



CSEA 120
Health and Wellness
Spring 2013

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	Tracy Ditty
(b) Office hours	Tuesdays & Thursdays, 5:30-6:00 p.m.
(c) Location	WT 111A
(d) Phone	250-370-3473 Alternative: _____
(e) E-mail	dittyc@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 aging and the effect of aging on health and wellness
 - a) Describe the effects of aging on individuals with select disabilities.
 - b) Describe the physical, emotional and cognitive changes associated with aging.
 - c) Identify specific health concerns related to aging.

3. Required Materials

- a) Sorrento, Sheila, Mosby's Canadian Textbook for the Support Worker, (3rd Cdn. Ed.) Published by Elsevier Canada, Toronto, ON, 2012
- b) 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
- c) CSEA 120 Seizure Management Self Learning Module (purchase from bookstore)
- d) Basics of Medication Administration (purchase from bookstore)
- e) 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; 203; 204; 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.

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.

CSEA 120 – Schedule of Classes and Labs

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

WEEK	DATE	TOPIC	PREPARATION
1		ORIENTATION WEEK	Welcome!
1	March 19 Tuesday 6:30-9:20	Introduction to CSEA 120 Health and Wellness for Self and Others DIPPS and Holism Infection Control WT 101 & WT 216 (lab) (Theory & Lab)	<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 research in textbook on Standard Precautions (practices) and hand washing <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 and off. Many of the beds are different. Do the same with the wheelchairs.</p>
	March 21 Thursday 6:30-9:20	Review Standard precautions and hand washing Vital Signs Providing Basic Hygiene Oral Hygiene WT 203 (Theory)	<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) Research providing personal care and basic hygiene including oral care <p>Lab Activities (in classroom setting):</p> <ul style="list-style-type: none"> Taking vital signs and recording data correctly
2	March 26 Tuesday 6:30-9:20	Basic & Oral Hygiene WT 101 & WT 216 (Theory & Lab)	<ul style="list-style-type: none"> Review 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)</p> <p>Lab Activities:</p> <ul style="list-style-type: none"> Hand washing, gloving and proper glove removal Performing basic hygiene and discussion of other aspects of care i.e. shaving, make-up application and hairstyling. Bring a toothbrush, as you will be practicing oral care on each other
	March 28 Thursday 6:00-8:50	Basic Nutrition WT 204 (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: <u>It Takes Time To Eat</u>: TX 361 H3 I8 (1988)

WEEK	DATE	TOPIC	PREPARATION
3	April 2 Tuesday 6:00-8:50	Urinary Elimination WT 101 & WT 216 (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
3	April 4 Thursday 6:00-8:50	Bowel Care WT 204 (Theory)	<ul style="list-style-type: none"> Review A&P of the digestive system Research in text on assisting clients with bowel elimination
4	April 9 Tuesday 6:00-8:50	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".
	April 11 Thursday 6:00-8:50	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)
5	April 16 Tuesday 6:00-8:50	Infectious Diseases WT 101 (Theory)	<ul style="list-style-type: none"> Research on head lice, scabies, conjunctivitis, impetigo, strep throat
5	April 18 Thursday 6:00-8:50	Exam #1 WT 101	Will include all content up to and including Gastrostomies. (Infectious Diseases will NOT be on this exam.)
6	April 23 Tuesday 6:00-8:50	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.
6	April 25 Thursday 6:00-8:50	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

WEEK	DATE	TOPIC	PREPARATION
7	April 30 Tuesday 6:00-8:50	Lifts, Transfers and Positioning (Instructor Demo in Lab) WT 216 (Lab)	<ul style="list-style-type: none"> Observe Instructor demonstrating lifts, transfers and positioning
	May 2 Thursday 6:00-8:50	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
8	May 7 Tuesday 6:00-8:50	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
	May 9 Thursday 6:00-8:50	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.
9	May 13 <u>MONDAY</u> 6:00-8:50	Open Lab Practice WT 101 & 216	Lab Activities: <ul style="list-style-type: none"> Review and practice all skills taught during the semester in preparation for skill checks
	May 16 Thursday 6:00-8:50	Exam #2 WT 101	<ul style="list-style-type: none"> Will include all content from Infectious Diseases to Week 10
10	May 21 Tuesday 6:00-8:50	Basics of Medications WT 101 (Theory)	<ul style="list-style-type: none"> Review <u>Basics of Medication Administration</u> module
	May 23 Thursday 6:00-8:50	Basics of Medications WT 101 (Theory)	<ul style="list-style-type: none"> Review <u>Basics of Medication Administration</u> module
11	May 28 Tuesday 6:00-8:50	Basics of Medications WT 101 & 216 (Theory & Lab)	<ul style="list-style-type: none"> Review <u>Basics of Medication Administration</u> module
11	May 30 Thursday 6:00-8:50	Basics of Medications EXAM WT 101	MUST OBTAIN 80% TO PASS

WEEK	DATE	TOPIC	PREPARATION
12	June 4 Tuesday 6:00-8:50	Skill Checks WT 101 & 216	
	June 6 Thursday 6:00-8:50	Basics of Medications Rewrites WT 101	
13	June 11 Tuesday 6:00-8:50	*Skill Checks WT 216 (Lab)	
	June 13 Thursday 6:00-8:50	TBA (Lab not available)	
14	June 18 Tuesday 6:00-8:50	Lab Skill Rechecks WT 216 (Lab)	
	June 20 Thursday 6:00-8:50	TBA	

5. Basis of Student Assessment (Weighting)

Assignments and Evaluation of Learning:

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

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| • 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:

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| • Exam #1 | Thursday, April 18 |
| • Exam #2 | Thursday, May 16 |
| • Exam #3 Basics of Medications Exam | Thursday, May 30 |
| • Lab Skill Checks | Tuesday, June 4 & Tuesday, June 11 |

Please note that lab skill checks run until June 20th. 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!

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

6. Grading System

Standard Grading System (GPA)

Competency Based Grading System

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

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

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>