**State-Approved Curriculum NURSE AIDE I TRAINING PROGRAM**

Table of Contents

A seal of the state of north carolina



**July 2024**





DN.C. DivisionHof Health SService RRegulation

North Carolina Department of Health and Human Services

Division of Health Service Regulation

North Carolina Education and Credentialing Section

NCDHHS is an equal opportunity employer.

# TABLE OF CONTENTS

**INTRODUCTION**

Nurse Aide I Training Requirements i

Directions for use of Nurse Aide Curriculum iv

Acknowledgments vii

# FOUNDATIONS OF CARE

Module AA Measurement AA

Teaching Guide ..2-AA

Definition List ..7-AA

Curriculum ..11-AA

Activities ..39-AA

Module A The Nurse Aide I A

Teaching Guide .. 2-A

Definition List .. 3-A

Curriculum .. 5-A

Activity .. 20-A

Module B Infection Prevention B

Teaching Guide .. 2-B

Definition List .. 4-B

Curriculum .. 7-B

Activities .. 24-B

Module C The Resident’s Environment: Safety and Emergency C

Teaching Guide .. 2-C

Definition List .. 4-C

Curriculum .. 5-C

Module D Communication D

Teaching Guide .. 2-D

Definition List .. 4-D

Curriculum .. 5-D

Handouts .. 12-D

Module E Law and Ethics E

Teaching Guide .. 2-E

Definition List .. 4-E

Curriculum .. 6-E

Handouts .. 15-E

Module F Dignity F

Teaching Guide .. 2-F

Definition List .. 4-F

Curriculum .. 5-F

Module G Basic Restorative Care G

Teaching Guide ..2-G

Definition List ..4-G

Curriculum ..5-G

Module H Body Systems H

Teaching Guide .. 2-H

Definition List .. 6-H

Curriculum .. 18-H

Alternative Instruction…………………………………..……………………..23-H

Activity .. 59-H

Module I Body Mechanics I

Teaching Guide .. 2-I

Definition List .. 4-I

Curriculum .. 5-I

Activity .. 12-I

Module J Nutrition and Fluids J

Teaching Guide ..2-J

Definition List ..4-J

Curriculum ..6-J

Handouts ..16-J

Activities ..23-J

Module K Restraint, Elimination, Reduction, Appropriate Use K

Teaching Guide .. 2-K

Definition List .. 4-K

Curriculum .. 5-K

Module L Communicating with the Health Care Team L

Teaching Guide .. 2-L

Definition List .. 4-L

Curriculum .. 5-L

Module M The Interdisciplinary Care Plan M

Teaching Guide .. 2-M

Definition List .. 3-M

Curriculum .. 5-M

Activity ..12-M

Module N Incident Report N

Teaching Guide .. 2-N

Definition List .. 3-N

Curriculum .. 4-N

Activity .. 7-N

Module O Critical Thinking O

Teaching Guide ..2-O

Definition List ..4-O

Curriculum ..5-O

Module P Family and Family Support P

Teaching Guide .. 2-P

Definition List .. 3-P

Curriculum .. 4-P

Module Q Person-centered Care Q

Teaching Guide ..2-Q

Definition List ..4-Q

Curriculum ..5-Q

Activities .10-Q

Module R Cognitive Changes Due to Aging R

Teaching Guide .. 2-R

Definition List .. 3-R

Curriculum .. 4-R

Activity .. 9-R

Module S Psychological Effects of Aging S

Teaching Guide .. 2-S

Definition List .. 3-S

Curriculum .. 4-S

Activity .. 19-S

Module T Dementia and Alzheimer’s Disease T

Teaching Guide .. 2-T

Definition List .. 4-T

Curriculum .. 6-T

Module U Mental Health and Mental Illness U

Teaching Guide .. 2-U

Definition List .. 3-U

Curriculum .. 5-U

Module V Pain V

Teaching Guide .. 2-V

Definition List .. 4-V

Curriculum .. 5-V

Handout .. 13-V

Activity .. 14-V

Module W End of Life Care W

Teaching Guide .. 2-W

Definition List .. 3-W

Curriculum .. 5-W

Activity .. 14-W

# THREADS OF CARE

Module Z Teaching Guide .. 2-Z

Content

Complete Bed Bath .. 6-Z

Dressing and Undressing .10-Z

Pericare .13-Z

Making an Occupied Bed .. 16-Z

Foot Care .. 19-Z

Fingernail Care .. 22-Z

Mouth Care .. 23-Z

Handwashing .. 32-Z

Personal Protective Equipment .. 36-Z

Measuring and Recording Vital Signs .. 40-Z

Measuring and Recording Height and Weight .. 44-Z

Collecting Routine Urine Specimen .. 46-Z

Assisting with Use of Bathroom: Measuring/Recording

Urinary Output .. 49-Z

Providing Catheter Care and Emptying Urinary Drainage Bag .. 53-Z

Assisting with Dining/Feeding Resident and Measuring/Recording Intake .. 56-Z

Range of Motion Exercises .. 61-Z

Transferring from Bed to Wheelchair .. 64-Z

Moving Up in Bed Using Turning Sheet and Positioning

Resident on Side .. 68-Z

Assisting with Ambulation .. 71-Z

Applying Restraints .. 74-Z

Applying Anti-embolism (Elastic) Stockings .. 78-Z

Teaching Tip Attachments, Activities .. 81-Z