Northshore School District

Medical Professions Academy

Sample Syllabus

Classroom and Clinical Instructors:

Marina Orobinskaia, RN
Ms. Marina
Program Director and Leading Instructor

Yelena Zrazhevskaya, ND
Ms. Helen
Teacher Assistant

Woodinville High School
19819 136th Ave NE
Woodinville WA, 98072

Course description

- You will be introduced to basic patients care, safety and emergency procedures, resident's rights and confidentiality, principles of therapeutic relationships, as well as the legal/ethical issues related to healthcare practice.

- You will practice and demonstrate comprehensive care giving skills in both the skills laboratory and in supervised practice in a clinical care setting at hospitals and nursing homes – see the list below.

- You will have clinicals at Harborview Medical Center - the only Trauma I hospital in four neighboring states and EvergreenHealth Medical Center, our neighboring hospital.



- You will receive training regarding caring for the cognitively impaired person. This includes quality of life issues discussed/learned about the person with dementia.

- You will have an opportunity to participate in Health Occupation Students of America – HOSA – student's leadership organization and compete at the State and National level.



- You will be trained to provide Basic Life Support (CPR) and will receive both BLS for Healthcare Provider card and First Aid/CPR card.



- If you successfully complete class, you will receive Nursing Assistant Certificate of completion and will be eligible for the State Exam, conducted in our class in May. Once you passed the exam, you will receive Nursing Assistant Certificate license from WA state Department of Health and will be employable as a Nursing Assistant.

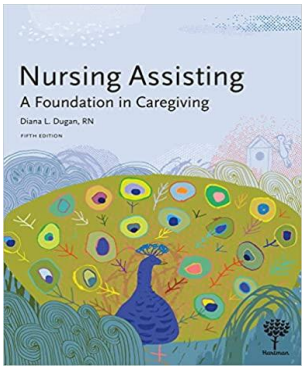
- You will receive 0.5 Health credit, 1.5 occupational credits, 1.0 lab science high school credits and 22 Bellevue College credits for this program ($50 fee).

Clinical internship will be conducted in one of the following facilities:

EvergreenHealth Medical Center 12040 NE 128th St, Kirkland, WA 98034

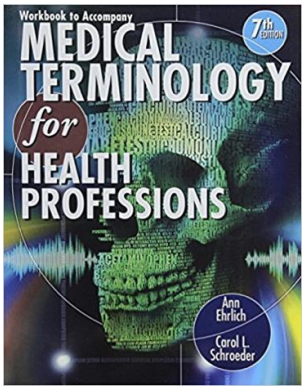
Harborview Medical Center
325 9th Ave Main
Hospital, Seattle WA

Textbooks

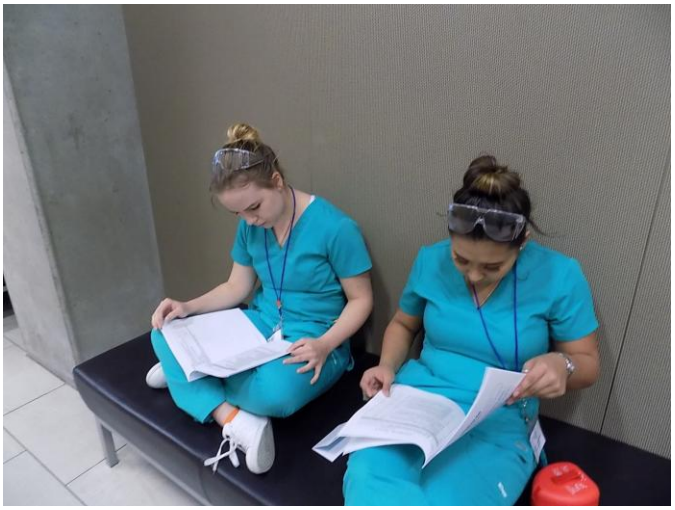


Textbooks and workbooks are provided by our school.

Nursing Assisting: A Foundation in Caregiving, 5th Edition by Diana Dugan, RN Harman Publishing



Workbook for Ehrlich/Schroeder's Medical Terminology for Health Professions, 8th Edition by Ann Ehrlich and Carol L. Schroeder



Academics

Course Goals and Objectives

At the completion of the course, you will demonstrate:

1. Basic understanding of health care, the role of the nursing assistant and the roles of the various members of the health care team.
2. Effective communication skills with clients, family, and other health care team members.
3. HIPPA confidentiality law and mandatory abuse reporting law.
4. Basic techniques needed for general health assessment and daily care of client's vital signs, blood sugar check, ambulation, feeding, dressing, etc.
5. Cultural awareness in all aspects of care.



Tools to help you succeed

1. 3-ring binder with multiple dividers to keep and organize your notes
2. Red and blue pens, pencil, and a highlighter
3. Textbooks – provided in class.
4. Notebook.

5. Journal for clinicals – any type or style. Consider it as your first professional journal.
6. Washington Nursing Assistant Candidate Handbook. Provided in class.
7. Homework place at home – quiet, equipped place to study.
8. Organizer or a similar phone app to keep track on due dates.

Expectations

1. Respect yourself and others, have positive attitude and sense of humor. Practice civility. *(professionalism)*
2. Come to class on time, prepared and ready to work. Three times tardy (being late for more than 5 min) will be equal to one absence (*punctuality & dependability*)
3. Being late for more than 15 min counts as absence.
4. Three unexcused absences will require detention.
5. No chewing gum in class allowed. *(professionalism)*
6. Don't talk during lecture time. Raise your hand if you want to ask question or give a comment. *(accountability*)
7. Don't use your cell phone during class unless your instructor permits it for use of timer, calculator, or web browsing. Keep your phone in backpack. No texting allowed during class. Learn to use your phone only during breaks *(responsibility and professionalism)*
8. Dress according to healthcare standards *(professionalism)*

Professional Appearance



Dress according to the standards of healthcare industry. Wearing full set of scrubs (top and bottom) in the class is always mandatory. Students will be deducted 5 points off their tests for each piece of uniform (top or bottom) missed at the beginning of the class or taken off earlier than 5 min before class end.
Uniform should be clean and wrinkle free.
Long hair should be arranged in a way it is off the collar and hair tied if necessary. 5 points will be taken off daily points for not having hair tied.
Fingernails should not be longer than ¼ inch, no acrylic nails and only light color of nail polish is allowed. Students will be sent home from clinicals if nails are not to a standard.

Tattoos should be covered and out of site.
No visible piercing (tongue, eyebrows, nose, etc.) allowed, except ear piercing.
Wear your badge at clinicals.
No high heels (higher than 2") allowed during class or clinicals. Shoes should be closed toed, neat, and clean. Shoes for clinicals should be completely white. No boots or flip-flops allowed in the lab.
Small ear studs or non-loop earrings, a short necklace, and a watch are the only jewelry appropriate by the healthcare standards.
No chewing gum or wearing hats or hoods are allowed in either class or clinicals.
Only MPA class sweatshirts are allowed as additional warm clothes in class. You can wear white undershirt if you are cold at clinicals. No other warm clothes are allowed at clinicals.
No wearing perfumes is allowed at clinicals, and only light perfumes are allowed in class, which applied on skin only, not on uniform.



Class Participation

Active participation in class discussions, assignments, and clinical settings is important to successful learning. You are expected to join in on class discussions, share relevant experiences, give comments, and ask questions. Initiative, cooperation, and organizational skills will be emphasized, evaluated, and will be part of your overall grade as leadership points.
Students will be practicing on mannequins as well as on each other. Some appropriate personal contact will be involved in practicing – head, shoulders, arms, upper back and legs – knee and below. Inappropriate touch – breasts, lower back, inner thigh. If student has overall intolerance to interpersonal contact, they need to communicate their concerns to the instructor at the beginning of the program for the possible distribution to another program for good.



Class Attendance

Due to high rigor of the program students must strive to attend all classes. Students need to communicate to their parents not to make any appointments or schedule family vacations during class time. If you missed class, you are expected to make up tests, quizzes, workbooks, and lab time, staying after class and practicing with Ms. Helen. You need to attend at least 80% of instructional time to qualify for the Nursing Assistant Certification.

Class Assignments

You are responsible for getting the assignments and completing homework by assigned due dates. If you have a pre-excused absence, you may receive full credit for workbook turned in only *before* your absence or on a first day of your return. If test or workbook returned after due date, work will be deducted 10% per day. You must demonstrate skills learned in class during your absence and successfully pass the check off after class with Ms. Helen. If you return your work after 5 business days, it will be worth of 50% of the points you earned.

Clinicals

Students must meet the following requirements to be allowed to participate in clinical experience:

1. Academics – 72% and above test score average.
2. Attendance – at least 80% of instructional time (theory, labs, and clinicals) attended.
3. Clear background check.
4. Completed vaccinations for Hep B and a Hep B titer, poliomyelitis, measles, mumps, rubella, tetanus, varicella, and diphtheria. Annual Flu vaccination should be done starting from September 2026.
5. TB QuantiFERON test completed with negative result.
6. American Heart Association Basic Life Support and CPR/First Aid certification completed.
7. Learn and meet competency standards on state required 22 skills.

Clinicals conduct	▪ Students must know and follow Washington Administrative Code regulating Nursing Assistant Practice WAC 246-841-400 ▪ Students must know and follow job description of Nursing Assistant of a health care facility where their clinicals are held. ▪ Students must report any observed abuse and neglect by calling to WA State Abuse line as well as to their clinical instructor and WA abuse line.. ▪ Students should never request from nurse, take, or use medication for personal use. No exceptions. ▪ Students should not discuss clients in public places or with people who are not part of the team caring for the client – HIPAA privacy law. ▪ No single piece of patient information of any form should leave the facility. This includes a roster and nursing notes students use during their clinical shift. All notes should be shredded before student goes home. Students could be withdrawn from the clinicals for misconduct, disciplinary issues, disrespect to others, stealing, or non-compliance with health care facilities policies per instructor's discretion through the clinical internship at any time.
Exams, quizzes, practicum	▪ Student 's grade will be based on tests, quizzes, workbooks, presentations, projects, homework assignments, reflective writing essays, and other assignments. Total points will be defined by the end of each quarter. You will be responsible for keeping track on your grades and completion of assignments. If you missed the test due to excused absence, you must take it on the first day of return. It will be 10% deduction of the test or workbook score for every day after the due date. If you plan to miss a day you should take a test prior to the test day or take it on the first day of your return to avoid % deduction. ▪ For lab practicum and nurse practicum (clinical) grades will be credit (C) no credit (NC) based on skills check off list. It is your responsibility to make up skills check offs with Ms. Helen after class if you miss any. ▪ Cheating during on a test will result in a zero score for the test. ▪ Complete BLS for healthcare provider certification. If you missed days of certification, it will be your responsibility to find class outside of school to attend these certifications as they are required for your final Nursing Assistant Certification and employment.

Passing Grades

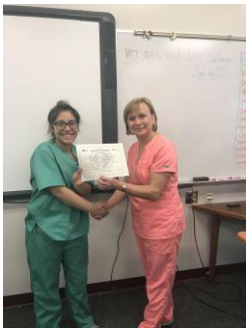
Grading Scale:

A	93-100%	4.0
A-	90-92.9%	3.7
B+	87-89.9%	3.3
B	83-86.9%	3.0
B-	80-82.9%	2.7
C+	77-79.9%	2.3
C	73-76.9%	2.0
C-	70-72.9%	1.7
D+	67-69.9%	1.3
D	60-66.9%	1.0
F	0-59.9%	0

NAC Certification Requirements

To be eligible for the NAC certification at the end of the year, student should meet the following requirements:

1. **Overall grade for the class is equal or higher than 80%.**
2. **At least 80% of the instructional time must be attended in person.**
3. **BLS and CPR/First Aid certification completed**
4. **50 hours of clinicals completed (mandated by WA Department of Health)**
5. **Written and Skills final tests passed with the score of 80% for Written and 90% for Skills or above.**



Communication with Instructors

Unless it is an emergency during clinicals, please refrain from calling/texting instructors on their cell phones. Best way to communicate with instructors is via e-mail. We check e-mails twice a day and our goal is to answer your e-mail within 24 hours during business week and within 72 hours on breaks and weekends.

College Credits

15 Bellevue College credits will be awarded **only to students who** met NAC Certification requirements and **earned B grade** (80%) **or above** for the class. There is $50 fee for the college credits.

High School Credits

0.5 Health, 1.0 lab science and 1.5 occupational high school credits will be awarded to students who passed the class with 72% average and above. **Please notice that requirements for passing class and getting high school credits are much lower than requirements to get NAC certification and college credits.**

Study Buddies

Have fun learning! ☺



We are here to help you to succeed!

Job Description for Nursing Assistant Students

In order to be successful in the WHS Nursing Assistant Program, a student must be able to perform the following physical and mental tasks.

General Job Description

The nursing assistant student is responsible for assisting clients with meals, bathing, toileting, positioning them in bed, transferring them in and out of bed and assisting with walking. The nursing assistant student performs and records vital signs, measures and records intake and output. This is an active, busy position.

Essential functions

Essential functions necessary for this program include the use of the senses to gather information (sensing color changes in the skin, hearing blood pressure through a stethoscope, feeling pulses and hot/cold skin) Nursing assistant requires the use of speech, reading and writing, to communicate with clients, families and other health care professionals. The job will require the ability to understand and follow directions while providing care. The student must be emotionally stable and flexible so she/he can work under stress. She/he must be able to place the needs of the patient first.

Working environment

The nursing assistant will learn in a skilled nursing facility (nursing home) and/or hospital settings.

Percent of Time Spent

The nursing assistant spends most of the day standing and walking. Occasional sitting is possible when reading or writing in the client's chart.
Sitting – 10 %
Standing – 50%
Walking – 40 %

Machines, Tools, or Moving Equipment

Nursing Assistant students will work with a variety of medical supplies and equipment. These include: stethoscope, thermometer, blood pressure cuff, IV poles, IV tubing, wheelchairs, walkers, canes, lifting machines, hospital beds and stretchers. Other equipment and supplies may be used.

Physical demands

Occasional twisting – while working in client's rooms to work around tables and chairs while caring for the client.

Occasional stooping and/or bending – to get supplies from the lower storage areas.
Push/pull – a variety of medical equipment on wheels as well as clients in wheelchairs or on stretchers.

Continuous grasping and handling – of client's care items.

Reaching full range of motion – with most of work being at waist level, there is some reaching overhead and below waist.

Occasional lifting – of medical supplies and equipment weighting up to 25 pounds. How much weight is lifted depends on how much the client is able to help.

Occasional carrying – of medical supplies and equipment weighting up to 50 pounds. Will use carts to transport.

Touching/ being touched – by instructors and fellow students during practice in the lab and clients during clinical rotations. Appropriate touch to include – head, arms, shoulders, upper back, knee, foot.

This job may be modified

During each shift nursing assistant students are assigned to perform direct patient care functions. Lifting assistance is usually available for items that are too heavy. The student must be prepared to administer emergency care to patient if other personnel were not available to do so.

Student name _____

Student signature _____

Parent signature_____