

**Health Careers I: Core/CNA  
St. Lawrence-Lewis BOCES CTE Centers**

<b>Unit of Study</b>	<b>Unit Hours</b>	<b>Math Hours</b>	<b>Science Hours</b>
<b>I. Program Orientation</b>	<b>5</b>		<b>2.5</b>
A. Introductions			
B. General Information			
C. Program Overview			
D. Study/Learning, Test Taking Skills			
<b>II. The Health Care System (CORE)</b>	<b>15</b>	<b>3</b>	
A. The History of Health Care			
B. Trends in Health Care			
C. Reasons for Choosing a Career in Health			
D. Characteristics of a Health Care Worker			
E. Job Levels, Duties and Education			
F. Places of Employment			
G. Major Services in Health Care			
H. Career Ladder and Lattice			
I. Chain of Command			
J. Health Care Insurance			
K. Career Search			
<b>III. Health Care Law and Ethics</b>	<b>10</b>		
A. Legal Responsibilities			
B. Contracts			
C. Confidentiality			
D. Patient/Resident Rights			
E. Patient Self Determination Act			
F. Ethics			
<b>IV. Communication, Cultural Diversity, Teamwork, and Leadership (CORE)</b>	<b>25</b>	<b>1.5</b>	<b>5.5</b>
A. Communication in Health Care			
B. Cultural Diversity			
C. Teamwork			
D. Leadership Development			
<b>V. Health and Wellness (CORE)</b>	<b>35</b>	<b>18.5</b>	<b>13.5</b>
A. Concepts of Optimal Health			
B. Effect of Stress on the Human Body			
C. Health Promotion and Disease Prevention Strategies			
D. Benefits of Exercise on the Human Body			
E. Fundamentals of Nutrition			
F. Affects of Environment on Health and Wellness			
G. Affects of Substance Abuse on Health			
H. Community Resources for Promoting and Maintaining Health			
I. Alternative/Complementary Health Care			

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<b>VI.</b>	<b>Nutrition &amp; Diet Therapy-Digestion &amp; Endocrine Systems</b>	<b>30</b>	<b>2.5</b>	<b>8.5</b>
	A. Therapeutic Diets			
	B. Serving Trays, Water and Between Meal Nourishment			
	C. Feeding			
	D. Recording Liquid Intake on an Intake and Output Sheet			
	E. Digestive System			
	F. Endocrine System			
<b>VII.</b>	<b>Introduction to Anatomy &amp; Physiology (CORE)</b>	<b>50</b>	<b>6.5</b>	<b>43</b>
	A. Basic Structure of the Human Body			
	B. Integumentary System			
	C. Skeletal System			
	D. Muscle System			
	E. Nervous System			
	F. Special Senses			
	G. Circulatory System			
	H. Respiratory System			
	I. Digestive System			
	J. Urinary System			
	K. Endocrine System			
	L. Reproductive System			
	M. Vital Signs			
<b>VIII.</b>	<b>Circulatory and Respiratory Care</b>	<b>10</b>	<b>5</b>	<b>2.5</b>
	A. Circulatory and Respiratory Systems			
	B. Vital Signs			
	C. Oxygen Therapy			
	D. Diseases and Disorders			
<b>IX.</b>	<b>Human Growth and Development (CORE)</b>	<b>25</b>	<b>7</b>	<b>10.5</b>
	A. Principles of Growth and Development			
	B. Understanding the Family Unit			
	C. Life Cycle Stages			
	D. Death and Dying			
<b>X.</b>	<b>Microbes and the Human Environment (CORE)</b>	<b>25</b>	<b>10</b>	<b>4</b>
	A. Classifications of Microbes			
	B. Infection Control Practices			
	C. Health Care – Associated Infections			
	D. Cells, Tissues, Immune System			
<b>XI.</b>	<b>Infection Control</b>	<b>20</b>		<b>18</b>
	A. Concurrent Disinfection and Terminal Disinfection			
	B. Five Principles of Surgical Asepsis			
	C. Proper Hand Washing Techniques			
	D. Five Types of Isolation Precautions			

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E. Proper Technique for Strict Isolation				
F. Terminology				
<b>XII.</b>	<b>Lifting, Moving, Transporting/ Environmental Safety (CORE)</b>	<b>25</b>	<b>11</b>	<b>5.5</b>
A. General Safety, Accident and Fire Protection				
B. Body Mechanics and Positioning				
C. Preventing Falls				
D. Promoting a Restraint Free Environment				
E. Handling, Moving and Transferring				
F. Muscle Skeletal System				
G. Medical Terminology				
<b>XIII.</b>	<b>Emergency Care (CORE)</b>	<b>30</b>	<b>1.5</b>	<b>1.5</b>
A. General Principals of First Aid				
B. Identifying Emergency Situations				
C. Summoning Emergency Assistance				
D. First Aid for Specific Situations				
E. Cardio Pulmonary Resuscitation				
<b>XIV.</b>	<b>Pre and Post-Op Care</b>	<b>10</b>		
A. Nursing Measures to prepare a Client for Surgery				
B. Nursing Measures When Caring for a Post-Op Client				
C. Post-Op Complications				
D. Basic Nursing Care to Prevent Post-Op Complications				
E. Principles of Pain Management				
<b>XV.</b>	<b>Admission, Transfer and Discharge</b>	<b>10</b>	<b>1.5</b>	<b>1.5</b>
A. Admission				
B. Transfer				
C. Discharge				
D. Physical Exams				
<b>XVI.</b>	<b>Introduction to Being a CNA/ HHA</b>	<b>20</b>		
A. Health Care Organizations				
B. The Nursing Team				
C. Nursing Care				
D. Legal Responsibilities				
E. Ethics				
F. Facilities and the Functions of Each				
G. Home Care and Types of Community Agencies Available for Home Care Clients				
H. Responsibilities of CNA as a Health Care Team Member				
I. HHA Role as a Health Care Team Member				
J. Personal Characteristics and Responsibilities Desirable for a CNA/HHA				

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K. Legal responsibilities related to client care			
L. Ethical responsibilities related to client care			
<b>XVII. Personal Care – Integumentary System</b>	<b>15</b>		
A. The Patient Unit			
B. Bed Making			
C. Personal Hygiene			
D. Integumentary System			
<b>XVIII. Technical Math</b>	<b>52</b>	<b>49</b>	<b>3</b>
A. Roman Numerals			
B. Whole Numbers			
C. Fractions			
D. Decimals			
E. Percentages			
F. Ratio and Proportion			
G. Systems of Measurement			
H. The 24 Hour Clock			
I. Metric, Household and Apothecary Measure			
J. Application of Measurement and Does Conversion			
K. General Accounting			
L. Graphs			
M. Angles			
<b>XIX. Medical Terminology</b>	<b>Integrated</b>		
A. Medical Word Elements			
B. Forming Medical Terms from Word Elements			
C. Medical Terms Related to the Body as a Whole			
D. Medical Terms Related to Body Systems			
E. Abbreviations and Symbols			
<b>XX. Computer Applications</b>	<b>20</b>		
A. Computer Systems in Health Care Facilities			
B. Therapeutic and Diagnostic Types of Services			
C. Input, Retrieve, Edit and Storing Data Using Microcomputers			
D. Client Confidentiality and the Responsibility of the Health Care Provider			
<b>XXI. Career Planning</b>	<b>18</b>		
A. Career Plan Development			
B. Career Skills			
C. Client Confidentiality and the Responsibility of the Health Care Provider			
D. Medical Terminology			
<b>Total Hours</b>	<b>450</b>	<b>117</b>	<b>119.5</b>

## **Certificates and Career and Technical Education Assessments**

### **Year One:**

- Nursing Home Task Aide
- Nursing Home Feeding Assistant
- First Aid Certification & CPR Certification