



Home Health Aide 140 Hours

Overview

A Home Health Aide (HHA) may also be known as a Home Caregiver or Residential Assistant (RA). An HHA provides basic, personal care and health-related services to a variety of individuals (patients) who require more assistance than family and/or friends are able to provide. HHAs are part of a category of occupations that is commonly referred to as "direct care workers." The services/care that a Home Health Aide provides depends upon their specialty area.

If you've ever thought about becoming a home health aide, our in-depth curriculum could help you learn important fundamental, practical skills involved in a career as a home health aide. For each patient, an HHA is responsible for recording services performed, as well as the patient's condition and progress. They also record and report any changes in a patient's condition to the case manager or supervisor and also discuss observations with them.

The types of patients with whom a Home Health Aide may work include:

- the elderly
- physically disabled
- terminally ill
- convalescent persons
- hospice patients
- individuals with long-term illness
- adults with mental disabilities (e.g., Alzheimer's disease)
- children with mental illness

Outline

Home Health Aide Module 1 Becoming a Home Health Aide

- Development of Home Health Services
- Types of Home Care Workers
- Long-Term Care Facilities
- Skills and Qualities of the Home Health Aide
- Responsibilities of the Home Health Aide
- Understanding HIPPA
- Ethical Behavior
- Cultural Diversity
- Communication in the Workplace



- Effective Listening Skills
- Reporting & Documenting
- Common Hazards
- Safety Checklist
- Household Management
- Maintaining a Clean Home Environment
- Changing Bed Linens

Home Health Aide Module 2

Stages of Human Development

- Infancy to Adolescence
- Pregnancy & Delivery
- Normal Infant Growth and Development
- Common Childhood Illnesses
- Developmental Disabilities and Learning Disorders
- School-Aged Children
- Adolescence
- Early Adulthood
- Middle Adulthood
- The Aging Population
- Physical Changes Due to the Aging Process
- Pain & Medication

Home Health Aide Module 3

Preventing the Spread of Infectious Diseases & Understanding Health

- Principles of Infection Control
- Causes of Physical Illnesses
- Infection Control Measures
- Personal Protective Equipment
- Transmission-Based Precautions
- From Wellness to Illness
- Internal Health
- Observing Signs and Symptoms
- Vital Signs
- Dangers of Extreme Body Temperature
- Understanding Emotions
- The Effects of Stress
- Mental Disorders
- Effects of Emotions on Health



Home Health Aide Module 4

Body Systems and Common Disorders - Part 1

- Digestive System
- Common Disorders of the Digestive System
- Nutrition
- Developing Good Eating Habits
- Diet Therapy
- Urinary System
- Common Disorders of the Urinary System
- Common Disorders of the Lower Intestines and Rectum
- Measuring and Recording Fluids
- Integumentary System
- Common Disorders of the Integumentary System
- Client Hygiene
- Personal Care and Grooming
- Musculoskeletal System
- Understanding Arthritis
- Principles of Good Body Mechanics
- Applying a Transfer or Gait Belt
- Turing or Moving a Client
- Transferring a Client from Bed to Wheelchair
- Emotional Aspects of Rehabilitation

Home Health Aide Module 5

Body Systems and Common Disorders - Part 2

- Nervous System
- Disorders of the Nervous System
- Circulatory System
- Disorders of the Heart and Circulatory System
- Applying Elasticized Stockings
- Disorders of the Blood
- Respiratory System
- Major Respiratory Illnesses
- Assisting with Cough and Deep-Breathing Exercises
- Reproductive System
- Common Disorders of hte Reproductive System
- Sexually Transmitted Diseases
- Endocrine System
- Hyperthyroidism and Hypothyroidism



- Diabetes Mellitus
- Testing Blood
- Diet, Exercise & Drug Therapy for Diabetes

Home Health Aide Module 6

Clients Requiring Special Care & Employment

- Caring for the Client Who Is Terminally Ill
- Hospice Program
- Advance Directives
- Stages of Grief
- Religious and Cultural Influences
- Caring for the Client with Alzheimer's Disease
- Alzheimer's Disease Behavioral Considerations
- Alzheimer's Disease Interventions
- Caring for the Client with Cancer
- Cancer Treatments
- Types of Cancer
- Maternal Care
- Discomforts of Pregnancy
- Complications of Pregnancy
- Postpartum Mothers
- Infant Care
- Employment & Job-Seeking Skills
- Contacting Prospective Employers
- The Job Interview

Course materials included.