



CABINET FOR HEALTH AND FAMILY SERVICES
DEPARTMENT FOR MEDICAID SERVICES

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Janie Miller
Secretary

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Acting Commissioner

December 22, 2010

TO: Nursing Facility (12) Providers
Provider Letter A-245

RE: Revisions to Nurse Aide Training Program Manuals

Dear Medicaid Provider:

Please see the enclosed updated items regarding revisions to the Nurse Aide Training Program Manuals.

- Kentucky Medicaid Nurse Aide Curriculum Guidelines, 2010 edition
- Attachment 1: Information from Elsevier regarding purchasing the new 6th edition textbooks
- Attachment 2: Changes in the 2010 Testing Procedures Manual and Study Guide, Page 26

The 6th edition of the Mosby's Textbook for Long Term Care Assistants by Sorrentino and Godek will be available from Elsevier December 25, 2010. The mandatory implementation date for this new edition is March 1, 2011. It is acceptable to begin using the new 6th edition prior to the mandatory implementation date. Attachment 1 contains detailed information explaining how to order the new textbook and workbook, as well as how to return unopened 5th edition textbooks, so your facility may receive credit for these items.

The implementation date of the updated Testing Procedures Manual and Study Guide, Page 26, Giving Male Perineal Care, is February 1, 2011. Please continue to teach all skills appropriately. If you have any questions, please contact Vicki Barber, R.N., N.C.C. at (502) 564-5707, Division of Healthcare Facilities Management, Long Term Care Branch, Monday through Friday, 8:00 a.m. until 4:30 p.m. (eastern-time).

Sincerely,

Neville Wise
Acting Commissioner

Enclosure(s)

NWS:BAK:1014

Kentucky Medicaid Nurse Aide

Curriculum Guidelines

Kentucky Community and Technical College System

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MEDICAID NURSE AIDE CURRICULUM GUIDELINES

- I. INTRODUCTION: The 1987 Omnibus Reconciliation Act (OBRA) mandates education and competency evaluation for all nurse aides employed by nursing facilities in all states. This Kentucky Medicaid Nurse Aide Curriculum Guide meets the course requirements of the applicable Medicaid regulation (42 CFR 483.152). This seventy-five (75) hour nurse aide training program includes a minimum of sixteen (16) hours of supervised clinical instruction.

- II. Sixteen (16) hours of training in the following areas are required prior to any direct contact with the resident:
 - A. Communication and interpersonal skills
 - B. Infection control
 - C. Safety/emergency procedures, including clearing the obstructed airway - conscious adult
 - D. Promoting resident's independence
 - E. Respecting resident's rights
 1. providing privacy and maintenance of confidentiality
 2. promoting the resident's right to make personal choices to accommodate their needs
 3. giving assistance in resolving grievances and disputes
 4. providing needed assistance in getting to and participating in resident and family groups and other activities
 5. maintaining care and security of resident's personal possessions
 6. promoting the resident's right to be free from abuse, mistreatment, and neglect, and the need to report any instances of such treatment to appropriate facility staff
 7. avoiding the need for restraints in accordance with current professional standards

- III. The remaining theory/lab hours include the following:
 - A. Personal care skills
 1. transfers, positioning, and turning
 2. caring for the resident's environment
 3. bathing
 4. grooming, including mouth care
 5. dressing
 6. skin care
 7. bedmaking
 8. assisting with eating and hydration
 9. proper feeding techniques
 10. toileting, including specimen collection

- B. Basic nursing skills
 - 1. taking and recording vital signs
 - 2. measuring and recording height and weight
 - 3. recognizing abnormal changes in body functioning and the importance of reporting such changes to a supervisor

- C. Mental health and social service needs
 - 1. modifying aide's behavior in response to resident's behavior
 - 2. awareness of developmental tasks associated with the aging process
 - 3. how to respond to resident behavior
 - 4. allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity
 - 5. using the resident's family as a source of emotional support

- D. Care of cognitively impaired residents
 - 1. techniques for addressing the unique needs and behaviors of individuals with dementia
 - 2. communicating with cognitively impaired residents
 - 3. understanding the behavior of cognitively impaired residents
 - 4. appropriate responses to the behavior of cognitively impaired residents
 - 5. methods of reducing the effects of cognitive impairments

- E. Basic restorative services
 - 1. training the resident in self-care according to the resident's abilities
 - 2. use of assistive devices in transferring, ambulation, eating, and dressing
 - 3. maintenance of range of motion
 - 4. proper turning and positioning in bed and chair
 - 5. bowel and bladder training
 - 6. care and use of prosthetic and orthotic devices

- F. Caring for residents when death is imminent

	TITLE	CHAPTER	TIME
II.	A. Communication and interpersonal skills	1, 2, 3, 4 , 5, 6, 8	6.0 hrs
	B. Infection control	15	3.0 hrs
	C. Safety/emergency procedures, including clearing the obstructed airway - conscious adult	12, 13, 14 & 47	3.0 hrs
	D. Promoting resident's independence	8 & 10	2.0 hrs
	E. Respecting resident's rights	2	2.0 hrs

This completes the requirements of 16 hours theory before the student can have direct contact with a resident.

III.	A. 1. Transfers, positioning, and turning	16 & 17	3.0 hrs
	2. Caring for the resident's environment	18 & 27	1.0 hr
	*3. Bathing, including mouth care	20	10.0 hrs
	*4. Grooming	21	
	*5. Dressing	21	
	*6. Skin care	17, 20, 35, & 36	
	7. Bed making	19	4.0 hrs
	**8. Assisting with eating and hydration	24	2.0 hrs
	**9. Proper feeding techniques	24	
	10. Toileting	22, 23, & 33	4.0 hrs

TITLE		CHAPTER	TIME
III. B.	1. Taking and recording vital signs	31	8.0 hrs
	2. Measuring and recording height and weight	34	1.0 hr
	3. Recognizing abnormal changes in body functioning and the importance of reporting such changes to a supervisor	27, 28, 34 - 42	2.0 hrs
*III. A. 3, 4, 5, and 6 are to be taught in 10 hours.			
**III. A. 8 and 9 are to be taught in 2 hours.			
*III. C.	1. Modifying aide's behavior in response to resident's behavior	2, 8, 10, 11, 43 & 44	4.0 hrs
	2. Awareness of developmental tasks associated with the aging process		
	3. How to respond to resident behavior		
	4. Allowing the resident to make personal choices, providing and reinforcing other behavior consistent with the resident's dignity		
	5. Using the resident's family as a source of emotional support		

TITLE	CHAPTER	TIME
*III. D. 1. Techniques for addressing the unique needs and behaviors of individuals with dementia 2. Communicating with cognitively impaired residents 3. Understanding the behavior of cognitively impaired residents 4. Appropriate responses to the behavior of cognitively impaired residents 5. Methods of reducing the effects of cognitive impairments		
*III C. and D. are found in chapters 2, 8, 10, 11, 43 & 44 and are to be taught in 4 hours.		
*III. E. 1. Training the resident in self-care according to the resident's abilities 2. Use of assistive devices in transferring, ambulation, eating, and dressing 3. Maintenance of range of motion 4. Proper turning and positioning in bed and chair 5. Bowel and bladder training 6. Care and use of prosthetic and orthotic devices	22 (Bladder Training) 23 (Bowel Training) 26 (Range-of-motion exercises) & 46 46	2.0 hrs
III. F. Caring for residents when death is imminent	48	2.0 hrs

*III. E. is found in chapters 22, 23, 26 & 46 as noted above and the total time is 2 hours.

Chapter 9 "Body Structure and Function" needs to be integrated as it relates to content.

A minimum of three (3) multiple choice tests are required. All tests must be averaged and a 70% minimum average is required.

Required texts for students and instructors:

Sorrentino, S. A. and Gorek, B. (2010). *Mosby's textbook for long-term care nursing assistants (6th ed.)*. St. Louis, MO: Mosby- Elsevier, Inc.
Kelly, R. (2010). *Mosby's workbook for long-term care assistants (6th ed.)*. St. Louis, MO: Mosby-Elesvier, Inc.
Kentucky Community and Technical College System (2007). *Kentucky Medicaid Nurse Aide Testing Procedures Manual and Study Guide*.

Resource materials for teachers:

- (1) Mosby has an instructor website: <http://evolve.elsevier.com> with many great resources. Registration and verification of instructor status required
- (2) *Instructor's resource manual: Mosby's textbook for long-term care nursing assistants (6th ed.)*. St. Louis, MO: Mosby-Elsevier, Inc.
- (3) The Federal Law related to Nurse Aide Training and Competency Evaluation (42 USC 1396r) and the Federal Regulation (42 CFR 483.152) can be found at <http://www.gpoaccess.gov>.
- (4) The Kentucky Administrative Regulation (907 KAR 1:450) about nurse aide training and the registry can be found at <http://www.lrc.ky.gov>.
- (5) The Kentucky Department for Medicaid Services Program Manual can be found at <http://chfs.ky.gov/dms/incorporated.htm> and scrolling down to 907 KAR 1:450.

NOTE: Compliance with all applicable regulations is the responsibility of the instructor and program administrators.

Textbook for Long Term Care Nursing Assistants by Sorrentino & Gorek, 6th Edition

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ISBN #'s for individually priced textbooks:

Mosby's Textbook Long-Term Care Nursing Assistants 6th ed. ISBN #: 978-0-323-07583-1 (\$57.95)

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Education Support:

TEACH Instructor Resources and Program Guide: ISBN#: 978-0-323-07757-6 **Available January 2011**

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Changes in the 2010 Testing Procedures Manual and Study Guide—Effective February 1, 2011

The following procedure has been revised:

Page 26: GIVING MALE PERINEAL CARE

Revisions: Step # 7 - changed to “Apply soap to washcloth”

Step # 8 - changed to “Retract the foreskin if the person is uncircumcised. Grasp the penis”

These changes are **NOT** denoted as critical steps

GIVING MALE PERINEAL CARE

1. Knock before entering the room. Identify and greet resident. Explain procedure. Wash your hands. Provide for privacy.
2. Fill the wash basin with warm water.
- *3. Raise side rails. Raise bed to the best level for good body mechanics.
4. Lower the side rail nearest you. Position the resident on his back, drape with a bath blanket and remove top linen.
- *5. Put on disposable gloves.
6. Place a waterproof pad under buttocks.
7. Apply soap to a washcloth.
8. Grasp the penis. Retract the foreskin if the person is uncircumcised.
9. Clean the tip. Use a circular motion. Start at the urethra, and work outward. Repeat as needed. Use a clean part of the washcloth each time.
10. Rinse the area with another washcloth.
11. Return the foreskin to its natural position.
12. Clean the shaft of the penis. Use firm downward strokes away from the urinary meatus. Rinse the area.
13. Help the person flex his knees and spread his legs. Or help him spread his legs as much as possible with knees straight.
14. Clean the scrotum. Rinse well. Observe for redness and irritation in the skin folds.
15. Pat the penis and scrotum dry.
16. Help him lower his legs, cover him, and turn him onto his side away from you. Fold the bath blanket back between his legs.
17. Wash, rinse, and pat dry the anal area. Wash from the scrotum to the anus with 1 stroke.
18. Remove the waterproof pad.
- *19. Remove and discard gloves.
20. Cover the resident with top linen and remove bath blanket.
- *21. Raise side rail. Lower bed. Lower side rail. Attach signal light within resident's reach.
22. Wash hands and report and record observations.

*** Denotes Critical Step**