

# NURSING SERVICES, 51.3900.00

## EXAMINE THE HEALTHCARE COMMUNITY AND THE ROLES AND RESPONSIBILITIES OF THE HEALTHCARE TEAM NUR.1.0

- 1 Identify essential functions, similarities, and differences of healthcare facilities (e.g., acute care, long-term care, assisted living, homecare, rehabilitation, hospice) NUR.1.1
- 2 Explain the organizational structure and essential duties, including the delegation process, of the healthcare team within a healthcare facility [e.g., physician, physician's assistant, RN, LPN, nursing assistant, nurse practitioner, discharge coordinator, home health aide, therapists (physical, occupational, respiratory)] NUR.1.2
- 3 Explain the role of the nursing assistant as outlined in regulatory and professional guidelines [e.g., Omnibus Budget Reconciliation Act (OBRA), Arizona State Board of Nursing Standards of Conduct (R4- 19-814), ethics in the workplace, informed consent, advanced directives] NUR.1.3
- 4 Demonstrate professional work habits and time management skills NUR.1.4

## DEMONSTRATE ETHICAL AND LEGAL CONDUCT IN ALL NURSING ACTIVITIES NUR.2.0

- 1 Examine ethical and legal issues and the standards for healthcare professions (e.g., nursing code of ethics, facility ethical protocol, appropriate legal documents) NUR.2.1
- 2 Explain state certification and renewal requirements including criminal conduct NUR.2.2
- 3 Identify the standards of conduct that the nurse assistant must maintain in his or her daily care of residents NUR.2.3
- 4 Examine the effect of personal ethics, morals, and values in nursing services NUR.2.4
- 5 Compare and contrast behaviors and practices that could result in malpractice, liability, or negligence NUR.2.5
- 6 Explain the Patient's Bill of Rights (e.g., right for privacy and confidentiality; right to be free from abuse, mistreatment, and neglect; right to be free from restraints; right to make personal choices; right to obtain assistance in resolving grievances and disputes; security of personal property) NUR.2.6

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- 7 Comply with legal, regulatory, and accreditation standards or codes such as the Health Insurance Portability and Accountability Act (HIPAA)** [NUR.2.7](#)
  - 8 Review methods and protocol for reporting instances or suspicion of abuse, mistreatment, or neglect** [NUR.2.8](#)
  - 9 Follow the standards for workers' rights, harassment, labor, and employment laws** [NUR.2.9](#)
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**APPLY STANDARD PRECAUTIONS AND INFECTION CONTROL MEASURES** [NUR.3.0](#)

- 1 Explain the infectious process and modes of disease transmission** [NUR.3.1](#)
  - 2 Examine the Center for Disease Control (CDC) and Prevention guidelines related to body substances and Standard Precautions (e.g., respiratory hygiene, exposure incidents, transmission-based precautions)** [NUR.3.2](#)
  - 3 Examine the Occupational Safety and Health Administration (OSHA) guidelines related to body substance and Standard Precautions (e.g., bloodborne pathogen and methods for reducing infection)** [NUR.3.3](#)
  - 4 Explain the general principles of asepsis (e.g., clean, medical, sterile, disinfection)** [NUR.3.4](#)
  - 5 Demonstrate the principles of hand hygiene** [NUR.3.5](#)
  - 6 Explain the isolation procedures** [NUR.3.6](#)
  - 7 Explain and demonstrate the use of Personal Protective Equipment (PPE)** [NUR.3.7](#)
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**APPLY PRINCIPLES OF BODY MECHANICS WHEN POSITIONING, TRANSPORTING, TRANSFERRING, AND AMBULATING RESIDENTS** [NUR.4.0](#)

- 1 Examine the effects of prolonged bed rest and/or restricted physical activity (e.g., muscle atrophy, arterial restriction, body alignment)** [NUR.4.1](#)
  - 2 Identify and use different techniques for positioning residents in bed (e.g., side lying, supine, prone, Sim's, high and low Fowler's, Trendelenburg, lithotomy, orthopedic, footboard)** [NUR.4.2](#)
  - 3 Identify and use assistive devices and techniques to aid in turning residents (e.g., logroll, draw sheet, move up in bed)** [NUR.4.3](#)
  - 4 Identify and use assistive devices and techniques to aid in ambulating residents (e.g., crutches, cane, walker, wheelchair, dangling, gait belt)** [NUR.4.4](#)
  - 5 Identify and use assistive devices and techniques to aid in transferring residents (e.g., gait belt, mechanical lifts, slide board, lift sheet, stretcher)** [NUR.4.5](#)
  - 6 Assist residents to transfer from bed to chair and chair to bed using pivot and ambulatory techniques** [NUR.4.6](#)
  - 7 Assist resident to ambulate with and without a gait belt** [NUR.4.7](#)
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**8 Demonstrate proper positioning of the resident in a wheelchair** NUR.4.8

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**9 Assist and care for the resident who is falling or who has fallen** NUR.4.9

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**10 Apply body mechanics and use safety procedures when positioning, transferring, transporting, turning and lifting residents** NUR.4.10

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**11 Determine the purpose and procedure for active and passive range of motion exercises** NUR.4.11

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**12 Identify and the purpose continuous passive motion (CPM) devices** NUR.4.12

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**PROVIDE BASIC EMERGENCY CARE** NUR.5.0

**1 Recognize emergency situations/changes in condition and notify appropriate personnel following protocol (e.g., asphyxia, stroke/TIA, anaphylaxis, seizure, poisonings, fainting, hemorrhage)** NUR.5.1

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**2 Demonstrate basic life support (CPR) at the minimum accepted standard of practice (e.g., compression, AED, breathing techniques)** NUR.5.2

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**3 Perform standard first aid skills (e.g., hemorrhage, shock, fainting, burns)** NUR.5.3

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**4 Perform abdominal thrusts for the choking victim** NUR.5.4

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**EXAMINE HUMAN BODY SYSTEMS FOR COMMON CONDITIONS, DISORDERS, AND CARE** NUR.6.0

**1 Describe the characteristics of homeostasis** NUR.6.1

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**2 Describe major body systems, organs, cell functions, anatomical terms, and tissues (e.g., nervous, connective, muscular, epithelial)** NUR.6.2

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**3 Use medical terminology as it relates to body systems and their functions** NUR.6.3

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**4 Identify the function, structure, common health problems, and age-related changes of the integumentary system (e.g., bruises, skin tears, rashes, decubitus ulcers, shingles, lice/scabies, gangrene)** NUR.6.4

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**5 Identify the function, structure, common health problems, and age-related changes of the musculoskeletal system (e.g., arthritis, osteoporosis, fractures, amputations, muscle atrophy, joint replacement)** NUR.6.5

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**6 Identify the function, structure, common health problems, and age-related changes of the nervous system (e.g., cerebral vascular accident, Parkinson's disease, dementia/Alzheimer's, spinal cord/head injuries, seizures, multiple sclerosis)** NUR.6.6

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**7 Identify the function, structure, common health problems, and age-related changes of the sensory system (e.g., cataracts, glaucoma, macular degeneration, hearing loss, neuropathy)** NUR.6.7

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**8** Identify the function, structure, common health problems, and age-related changes of the circulatory system (e.g., angina, myocardial infarction, coronary disease, congestive heart failure, hypertension) **NUR.6.8**

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**9** Identify the function, structure, common health problems, and age-related changes of the respiratory system (e.g., COPD, bronchitis, asthma, TB, pneumonia, oxygen therapy) **NUR.6.9**

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**10** Identify the function, structure, common health problems, and age-related changes of the gastrointestinal system (e.g., constipation/fecal impaction, gastroesophageal reflux disease, ulcers, hernias, gall bladder disease, diverticulitis, colon cancer, Crohn's disease, celiac disease) **NUR.6.10**

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**11** Identify the function, structure, common health problems, and age-related changes of the urinary system (e.g., renal failure, urinary tract infection, incontinence, kidney stones) **NUR.6.11**

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**12** Identify the function, structure, common health problems, and age-related changes of the endocrine system (e.g., diabetes mellitus, thyroid disease) **NUR.6.12**

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**13** Identify the function, structure, common health problems, and age-related changes of the reproductive system [e.g., BPH, prolapsed uterus, cancer, pregnancy-related conditions, endometriosis, sexually transmitted disease (STD)] **NUR.6.13**

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**COMMUNICATE  
EFFECTIVELY WITH EACH  
OTHER AND RESIDENTS  
AND REPORT MEDICAL  
INFORMATION USING  
MEDICAL  
TERMINOLOGY** **NUR.7.0**

**1** Use medical terminology to interpret and communicate information, data, and observations including sound alike and look alike terms **NUR.7.1**

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**2** Respond effectively to resident's behavior in a positive non-threatening manner **NUR.7.2**

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**3** Observe and describe resident's physical and emotional condition changes **NUR.7.3**

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**4** Communicate appropriately with residents who have sensory deficits (e.g., hearing, visual, and cognitively impaired; aphasic, and comatose; physically and verbally aggressive) **NUR.7.4**

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**MEASURE AND RECORD  
VITAL SIGNS** **NUR.8.0**

**1** Describe purpose, influencing factors (e.g., confused patient, infant, child), and procedures (e.g., digital, electronic, oral, rectal, axillary, tympanic) for measuring and recording temperature and report abnormal findings **NUR.8.1**

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**2** Describe purpose, influencing factors, and procedures for measuring and recording pulse rate (e.g., radial, apical, carotid, brachial) and report abnormal findings **NUR.8.2**

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- 3 Describe purpose, influencing factors, and procedures for measuring and recording respirations and report abnormal findings** [NUR.8.3](#)

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  - 4 Describe purpose, influencing factors, and procedures for measuring and recording blood pressure and report abnormal findings** [NUR.8.4](#)

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  - 5 Describe purpose, influencing factors, and procedures for measuring and recording height and weight (e.g., upright/standing, bed, chair scale) and report abnormal findings** [NUR.8.5](#)

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  - 6 Describe purpose, influencing factors, and procedures for measuring and recording oxygen saturation using an oximeter and report abnormal findings** [NUR.8.6](#)

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  - 7 Identify signs, symptoms, and behavior relative to pain and report abnormal findings** [NUR.8.7](#)

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  - 8 Record observations of changes in vital signs and report abnormal findings to licensed personnel according to protocol (e.g., tachycardia, bradypnea, arrhythmia, tachypnea, hypertension, pain)** [NUR.8.8](#)

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  - 9 Apply noninvasive pain relief measures within scope of practice and report abnormal findings** [NUR.8.9](#)
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**DEMONSTRATE  
PERSONAL CARE AND  
GROOMING WITH  
CONSIDERATION TO  
CULTURAL AND  
PERSONAL  
PREFERENCES** [NUR.9.0](#)

- 1 Describe the purpose and procedure for bathing residents (e.g., complete bed bath, partial bath, tub bath, whirlpool, and shower)** [NUR.9.1](#)

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- 2 Provide skin care including back rub, massage procedures, and frequent turning** [NUR.9.2](#)

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- 3 Identify and report skin problems including the four major stages of decubitus ulcers** [NUR.9.3](#)

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- 4 Describe the purpose and procedure for perineal care** [NUR.9.4](#)

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- 5 Describe the purpose and procedure for catheter care** [NUR.9.5](#)

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- 6 Describe the purpose and procedure for oral and dental care** [NUR.9.6](#)

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- 7 Describe the purpose and procedure for shampoo and hair care** [NUR.9.7](#)

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- 8 Describe the purpose and procedure for nail care** [NUR.9.8](#)

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- 9 Describe the procedure for shaving a resident** [NUR.9.9](#)

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- 10 Assist resident with dressing and undressing** [NUR.9.10](#)

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- 11 Examine the use and care of prosthetic and orthotic devices** [NUR.9.11](#)

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**12 Describe the purpose and procedure for bedmaking (occupied and unoccupied)** [NUR.9.12](#)

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**13 Describe the purpose and methods for pressure reduction (e.g., floating heels, repositioning)** [NUR.9.13](#)

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**MAINTAIN A SAFE AND CLEAN ENVIRONMENT FOR RESIDENTS AND OTHERS** [NUR.10.0](#)

**1 Identify measures to prevent or control workplace violence (e.g., facility policies and procedures and personal safety practices)** [NUR.10.1](#)

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**2 Apply safety precautions related to age of residents (e.g., flooring, bed elevation, shoes/dress, cords)** [NUR.10.2](#)

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**3 Explain risk management protocols in the healthcare environment (e.g., incident reporting and fall risk)** [NUR.10.3](#)

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**4 Apply emergency procedures (e.g., fire, chemical, biohazard, radiation, community disasters)** [NUR.10.4](#)

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**5 Maintain equipment to ensure safe use (e.g., cleaning and check safety cords)** [NUR.10.5](#)

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**6 Comply with hazardous labeling requirements, safety signs, and symbols** [NUR.10.6](#)

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**7 Handle and dispose of contaminated and hazardous items according to standards and procedures** [NUR.10.7](#)

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**8 Position call light for easy access (e.g., toileting, ambulating, pain medication)** [NUR.10.8](#)

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**9 Provide care within scope of practice to residents receiving oxygen (e.g., securing oxygen, transporting oxygen, oxygen signage, cylinder care, risks)** [NUR.10.9](#)

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**10 Demonstrate proper handling and safe use of oxygen delivery systems/equipment (e.g., transporting system, nasal cannula, face mask, removal and application of oxygen)** [NUR.10.10](#)

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**11 Explain how to work with the resident's family as a source of emotional support for the resident** [NUR.10.11](#)

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**APPLY THE PRINCIPLES OF BASIC NUTRITION TO RESIDENT CARE** [NUR.11.0](#)

**1 Identify principles of nutrition (e.g., essential nutrient groups, My Plate, physiological needs, serving sizes)** [NUR.11.1](#)

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**2 Identify alternative feeding methods** [NUR.11.2](#)

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**3 Explain optimal nutritional needs for the resident across the life span** [NUR.11.3](#)

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**4 Examine therapeutic diets (e.g., liquid, low sodium, diabetic, high fiber)** [NUR.11.4](#)

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**5 Present meals in the facility** NUR.11.5

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**6 Restrict and record fluids** NUR.11.6

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**7 Assist with eating using assistive devices** NUR.11.7

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**8 Examine dietary concerns associated with age-related problems (e.g., denture problems, reduced sense of taste); situational factors (e.g., depression and dysphagia), and aspects of nursing assistant care (e.g., socialization and comfort foods)** NUR.11.8

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**9 Identify personal, cultural, religious, and medical conditions leading to variations in the diet** NUR.11.9

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**10 Ensure that residents receive diets as ordered** NUR.11.10

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**11 Measure and record nutritional data, including meal percentage, intake, and output** NUR.11.11

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**FACILITATE ACTIVITIES RELATED TO ELIMINATION** NUR.12.0

**1 Assist with toileting, (e.g., bedpan, urinal, commode and toilet seat extension, bladder training)** NUR.12.1

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**2 Measure, calculate, and record fluid intake and output in ounces and milliliters** NUR.12.2

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**3 Assist with alternative methods of elimination (e.g., ostomy, urostomy, Foley catheter)** NUR.12.3

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**4 Care for the resident who is incontinent** NUR.12.4

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**5 Care for the resident who is vomiting** NUR.12.5

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**PROVIDE CARE FOR THE PERI-OPERATIVE RESIDENT AND/OR RESIDENT WITH SPECIAL NEEDS** NUR.13.0

**1 Determine purpose and procedure for assisting with preoperative care according to protocol (e.g., NPO orders, ID band, surgical checklist)** NUR.13.1

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**2 Determine purpose and procedure for assisting with postoperative care per protocol (e.g., ID band, airway maintenance, N/V, surgical bed)** NUR.13.2

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**3 Determine purpose and procedure for positioning and caring for resident receiving tube feeding** NUR.13.3

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**4 Determine purpose and procedure for caring for residents with feeding tubes** NUR.13.4

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**5 Determine purpose and procedure for caring for residents with gravity and sump drains** NUR.13.5

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**6 Examine complications with improper positioning and surgical gravity drains** NUR.13.6

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**7 Measure and record intake and output** [NUR.13.7](#)

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**8 Determine purpose and procedure for applying binders** [NUR.13.8](#)

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**9 Determine purpose and procedure for applying support, anti embolism, and compression stockings** [NUR.13.9](#)

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**10 Determine purpose and procedure for applying and maintaining dressings** [NUR.13.10](#)

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**11 Report status, observations, and resident response to binders, bandages, and dressings** [NUR.13.11](#)

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**12 Follow policy and protocol for appropriate temperature range for heat and cold treatments** [NUR.13.12](#)

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**ASSIST WITH  
ADMISSION, TRANSFER,  
AND  
DISCHARGE** [NUR.14.0](#)

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**1 Explain the procedure for admitting a resident** [NUR.14.1](#)

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**2 Explain the procedure for transferring a resident** [NUR.14.2](#)

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**3 Explain the procedure for discharging a resident** [NUR.14.3](#)

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**4 Maintain safekeeping of resident's belongings and personal possessions according to facility policy** [NUR.14.4](#)

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**ASSIST WITH  
DIAGNOSTIC TESTING  
AND  
EXAMINATIONS** [NUR.15.0](#)

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**1 Determine purpose and procedure for collection, labeling, and sending specimen for analysis according to protocol (e.g., sputum, stool, urine, blood)** [NUR.15.1](#)

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**2 Determine purpose and procedure for diagnostic testing (e.g., culture and sensitivity, clean catch, sterile, 24-hour)** [NUR.15.2](#)

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**ASSIST IN IDENTIFYING  
BEHAVIORAL HEALTH  
AND CARING FOR  
MENTAL HEALTH AND  
SOCIAL SERVICE NEEDS  
OF RESIDENTS** [NUR.16.0](#)

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**1 Discuss basic human needs of the individual (e.g., throughout the lifespan, including physical, socio-cultural, social service and mental health needs, developmental tasks with aging, mental and behavior changes, role of the elderly in a community)** [NUR.16.1](#)

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**2 Explain how cultural and spiritual attitudes may influence psychological responses** [NUR.16.2](#)

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**3 Respect and accommodate cultural and spiritual differences** [NUR.16.3](#)

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**4 Modify personal behavior in response to resident behavior** [NUR.16.4](#)

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**5 Determine purpose and techniques for addressing needs and behaviors of individuals with dementia, Alzheimer's, and other cognitive or sensory deficits (e.g., cognitive impairments, anger, depression, unresponsiveness)** [NUR.16.5](#)

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**6 Describe special needs of residents with a mental health diagnosis** [NUR.16.6](#)

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**7 Describe special needs of residents in long-term care/alternative care facilities** NUR.16.7

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**CARE FOR DYING RESIDENTS AND THEIR FAMILIES** NUR.17.0

**1 Describe the stages of grieving and death and dying process** NUR.17.1

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**2 Explain the role of hospice in end-of-life care** NUR.17.2

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**3 Assist with care for the dying resident/patient and support for the family considering physical needs, spiritual, and cultural beliefs** NUR.17.3

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**4 Determine purpose and procedure for postmortem care (e.g., positioning, respect, dress, organ donation)** NUR.17.4