17:45
Resident preparation	17:55
Correct tray and table set up	19:34
Meal time monitoring	21:55
Feeding clients	23:26
Report and record	27:32

Nursing Assistant Lesson 77

Working with Behavioral Challenges

(2004)

Lesson Length - 36:10

<hr/> Lesson Topics	Starts At:
Introduction	:13
Disease process	1:11
Common behaviors	5:38
Approach to dementia patients	7:40
Mental and physical health changes and behavior	8:40
Environmental influences on behavior	11:55
Successful caregiving	16:55
Causes of behavior	19:05
Helpful hints	22:26
Communication techniques	26:23
Task breakdown	30:29
Maintain dignity	31:54

Nursing Assistant Lesson 78

Family Support and Community Resources (2004)

Lesson Length - 7:00

Lesson Topics	Starts At:
Introduction	:15
Community resources	:59
Care at home	2:22
Options for care	3:33
Family members	5:06

Nursing Assistant Lesson 79

Overview of Home Health Care (2004)

Lesson Length - 25:46

Lesson Topics	Starts At:
Introduction	:11
Uniqueness of home health care	2:19
Home health care providers	3:31
Home health care team	7:13
Working in home health care	7:42
Responsibilities of home health aid (HHA)	11:56
Qualities and characteristics of home health aide	15:45
Home environment	19:50
Reporting and recording	23:17

Nursing Assistant Lesson 80

Home Visit (2004)

Lesson Length - 20:53

Lesson Topics	Starts At:
Introduction	:12
Home Health Bill of Rights	1:10
Confidentiality	2:13
Home Visit	4:22
Personal safety	4:30
Infection control	5:50
Safety hazard prevention.....	8:29
Emergency care	9:32
Time management skills	11:53
Adapting care to the home	15:15
Restorative care	18:04