

NCSV 401: GERIATRIC HOME AIDE-NUTRITION

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
Units:	0
Hours:	44 lecture per quarter (44 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- The successful student will be able to discuss the nutritional needs of both geriatric & AIDS patients
- The successful student will be able to demonstrate safe food handling, including preparation and cooking.

Description

Prepares students to care for ambulatory elderly clients in their own homes. Focus on nutrition, including dietary needs of geriatric and AIDS patients, cultural foods, cooking, and kitchen sanitation. Intended for students pursuing a career as a geriatric home aide. Completion of both NCSV 400 and 401 leads to a noncredit certificate in Geriatric Home Aide.

Course Objectives

The student will be able to:

1. Discuss the nutritional needs of geriatric and AIDS patients
2. Demonstrate techniques for safe food handling, preparation and cooking
3. Accurately document food and water intake

Course Content

1. Basic nutrition needs
 - a. Basic food groups and recommended intake from each
 - b. Hydration needs
 - c. Meal planning
 - d. Special considerations for geriatric patients
 - e. Special considerations for AIDS patients
 - f. Dietary supplements
 - g. Culture-specific foods
2. Food preparation
 - a. Safe food storage
 - b. Kitchen sanitation techniques
 - c. Handling food safely before and after cooking

- d. Safe cooking practices
 - e. Home preparation of special diets
3. Observation and documentation of food intake

Lab Content

Not applicable.

Special Facilities and/or Equipment

Multi-media classroom.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Evaluation of student participation in in-class discussions
 Evaluation of student demonstration of safe cooking and kitchen sanitation skills

A cumulative final is given with required 70% or above to pass this class and the overall two-course sequence

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
 Discussion
 Cooperative learning exercises
 Demonstration

Representative Text(s) and Other Materials

Leahy, William, et al.. [Providing Home Care: A Textbook for Home Health Aides, 5th ed.](#) 2017.

Instructor handouts

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Assigned chapter readings in textbook are expected before each day of class
2. Additional web searches on a related topic of interest and report to class is required
3. Continued practice of hands-on skills is performed throughout the class

Discipline(s)

Health and Safety: Noncredit or Nursing