



AMERICAN RIVER COLLEGE
ALLIED HEALTH DEPARTMENT
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**HOME HEALTH AIDE (HHA)
NURSE 101**

COURSE OBJECTIVES

To expand previously learned certified nurse assistant theory information to incorporate the holistic care and health needs of the elderly homebound person. NURSE 101 is a 40-hour add-on course after successful completion of a Department of Health Services (DHS) approved Certified Nurse Assistant (CNA) program. Students who successfully complete the course will receive a Certificate of Completion issued by the instructor. The course will also prepare the student for the State of California certification as a Home Health Aide.

COURSE UNITS: 2.0 Units

COURSE PREREQUISITES

1. Proof of successful completion of a DHS approved CNA course or
2. Copy of current, active status CNA Certificate
3. TB test within the last *six months* OR a chest X-ray within one year prior to entrance into NURSE 101
4. Physical exam within one year prior to entrance into NURSE 101

MAJOR UNITS OF INSTRUCTION

Instruction will include the role and responsibilities of the home health aide on the following topics:

1. Food purchasing, storing, and light meal preparation
2. Cleaning and care tasks in the home
3. Personal care services
4. Interpretation of medical and social needs

MANDATORY COURSE HOURS

The State of California Department of Health Services mandates a minimum of 27 hours of theory in a classroom setting and 27 hours of clinical experience in an assisted living facility.

AFTER SUCCESSFUL COMPLETION OF NURSE 101, the nurse assistant student will receive:

1. Certificate of Completion from the instructor
2. Home Health Aide certification from the State of California