

# **HLTH 124 : 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 care giving skills. Training in the Native Hawaiian traditional healing practices focuses on mālama kupuna (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 123 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;
- Describe the healthcare standards of care.