

Prepared by the Department of Health Sciences

Date of Departmental Approval: March 26, 2007

Date approved by Curriculum and Programs: December 12, 2007

Effective: Fall 2008

1. **Course Number:** CNA 138  
**Course Title:** Rehabilitation/Restorative Aide
2. **Description:** This course is designed to enhance the knowledge of the nursing assistant/home health aide in the field of rehabilitation/restoration through a combination of classroom and laboratory practice. Students acquire the skills to assist in the day to day rehabilitation plan of care established by, and under the supervision of the physical therapist, occupational therapist, speech therapist and or the registered nurse in a variety of settings.
3. **Student Learning Outcomes (instructional objectives, intellectual skills):**  
Upon successful completion of this course, students are able to do the following:
  - Differentiate between physical therapy, occupational therapy and speech therapy.
  - Describe the role of the rehabilitation aide in a variety of settings.
  - Demonstrate proficiency in selected skills.
  - Apply safety standards, while demonstrating skills.
  - Demonstrate a caring and helpful attitude toward patients, supervisors and peers.
4. **Credits:** 3 credits
5. **Satisfies General Education Requirement:** No
6. **Prerequisites:** High school diploma or GED, and documented completion of at least a 75-hour nursing assistant or home health aide course.
7. **Semester(s) Offered:** Varies
8. **Suggested General Guidelines for Evaluation:**
  - Weekly quizzes – 50%.
  - Midterm – 25%.
  - Final exam – 25%.
  - Laboratory skills test – pass/fail (must pass lab to pass the course)
9. **General Topical Outline (Optional):** Attached.

## CNA138

### Rehabilitation/Restorative Aide Content Outline

Module I.	Orientation to program 1. program philosophy 2. rehab philosophy
Module II	The role of the rehab aide 1. the rehabilitation team 2. the role of the rehab aide as a member of the team 3. ethical and legal considerations
Module III	Basic anatomy 1. musculoskeletal system physical dysfunctions and disorders 2. nervous system common neurological disorders 3. circulatory system 4. integumentary system
Module IV	Common conditions and disorders requiring rehabilitation
Module V	Safety 1. Universal precautions review 2. Body mechanics
Module VI	Turning, Positioning, and Transferring
Module VII	Range of Motion and Therapeutic Exercises
Module VIII	Assisting with Ambulation and Gait Training
Module IX	Physical Therapy Modalities
Module X	Occupational Therapy
Module XI	Speech Therapy