Dola Health Career Institute Massachusetts
NA Blended 4 Week Course Schedule

Day 1 (M)	**Online Theory**	**4.5 Hours**
	Section 1 - Orientation Overview	
Chapter 1	Welcome To The Course	
Chapter 2	Your Role	
Chapter 3	Issues of Aging	
Chapter 4	Communication	
Chapter 5	Legal and Ethical Responsibilities	
Chapter 6	The Healthcare Team	
Chapter 7	Your Workplace (part 1)	
Day 2 (T)	**Online Theory**	**4.5 Hours**
Chapter 7	Your Workplace (part 2)	
Chapter 8	Introduction to Test Preparation	
Chapter 9	The Final Word	
	Section 2 - Lily	
Chapter 1	Admissions	
Chapter 2	Vital Signs and the Physical Exam	
Chapter 3	Overview of Injuries, Surgery and the Musculoskeletal Disorders	
Chapter 4	Wound Care and Infection Control, Part 1	
Day 3 (W)	**Online Theory**	**4.5 Hours**
Chapter 5	Infection Control, Part 2	
Chapter 6	Positioning, Rehabilitative and Restorative Care	
Chapter 7	Bed Baths, Transfers and Discharges	
Chapter 8	Test Preparation	
Chapter 9	Review of Section 2	
	Section 3 - Frank	
Chapter 1	The Care Plan and Documentation	
Chapter 2	Reporting and Recording Objective and Subjective Information	
Chapter 3	Respiratory Support	
Chapter 4	Supporting Cardiovascular Care	
Day 4 (TH)	**Online Theory**	**4.5 Hours**
Chapter 5	Supporting Care for Cancer	
Chapter 6	Care for a Bedridden Resident	
Chapter 7	Hospice and Palliative Care	
Chapter 8	Emergency Care and End of Life	
Chapter 9	Test Preparation	
Chapter 10	Review of Section 3	
	Section 4 - Helen	
Chapter 1	Working with Challenging Residents	
Chapter 2	Living with HIV	
Day 5 (F)	**Online Theory**	**4.5 Hours**
Chapter 3	Grooming	
Chapter 4	The Compromised Immune System	
Chapter 5	The Infection Cycle and Facility-Based Infection Prevention Control	
Chapter 6	Helen's Manic Episode	
Chapter 7	Restraints and Residents' Rights	
Chapter 8	Test Preparation	
Chapter 9	Review of Section 4	

	Section 5 - Martha		
	Chapter 1	Introduction to Diabetes and Obesity	
Week 2	**Day 6 (M)**	**Online Theory**	**4.5 Hours**
	Chapter 2	Digestive System and Blood Glucose Management	
	Chapter 3	Mealtimes, Special Diets and Nutrition	
	Chapter 4	Foot Care, Exercise and Range of Motion	
	Chapter 5	Working with Residents with Hearing or Visual Impairments	
	Chapter 6	Pressure Ulcers	
	Chapter 7	Morning, Afternoon and Night	
	Chapter 8	Revising the Care Plan	
	Day 7 (T)	**Online Theory**	**4.5 Hours**
	Chapter 9	Test Preparation	
	Chapter 10	Review of Section 5	
	Section 6 - Timothy		
	Chapter 1	Assisted Living and Resident Sexuality	
	Chapter 2	Introduction: Timothy's Stroke and Change in Condition	
	Chapter 3	Working with a Depressed Resident	
	Chapter 4	ADL: Toileting, Bathing and Catheter Care	
	Chapter 5	ADL: Skin and Nail Care	
	Chapter 6	Mealtimes	
	Chapter 7	Rehabilitative and Restorative Care (part 1)	
	Day 8 (W)	**Online Theory**	**4.5 Hours**
	Chapter 7	Rehabilitative and Restorative Care (part 2)	
	Chapter 8	Test Preparation	
	Chapter 9	Review of Section 6	
	Section 7 - Stuart		
	Chapter 1	Introduction to Dementia and Alzheimer's Disease	
	Chapter 2	Care for Moderate Alzheimer's Disease - Part 1	
	Chapter 3	Care for Moderate Alzheimer's Disease - Part 2	
	Chapter 4	Care for Moderate Alzheimer's Disease - Part 3	
	Chapter 5	Care for Severe Alzheimer's Disease - Part 1	
	Chapter 6	Care for Severe Alzheimer's Disease - Part 2	
	Day 9 (TH)	**Online Theory**	**4.5 Hours**
	Chapter 7	Additional Care Measures for the Bladder and Bowels	
	Chapter 8	Death	
	Chapter 9	Test Preparation	
	Chapter 10	Review of Section 7	
	Section 8 - Michelle		
	Chapter 1	Introduction to Developmental Disabilities	
	Chapter 2	The Urinary System	
	Chapter 3	Dialysis	
	Chapter 4	Suspected Abuse	
	Day 10 (F)	**Online Theory**	**4 Hours**
	Chapter 5	Reporting Abuse	
	Chapter 6	Test Preparation	
	Chapter 7	Review of Section 8	
	Section 9 - Beth		
	Chapter 1	Introduction to the Reproductive System	
	Chapter 2	Pain, Shift Change, Wound Care and Infection Control	
	Section 10 - Test Preparation		
	Chapter 1	Welcome to Section 10	
	Chapter 2	Practice Test 10 A	

	Chapter 3	Preparing for Clinicals	
Week 3	Day 11 (M)	Lab/Skills	8 Hours
	Day 12 (T)	Lab/Skills	8 Hours
	Day 13 (W)	Massachusetts Mandatory	6 Hours
	Day 14 (TH)	Massachusetts Mandatory	6 Hours
Week 4	Day 16 (M)	Clinicals	7.5 Hours
	Day 17 (T)	Clinicals	7.5 Hours
	Day 18 (W)	Clinicals	7.5 Hours
Total Hours		Total Online / Theory Hours	44.5 Hours
		Total Lab/Skills Hours (instructor led) + MA Mandatory	28 Hours
		Total Clinical Hours	22.5 Hours
		Total Course Hours (Online + Skills + Clinical)	95 Hours