



## Schmieding Certified Home Caregiver Training

### COURSE DESCRIPTION

#### Personal Care Assistant (PCA)

**Training: 25 hours**

**Prerequisite: Elder Pal Course**

Personal Care Assistants (PCAs) provide primarily “hands-on” care for individuals who need **minimal to moderate assistance**. In addition to EP skills, they can work with the individual to achieve the goal of maximum independence under family or professional supervision. The Personal Care program builds on the Elder Pal program by providing additional information on subject matter, skills instruction and return demonstration.

#### **Personal Care Assistants (PCA) have received classroom instruction on the following:**

|  |                                       |
|--|---------------------------------------|
| Back Rub   | Growth and Development                |
| Bed Shampoo  | Abdominal Thrust (Heimlich Maneuver)  |
| Bowel and Bladder Care                               | Infection Control                     |
| Complete Bed Bath                                    | Making an Occupied Bed                |
| Dealing with Death and Dying                         | Meal Preparation and Food Handling    |
| Developmental Disabilities                           | Measuring Vital Signs (TPR)           |
| Diseases and Conditions                              | Medicaid Documentation                |
| Emergency Situations                                 | Patient’s Rights and Responsibilities |
| Ethical/Legal Issues                                 | Perineal Care                         |
| Feeding an Individual:<br>Requiring Total Assistance | Principles of Observation             |
| Assisting the Visually Impaired                      | Range of Motion Exercises             |
| Fluid Balance  | Urinary Catheter Care                 |
|  | Validation Therapy                    |

#### **Personal Care Assistants (PCA) have shown ability to perform the following skills through return demonstration:**

|  |   |
|--|---|
| Assisting with Bedpan and Urinal                 | Measuring Fluid Intake                                |
| Backrub  | Measuring Urinary Output                              |
| Complete Bedbath                                 | Perineal Care   |
| Feeding an Individual Requiring Total Assistance | Positioning a Patient in Bed/Moving from Side to Side |
| Feeding the Visually Impaired Individual         | Range of Motion Exercises                             |
| Food Handling                                    | Shampoo in Bed  |
| Abdominal Thrust (Heimlich Maneuver)             | Temperature (Oral and Axillary) Pulse, Respiration    |
| Making an Occupied Bed                           | Urinary Catheter and Tubing Care                      |
| Meal Preparation                                 |   |