

# **HLTH 124C : Introduction to Hawaiian and Indigenous Health and Healing: Kupuna Care for Nurse Aides**

Intro to Hawaiian and Indigenous Health and Healing combines traditional and Western healing knowledge and caregiving skills. HLTH 124C will be taught by a registered nurse and satisfies the requirements for the State of Hawaii Certified Nurses Aid licensure. Intro to Hawaiian and Indigenous Health and Healing combines traditional and Western healing knowledge and care giving skills. Training in the Native Hawaiian traditional healing practices focuses on mālama kūpuna (elder care), mālama ‘aina (agricultural practices), ‘ai pono (healthy nutrition), ho‘oponopono (mutual reciprocation), lomilomi (massage), and lā‘au lapa‘au (plant medicine). The Western elements of the course focuses on human anatomy, medical terminology, basic nursing care, basic home care, nutrition, basic personal care, patient interaction and communication, dressing, bathing and feeding patients, helping patients get out of bed or move about, taking patients' temperature, blood pressure and pulse, and reporting to nurses.

**Credits** 3

**Lecture Hours** 3

## **Prerequisites**

Grade of C or better in HLTH 123C or instructor consent.

## **Course Outcomes**

- Explain appropriate pre- and post-procedures used when providing care
- Successfully perform 14 of the State of Hawaii CNA mandatory skills; (even with the non-CNA track, they will be performing the same skills)
- Describe the healthcare standards of care.