

NC Department of Health and Human Services

NC Home Care Aide Curriculum

Module 1

History of Home Care

July 2021

Objectives

- 1. Understand the history of home care/home health**
- 2. Identify the different disciplines involved in home care**
- 3. Describe the role of the nurse aide in home care**
- 4. Recognize supervision requirements for the nurse aide in home care**

MODULE 1-A

THE STORY OF HOME CARE/ HOME HEALTH CARE

HISTORY OF HOME CARE/HOME HEALTH

Throughout history, family members have provided health care to their ailing relative in their own home.



HOME CARE

Health care brought to a temporary or permanent home of an individual in order to **maintain or restore** an individual's health and well-being

Home Care Agency

Help with daily activities such as bathing, toileting, dressing and grooming, house cleaning and other chores, meal preparation, companionship and medication reminders, to **support** individuals to live safely at home

Home Health Agency

Health care services such as nursing, physical, occupational, and speech therapy, and nurse aide, provided at home to treat a chronic health condition or help an individual **recover** from illness, injury or surgery

COMPARE HOME CARE AND HOME HEALTH AIDES

Home Care Aide - *employed by a Home Care agency that does not provide skilled care and does not bill Medicare; often the role of the aide is personal care, meal prep and home management tasks; the Home Care Aide typically spends more time in a home than the Home Health Aide*

Home Health Aide - *employed by a Home Health agency that provides skilled care and bills Medicare; often the role of the aide is a bath and other personal care tasks and vital signs; the Home Health Aide typically spends less time in a home than the Home Care Aide*

Growth of Home Care

Why is home care growing so much and so fast?

- **There is a need for affordable care at home**
- **People are living longer**
- **Hospitals are motivated to move patients in and out quickly with continued care at home**



MODULE 1-B

DISCIPLINES INVOLVED IN HOME CARE

Basic Procedure for Admitting New Patient

Each home care agency is different, but all share similar methods of operation

- **Initial contact**
- **Assessment**
- **Care plan development may include multiple disciplines as needed**
- **Service coordination and implementation**
- **Discharge**



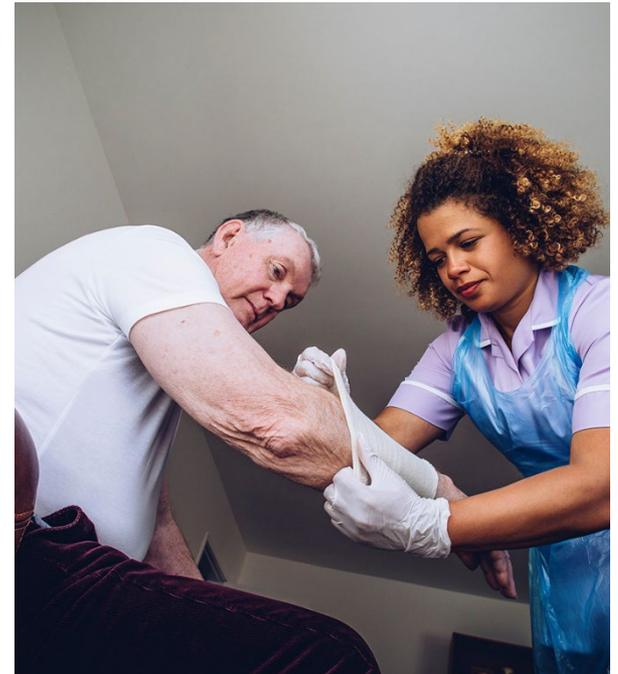
DISCIPLINES INVOLVED IN HOME CARE

Home care/home health agencies vary in what disciplines or services they can provide to patients



DISCIPLINES IN HOME HEALTH (1)

- **RN (Registered Nurse)**
- **Community Health/Public Health Nurse**
- **LPN (Licensed Practical Nurse)**
- **NA (Nurse Aide)**



DISCIPLINES IN HOME HEALTH (2)

- **PT – Physical Therapist**
- **OT – Occupational Therapist**
- **RT – Respiratory Therapist**
- **ST – Speech/Language Pathologist**



DISCIPLINES IN HOME HEALTH (3)

- **CM – Case Manager**
- **SW – Social Worker**
- **MSW – Medical Social Worker**
- **RD – Registered Dietician**
- **Chaplin**



HOME HEALTH AIDE AND CARE TEAM (1)

HANDOUT 1



HOME HEALTH AIDE AND CARE TEAM (2)

Answers

- | | |
|------|------|
| 1. d | 6. c |
| 2. f | 7. g |
| 3. e | 8. b |
| 4. i | 9. h |
| 5. a | |



YOUR WORK

HOME HEALTH AIDE AND CARE TEAM (3)

HANDOUT 2

CASE SCENARIO ACTIVITY



HANDOUT 2 – CASE SCENARIO ACTIVITY

Answers/Discussion

- **RN:** Assessment of overall condition, blood draws to monitor how thin the blood is, patient and family education
- **PT:** Exercises, home evaluation for safety and equipment, lower extremity strengthening, teaching use of home equipment
- **OT:** Same as PT but upper extremity and focus on ADL's
- **Home Care Aide:** Personal care, respite for significant other, some IADL
- **Speech Therapy:** Assess swallowing – is thickener needed, assess aspiration risk; assess and provide intervention for communication issues
- **Chaplin:** For caregivers, the patient and his or her significant other and family and friends who love them – coping, spiritual support
- **Social Worker:** Long-term planning, Advanced Care Directives, community resources and planning

MODULE 1-C

THE NURSE AIDE ROLE IN HOME CARE

ACTIVITIES OF DAILY LIVING

The nurse aide may assist with Activities of Daily Living (ADL):

- **Bathing**
- **Grooming**
- **Dressing**
- **Toileting**
- **Feeding**
- **Ambulation/Exercises**



INSTRUMENTAL ACTIVITIES OF DAILY LIVING

The nurse aide may assist with Instrumental Activities of Daily Living (IADL):

- Light house cleaning
- Meal preparation
- Grocery shopping
- Laundry/linen
- Garbage disposal



ADDITIONAL ACTIVITIES

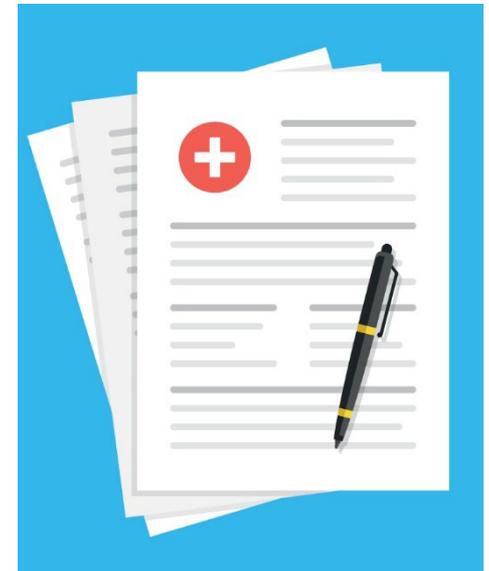
The nurse aide may assist with other activities:

- **Transfers and exercises prescribed by therapist**
- **Measure vital signs**
 - **Temperature**
 - **Pulse**
 - **Respirations**
 - **Blood pressure**



PATIENT CARE PLAN

- **Nurse or case manager develops patient's care plan**
- **Nurse aide visits or hours each day or week based on patient's care plan**
- **Nurse aide provides personal care and housekeeping services specified by nurse aide supervisor**
- **Nurse aide follows patient's care plan closely**



FLEXIBILITY AND RESPONSIBILITIES



Being a nurse aide requires a certain level of flexibility and comes with other responsibilities

TASKS OUTSIDE THE NURSE AIDE ROLE

- **Administering medication**
- **Insertion or removal of tube from patient's body unless competency validated**
- **Any task outside the nurse aide scope of practice**
- **Diagnosing or prescribing medications or treatments**
- **Informing patient or family about patient's diagnosis or treatment plan**

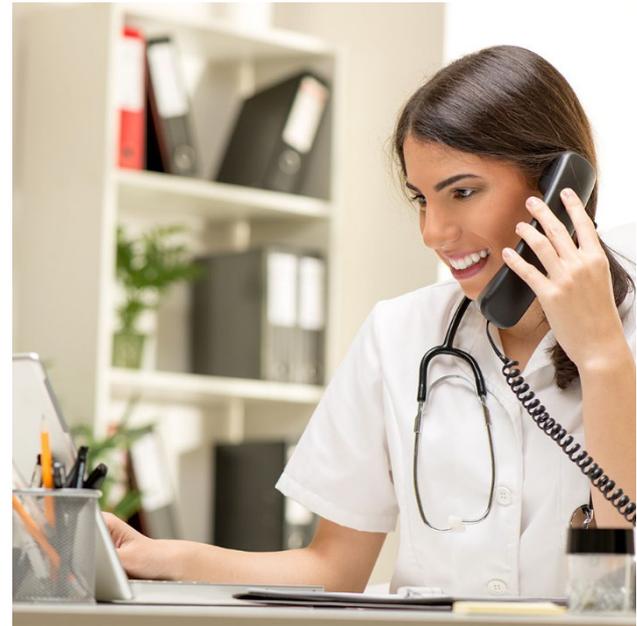
MODULE 1-D

SUPERVISION OF THE NURSE AIDE

SUPERVISION OF THE NURSE AIDE (1)

Nurse aide supervisors have multiple responsibilities in a home care agency

- **Medicare/Medicaid**
- **Continuing Education**
- **OSHA**
- **Licensure**
- **NCBON**
- **NC Nurse Aide Registry**



SUPERVISION OF THE NURSE AIDE (2)

Nurse aide supervisors have multiple responsibilities in a home care agency

- Ensure that all criteria for employees is being met**
- Observe nurse aide in patient's home while providing care to that patient**
- Ensure nurse aide works under supervision of RN or other professional as appropriate**
- Ensures that supervision of the nurse aide occurs at ALL TIMES, not just when supervisor is in the home**

SUPERVISION OF THE NURSE AIDE (3)

HANDOUT 3

Nurse Aide Competency/Skills Validation



Delegation of Tasks to a Nurse Aide

The supervisor is responsible for delegating tasks to the nurse aide



SUPERVISION OF THE NURSE AIDE (1)

- **Each agency will have its own procedures and rules for how often a nurse aide needs supervision or in what capacity.**
- **It is the responsibility of the agency to know its supervision requirements, and it is the responsibility of the nurse aide to comply and cooperate with supervision activities.**



SUPERVISION OF THE NURSE AIDE (2)

- For more information on items discussed in this module, please visit:

- OSHA: www.osha.gov

- NC Board of Nursing: www.ncbon.com

- DHSR: <https://www.ncdhhs.gov/divisions/dhsr>