

**PCT-Course**  
**NUPC 1020.390**  
**Fall 2025 Semester**

♦ **August** ♦

- **Vital Sign Ranges**

- Adult Vital Sign Norms
- Blood Pressure Levels
- Respiratory Rate Ranges
- Pediatric Ranges
- Temperature

**\*\*CHECK-OFF: VITALS\*\***

- **Bed Positions**

- Use NHA Chart + Purpose Games

- **Skills Lab**

- Blood Pressure
- Pulse
- Respirations

- **Cumulative Quiz**

**\*\*Place Scrub and BP Kit Orders\*\***

♦ **September** ♦

*Students should be FAMILIAR with transfers, infection control, bed making, and vital signs*

- **PCT Ch. 1 Today's Healthcare**

- Identify trends in today's healthcare
- Discuss implications of healthcare reform for delivery of patient care
- Identify the components of the healthcare system
- Describe complex factors involved in the delivery of patient care
- Identify the participants in the healthcare system
  - Pair with:
    - Ch.1 Notes
    - Chain of Command

- Quiz
- **PCT Ch. 2 The Role of the Patient Care Technician**
  - History and role of the patient care technician
  - Role of the PCT in the healthcare environment
  - Employment Outlook
  - Credentialing Requirements/Process
  - Differences between the CNA and PCT

### **NHA Module 1: Basic Patient Care**

- **PCT Ch. 12 Moving, Positioning, and Preventing Falls**
  - Considerations related to mobility for older adults
  - Discuss the complications of immobility
  - Demonstrate placement of patient in various positions, such as Fowler's, supine (dorsal), Sim's, side-lying, prone, dorsal recumbent, and lithotomy positions
  - Identify complications caused by inactivity
  - Describe safe and appropriate methods for the application of safety reminder devices
  - Discuss strategies that promote a restraint-free environment

#### **\*\*CHECK-OFF: TRANSFERS/Gait Belt\*\***

- **PCT Ch. 15 Measuring and Recording Vital Signs**
  - Average body temperature, pulse rate, respiratory rate, blood pressure for various age groups
  - Describe emotional and physical factors that can cause the body temp to rise or fall
  - Convert temperature readings between the Fahrenheit and Celsius scales
  - Describe pulse rate, rhythm, and volume
  - Locate and record the pulse at multiple sites
  - Specify physiologic factors that affect blood pressure
  - Measure and document blood pressure
  - Determine the patient care technician's legal and ethical responsibilities in obtaining vital signs

#### ***\*\*Begin Weekly Vital Sign Check Sheets\****

- **PCT Ch. 18 Bed Making and Hygiene**
  - Discuss therapeutic hospital room environment

- Personal hygiene practices
- Oral hygiene, eye, ear, and nose care
- Making unoccupied/occupied bed
- Bath procedures/physicians orders
- Identify nursing interventions for prevention and treatment of pressure ulcers

***\*\*Pressure Ulcer Lab\*\****

***\*\*Bed making Skills Lab\*\****

***\*\*BLS CPR Certification\*\****

***\*\*DSHS HIPAA Training\*\****

## ◆ October ◆

### **PRECLINICAL EXAM**

### **\*\*\* BEGIN LEVEL 1 CLINICALS \*\*\***

- **PCT Ch. 11 Patient Safety**
  - Identify safety precautions that help to prevent falls
  - Relate specific safety considerations to the developmental age and needs of individuals across the lifespan
  - Identify tasks that are appropriate for individuals to ensure a safe environment
  - Describe safe and appropriate methods for the application of safety reminder devices when caring for patients
  - How PCT can promote a restraint-free environment
  - Discuss safety concerns in the healthcare environment
- **DHO Ch. 16:4 Measuring and Recording Respirations**
- **DHO Ch. 16:7 Measuring and Recording Blood Pressure**
- **DHO Ch. 22:3 Bed making**
- **DHO Ch. 22:4 Administering Personal Hygiene**
- **PCT Ch. 19 Assisting with Grooming**
  - Personal hygiene practices
  - Procedures for shaving, hair care, and nail care
  - Safety precautions when shaving
  - Procedures for dressing patient
  - Explain how to change the gown of a patient with an intravenous line
- **PCT Ch. 21 Assisting with Urinary Elimination**
  - Use of bedpan, the urinal, and the bedside commode
  - Different types of urinary catheters
  - Purpose of catheter

- Catheterization of male and female patients
  - (out of scope will focus on removal and safety)
- Management of patient with indwelling Foley catheter
- **PCT Ch. 22 Assisting with Bowel Elimination**
  - Identify procedures for promoting bowel elimination
  - Discuss factors that can interfere with bowel elimination
  - Discuss care necessary to maintain an ostomy
  - Identify the potential complications of an ostomy

**\*\*Catheter Removal/Colostomy Care Skills Lab Intro\*\***
- **PCT Ch. 28 Care of Wounds and Pressure Ulcers**
  - Discuss the body's response during each stage of wound healing
  - Identify common complications of wound healing
  - Discuss factors that impair wound healing and the interventions for each type of wound
  - Identify interventions for the prevention and treatment of pressure ulcers

## ♦ **November** ♦

- **DHO Ch. 22:12 Applying Restraints**

**\*\*Restraint Skills Lab\*\***
- **PCT Ch. 29 Rehabilitative and Restorative Care**
  - Discuss goals of rehabilitation therapies and restorative care
  - Discuss the role of the PCT in the specialized practice of rehabilitation
- **DHO Ch. 22:16 Giving Postmortem Care**

**\*\*Peripheral IV Removal Skills Lab\*\***

### **\*\*NHA Module 1 Exam\*\***

*\*Students should have a minimum of 9-12 hours of hospital clinical at this point\**

**\*\*CHECK-OFF: CATHETER + PERIPHERAL IV REMOVAL\*\***

### **\*\*\* BEGIN LEVEL 2 CLINICALS\*\*\***

## **NHA Module 2: Compliance, Safety, and Professional Responsibility**

- **PCT Ch. 3 Professionalism and Work Ethics**

- Explain the reasons why professionalism is important in the medical field
- Discuss characteristics of professionalism
- Explain why confidentiality is so important in the medical field
- Hazards of using social media
- Importance of PCT's attitude in caring for patients
- **PCT Ch. 4 Communicating with the Health Care Team**
  - Discuss verbal and nonverbal communication
  - Discuss potential barriers to communication
  - Recognize trust as the foundation for all effective communication
  - Describe the EHR and PHR
  - SBAR
  - Computerized documentation
- **PCT Ch. 5 Understanding the Patient as a Person**
  - Describe how culture affects the individual
  - Explain how personal culture beliefs and practices affect patient relationships
  - Identify cultural variables that potentially influence health behaviors
- **PCT Ch. 6 Patient Rights, Ethics, and Laws**
  - Summarize the structure and function of the legal system
  - Discuss the legal relationship that exists between the PCT and the patient
  - Explain the importance of maintaining standards of care
  - Discuss federal regulations of the Health Insurance Portability and Accountability Act of 1996 (HIPAA)
  - Explain advanced directives
  - Distinguish difference between ethical and unethical behavior
- **PCT Ch. 10 Workplace Safety and Body Mechanics**
  - Discuss safety concerns in a healthcare environment
  - List steps to be followed in the event of a fire
  - Discuss terrorism and how it relates to workplace safety
  - Discuss fire safety issues in a healthcare environment
  - Discuss critical elements of an emergency plan for response to a natural disaster or other emergency
  - Identify principles of body mechanics and ergonomics
  - Explain rationale for use of appropriate body mechanics
- **DHO Ch. 14:1 Using Body Mechanics**
- **DHO Ch. 14.2 Preventing Accidents and Injuries**
- **DHO Ch. 14:3 Observing Fire Safety**
  - PASS, RACE
- **DHO Ch. 14 Safety Examination**

## ♦ December ♦

### **\*\*NHA Module 2 Exam\*\***

*\*Students should have a minimum of 12-18 hours of hospital clinical at this point\**

### **NHA Module 3: Infection Control**

- **PCT Ch. 9 Infection Control**
- **PCT Ch. 26 Care of the Surgical Patient**
  - Introduce Sterile Technique
    - \*\*OR/Surgical Guest Speaker At This Time\*\**
    - \*\*Sterile Gloving Skills Lab\*\**
- **DHO Ch. 15:1-9**
  - **OMIT:** 15:5-7
  - Use NHA Test Plan to ensure you cover all objectives under Infection Control/M3
    - \*\*PPE Skills Lab\*\*;*
    - Match correct PPE to disease scenario, don and doff correctly*

## ♦ Semester Final ♦

Review all content with a focus on M1 as it is 45% of the certification exam. Create a cumulative exam.