



AMERICAN RIVER COLLEGE
4700 COLLEGE OAK DRIVE
SACRAMENTO, CA 95841-4217
www.arc.losrios.edu

AMERICAN RIVER COLLEGE DOES
NOT DISCRIMINATE ON THE BASIS OF
AGE, COLOR, CREED, DISABILITY,
MARITAL STATUS, VETERAN STATUS,
NATIONAL ORIGIN, RACE OR SEX.

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 54-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 student will receive a Home Health Aide certificate from the State of California.

COURSE UNITS: 2.0 Units

COURSE PREREQUISITES

1. Successful completion of:
ESLW 40, ESLR 40, and ESLL 40, **OR**
ENGWR 51 and ENGRD 15, **OR**
Possession of an AA/AS or higher college degree **OR**
Placement by ARC Assessment Center
2. Photocopy of current, active status California Nurse Assistant Certificate **OR**
3. Proof of successful completion of a DHS approved California Certified Nurse Assistant course, signed and dated by instructor
4. Negative PPD results within the last *six months* **OR** a chest X-ray with inactive TB within one year prior to entrance into NURSE 101 **AND**
5. Physical exam within one year prior to entrance into NURSE 101. Health care provider must state that student is allowed to participate in clinical lab without limitation(s)/restriction(s).

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