



CSEA 120
Health and Wellness
Fall 2012

COURSE OUTLINE

Description

This course provides students with foundational skills and knowledge needed to support the health and wellness of people with disabilities and themselves. Students learn through theory and practice to provide safe, effective and respectful personal assistance including lifts and transfers, personal hygiene, nutrition, bathing, and positioning.

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

(a) Instructor	Laurie Sivertson
(b) Office hours	TBA
(c) Location	212 Fisher Building
(d) Phone	250-370-3998 Alternative:
(e) E-mail	sivertsonl@camosun.ca

2. Intended Learning Outcomes

(Upon successful completion of this course, the student will be able to:

- 1) Provide safe, effective and respectful personal care assistance to children, youth and adults with disabilities.
 - a) Apply the principles of respectful caring to all aspects of personal assistance.
 - b) Use knowledge of basic anatomy and physiology to provide safe and effective personal assistance
 - c) Demonstrate best practices while assisting people with lifts and transfers, positioning, bathing, oral care, personal hygiene and peri care.
 - d) Apply professional health standards in all aspects of personal hygiene care and practice
 - e) Use equipment/adaptations that enhance independence and safety related to health and mobility safely.

- 2) Use appropriate resources and strategies to support the health and wellness of children, youth and adults with disabilities.
 - a) Describe a holistic approach to health and wellness and recognize the links between social, emotional and physical well being.
 - b) Identify health care professionals that can assist in the development and provision of health services to people with disabilities
 - c) Describe the role of the CSEA in an individual health care plan.

- d) Demonstrate professional reporting and documentation skills related to health and safety protocols and issues.
- 3) Provide personal supports that meet the needs of individuals with specific health conditions
 - a) Provide safe and effective support to people with epilepsy, diabetes
 - b) Identify common sources/causes of infection and use standard precautions when supporting people with infectious conditions.
 - c) Use knowledge of nutrition to support individuals who experience difficulties with eating, swallowing and digestion.
 - d) Demonstrate the ability to safely and effectively deliver medications.
 - 4) Describe the process of ageing and the effect of ageing on health and wellness
 - a) Describe the effects of ageing on individuals with select disabilities.
 - b) Describe the physical, emotional and cognitive changes associated with ageing.
 - c) Identify specific health concerns related to ageing.

If any changes are made to this part, then the Approved Course Description must also be changed and sent through the approval process.)

3. Required Materials

(a) **Textbooks/Resources:**

- Sorrento, Sheila, Mosby's Canadian Textbook for the Support Worker, (3rd Cdn. Ed.) Published by Elsevier Canada, Toronto, ON, 2012
- Meals and More, A Food and Nutrition Manual for Homes of Adults and Children with 24 Persons or Fewer in Care. Available online at http://www.health.gov.bc.ca/library/publications/year/2008/Meals_and_More_Manual.pdf
- CSEA 120 Seizure Management Self Learning Module (purchase from bookstore)
- Basics of Medication Administration (purchase from bookstore)
- A medical dictionary of your choice may be helpful and is optional. Access to a computer is important to further your acquisition of knowledge and resources.

4. Course Content and Schedule

Classroom WT 101; Lab WT 216; Library (for videos)

Additional readings/resources will be provided intermittently throughout the course through D2L.

All readings, videos, and any other assigned learning activities must be completed BEFORE class and lab experience.

(a) **Course Presentation:**

CSEA 120 is an interactive, hands-on course that uses a variety of teaching and learning modes: presentation of information by instructor, discussion, group process, self-reflective learning, self-directed study, audio-visual, and practice in lab setting.

(b) **CSEA 120- Schedule of Classes and Labs**

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(*Schedule is subject to change with availability of learning resources and class pace of learning)

WEEK	DATE	TOPIC	PREPARATION
1	Sept 4-6	ORIENTATION WEEK	<i>Welcome!</i>
2	Sept 11 (Tues) 8:30-11:20	*Introduction to CSEA 120 *Health and Wellness for Self and Others *DIPPS and Holism *Infection Control WT 101 (Theory)	<ul style="list-style-type: none"> Review course outline Orient self to Mosby text Research in textbook on principles of providing compassionate care, holism, health and wellness Look at your own health habits; how healthy are you? Complete Medical Asepsis itinerary (attached to course outline) and review in textbook on Standard Precautions (practices) and hand washing
	Sept 13 (Thurs) 8:30-11:20	*Review Standard precautions and hand washing *Vital Signs WT 101 & 216 (Theory & Lab)	<ul style="list-style-type: none"> Review Standard Precautions, infection control and hand washing Research in your textbook on: vital signs (excluding blood pressures) Complete Vital Signs Itinerary (attached to course outline) <p>Lab Activities: Orientation to lab. Make yourself familiar with all of the equipment in the lab. Look at the hospital beds and learn how the side rails raise & lower and the brakes go on & off. Many of the beds are different. Do the same with the wheelchairs. Handwashing, gloving and proper glove removal, taking vital signs and recording data correctly.</p>
3	Sept 18 (Tues) 8:30-11:20	*Basic & Oral Hygiene WT 101 (Theory)	<ul style="list-style-type: none"> Research in your textbook on providing personal care and basic hygiene including oral care <p>(Although we don't focus on body mechanics until later on in the course, we will discuss it briefly prior to Thursday's lab)</p>
	Sept 20 (Thurs) 8:30-11:20	*Basic and Oral Hygiene WT 216 (Lab)	<p>Lab Activities: Performing basic hygiene and discussion of other aspects of care i.e. shaving, make-up application and hairstyling.</p> <ul style="list-style-type: none"> Bring a toothbrush, as you will be practicing oral care on each other
4	Sept 25 (Tues) 8:30-11:20	* Basic Nutrition WT 101 (Theory)	<ul style="list-style-type: none"> Review in your textbook on the digestive system and the basic mechanisms of how we obtain nutrition from food. Research on the basics of nutrition and on assisting clients to eat Review: Meals and More (ministry booklet) Read: It Takes Time to Eat (Instructor has copies) Video: It Takes Time To Eat: TX 361 H3 I8 (1988)
4	Sept 27 (Thurs) 8:30-11:20	* Urinary Elimination WT 101 (Theory)	<ul style="list-style-type: none"> Research in text on anatomy and physiology of the urinary system and on assisting clients with urinary elimination
5	Oct 2 (Tues) 8:30-11:20	*Bowel Care WT 101 (Theory)	<ul style="list-style-type: none"> Review A&P of the digestive system Research in text on assisting clients with bowel elimination

WEEK	DATE	TOPIC	PREPARATION
	Oct 4 (Thurs) 8:30- 11:20	* Urinary & Bowel Care WT 216 (Lab Practice)	Lab Activities: <ul style="list-style-type: none"> Positioning on commode, bedpan and removing pan safely Application of condom drainage Switch indwelling catheter from bedside drainage bag to leg bag while maintaining asepsis Male and female catheter care Emptying drainage bags and measuring urine output Review universal precautions in regard to bowel care Administration of suppositories and enemas and the correct documentation of the “results”.
6	Oct 9 (Tues) 8:30- 11:20	* Assisting clients with nutritional challenges including alternative methods of eating (gastrostomies) WT 101 (Theory)	<ul style="list-style-type: none"> Research on care of the client with a gastrostomy (Gastrostomy Module posted on D2L)
6	Oct 11 (Thurs) 8:30- 11:20	*Infectious Diseases WT 101 (Theory)	<ul style="list-style-type: none"> Research on head lice, scabies, conjunctivitis, impetigo, strep throat
7	Oct 16 (Tues) 8:30- 11:20	Exam #1	Will include all content up to and including <u>Gastrostomies</u>. (Infectious Diseases will NOT be on this exam.)
	Oct 18 (Thurs) 8:30- 11:20	* Diabetes WT 101 (Theory)	<ul style="list-style-type: none"> Research on diabetes. You will need to go to resources other than your textbook for this.
8	Oct 23 (Tues) 8:30 - 11:20	*Basic Skin Care *Body Mechanics *Assisting with Positioning WT 101 (Theory)	<ul style="list-style-type: none"> Research on basic skin care Video: <u>STABLE : Basic body mechanics. Reduce your risk of injury.</u> RT 87 T72 S722 2004
	Oct 25 (Thurs) 8:30- 11:20	*Lifts, Transfers and Positioning (Instructor Demo in Lab) WT 216	<ul style="list-style-type: none"> Observe Instructor demonstrating lifts, transfers and positioning
9	Oct 30 (Tues) 8:30- 11:20	* Aging WT 101 (Theory)	<ul style="list-style-type: none"> Research on the unique challenges faced by individuals with developmental disabilities as they age Research on dementia
	Nov 1 (Thurs) 8:30- 11:20	*Lifts, Transfers and Positioning WT 216 (Lab Practice)	Lab Activities: <ul style="list-style-type: none"> In groups of three, practice one and two person transfers, mechanical lifts and positioning and repositioning in bed and in wheelchairs

WEEK	DATE	TOPIC	PREPARATION
10	Nov 6 (Tues) 8:30- 11:20	*Reporting & Documenting *Review of Seizure Management Self Learning Module WT 101 (Theory)	<ul style="list-style-type: none"> • Research on Care Plans, reporting and documenting in your textbook • Read through Seizure Management Module and be prepared to discuss in class.
	Nov 8 (Thurs) 8:30- 11:20	Open Lab Practice	Lab Activities: Review and practice all skills taught during the semester in preparation for skill checks
11	Nov 13 (Tues) 8:30 - 11:20	*Exam #2 WT 101	<ul style="list-style-type: none"> • Will include all content from Infectious Diseases to Week 10
	Nov 15 (Thurs) 8:30- 11:20	*Basics of Medications WT 101 (Theory)	<ul style="list-style-type: none"> • Review <u>Basics of Medication Administration</u> module
12	Nov 20 (Tues) 8:30 - 11:20	*Basics of Medications WT 101 (Theory)	<ul style="list-style-type: none"> • Review <u>Basics of Medication Administration</u> module
12	Nov 22 (Thurs) 8:30 - 11:20	*Basic of Medications WT 101 & 216 (Theory & Lab)	<ul style="list-style-type: none"> • Review <u>Basics of Medication Administration</u> module
13	Nov 27 (Tues) 8:30- 11:20	*Basics of Medications WT 101 EXAM	MUST OBTAIN 80% TO PASS
	Nov 29 (Thurs) 8:30 - 11:20	Skill Checks WT 216	
14	Dec 4 (Tues) 8:30- 11:20	Rewrites	
	Dec 6 (Thurs) 8:30 - 11:20	*Skill Checks WT 216 (Lab)	
15	Dec 13 (Thurs) 8:30 - 11:20	Lab Skill Rechecks WT 216 (Lab)	

5. Basis of Student Assessment (Weighting)

- (a) Assignments
- (b) Quizzes
- (c) Exams see part ('d')

(d) Assignments and Evaluation of Learning:

Your success in meeting the learning outcomes will be assessed as follows:

Exam #1	30%
Exam #2	30%
Basics of Medications (80% required to pass)	30%
Lab Skill Check	P/F
Participation (Classroom and lab)	10%

Grades will be assigned according to Camosun's grading policies.

All exams must be written to meet the requirements of this course. A minimum grade of 60% in each of Exam #1 and Exam #2 and 80% in the Basics of Medications exam is required for successful completion of CSEA 120; the Participation mark will only be counted if the total of all exam marks is equal to or greater than 60%

Please refer to your CSEA Handbook for information regarding Exam Policies and Testing Procedures.

The passing grade for CSEA 120 is 60% or "C". Additionally, students MUST achieve a "Pass" in the Lab Skill Checks at the end of the semester in order to receive a passing grade in the course. This is regardless of the letter grade achieved in the academic portion of the course. Attendance at each lab is mandatory.

Important Dates:

Exam #1	Tuesday, October 16
Exam #2	Tuesday, November 13
Exam #3 Basics of Medications Exam	Tuesday, November 27
Lab Skill Checks	November 29 & December 6

Please note that lab skill checks run until December 13th, 2012. Do not make any travel plans for the Semester Break until after this date.

General Considerations:

- Please arrive on time. The instructor will begin class on time. Consistent attendance and participation is critical for success. I would appreciate an email or voice mail from you if you are unable to attend a class.
- This course emphasizes experiential learning. Students are expected to attend all classes, complete all required readings in preparation for class and to participate in class discussions and activities.
- Adhere to the dress code for the lab: wear shoes that have closed toes and heels and clothing that allows you to move freely and comfortably but dress professionally. Cell phones are **not** permitted in the lab at any time unless prior arrangement has been made with the instructor. Eating and drinking is not allowed in the lab.
- The mannequins and medical equipment in the lab are very expensive to buy and replace. Please treat them with respect and please take a few minutes to tidy up after every lab session!

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Preparation:

Your Mosby textbook is an excellent resource and you should be able to do a significant portion of your prep with this text. There are several topics in CSEA 120 that will require you to seek out additional information to what you will find in the text. You may be provided with some information by the instructor (either by PowerPoint, email, D2L or hand-out for you to copy) but you will be **expected** to look to additional resources for the information that you will need. There is an excellent selection of texts and references available to you in the library as well as validated information that can be found on the internet.

Participation Mark:

As noted, 10% of your final grade will be determined by your participation in both the classroom and lab. The following are some examples of the criteria that will be considered when this grade is being calculated:

- Arriving on time, returning from breaks on time and staying until the end of the class/lab
- Coming to class prepared and well researched for the topics being discussed
- Actively participating in lab sessions—not just “supervising” or “observing”
- Participating and contributing to classroom discussion; supporting the learning of others
- Being respectful of the ideas and opinions expressed by others and recognizing that everyone learns differently
- Refraining from disruptive behaviour i.e. background chatter, eating during class, using cell phones, texting, leaving classroom while class is in session, sleeping during class, etc
- Adhering to the classroom norms

(e) Other (e.g. Project, Attendance, Group Work)

6. Grading System

Standard Grading System (GPA)

GRADING SYSTEMS <http://www.camosun.bc.ca/policies/policies.php>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

STUDENT CONDUCT POLICY

There is a Student Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section.
<http://www.camosun.bc.ca/policies/policies.html>

The Department of Community, Family & Child Studies is committed to promoting competence, professionalism and integrity in our students and developing their core skills to succeed throughout their academic programs and in their careers. The purpose of Academic Honesty Guidelines is to provide clear expectations of appropriate academic conduct and to establish processes for discipline in appropriate circumstances. It is the student's responsibility to become familiar with the content and the consequences of academic dishonesty. Before you begin your assignments, review the Academic Policies on the Camosun College website: <http://camosun.ca/learn/becoming/policies.html>