



CAMOSUN COLLEGE
School of Health & Human Services
Community, Family & Child Studies

CSEA 120
Health and Wellness
Spring 2014

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.

✦ *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

Instructor: Hilary Eldstrom
Office Location: Wilna Thomas 223
Office Hours: TBA
Phone: 250-370-3223
Email: EldstromH@camosun.ca
Class Time: Mon/Tues 5:30-8:20 pm
Classrooms: Wilna Thomas 226 (lecture) / Wilna Thomas 216 (lab)

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

1. Sorrento, Sheila, Mosby's Canadian Textbook for the Support Worker, (3rd Cdn. Ed.) Published by Elsevier Canada, Toronto, ON, 2012
2. 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
3. CSEA 120 Seizure Management Self Learning Module
4. Basics of Medication Administration
5. 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

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

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

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.

WEEK	TOPIC	PREPARATION
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WEEK	TOPIC	PREPARATION
1	*Introduction to CSEA 120 *Health and Wellness for Self and Others *DIPPS and Holism *Infection Control	<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 handwashing • Handwash in lab and explore lab
2	**Vital Signs	<ul style="list-style-type: none"> • Review Standard Precautions, infection control and handwashing • Research in your textbook on: vital signs (excluding blood pressures) • Complete Vital Signs Itinerary (attached to course outline)
	*Nutrition- basic	<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) <p>Video: It Takes Time To Eat: TX 361 H3 I8 (1988)</p> <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.</p> <ul style="list-style-type: none"> • Handwashing, gloving and proper glove removal, taking vital signs and recording data correctly. • 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>
3	*Basic and Oral Hygiene	
	Basic and Oral Hygiene	<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

WEEK	TOPIC	PREPARATION
4	* Urinary Elimination	<ul style="list-style-type: none"> Research in text on anatomy and physiology of the urinary system and on assisting clients with urinary elimination
	*Bowel Care	<ul style="list-style-type: none"> Review A&P of the digestive system Research in text on assisting clients with bowel elimination
5	Gastrostomies * Assisting clients with nutritional challenges including alternative methods of eating (gastrostomies)	<ul style="list-style-type: none"> Research on care of the client with a gastrostomy (Gastrostomy Module posted on D2L)
	Bowel and Bladder Lab	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	*Infectious Diseases	<ul style="list-style-type: none"> Research on head lice, scabies, conjunctivitis, impetigo, strep throat
	EXAM #1	Will include all content up to and including <u>Gastrostomies</u>. (Infectious Diseases will NOT be on this exam.)
7	* Diabetes	<ul style="list-style-type: none"> Research on diabetes. You will need to go to resources other than your textbook for this.
8	*Basic Skin Care *Body Mechanics *Assisting with Positioning	<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
	*Lifts, Transfers and Positioning	<ul style="list-style-type: none"> Observe Instructor demonstrating lifts, transfers and positioning

WEEK	TOPIC	PREPARATION
9	* Aging	<ul style="list-style-type: none"> • Research on the unique challenges faced by individuals with developmental disabilities as they age • Research on dementia
	*Lifts, Transfers and Positioning	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
10	*Reporting & Documenting *Review of Seizure Management Self Learning Module	<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.
	Open Lab Practice	Lab Activities: <ul style="list-style-type: none"> • Review and practice all skills taught during the semester in preparation for skill checks
11	EXAM #2	Will include all content from Infectious Diseases to Week 10
12	*Basics of Medications	Review <u>Basics of Medication Administration</u> module
	*Basics of Medications	Review <u>Basics of Medication Administration</u> module
13	*Basic of Medications	Review <u>Basics of Medication Administration</u> module
	*Basics of Medications/Lab for an hour? Or can be lab practice	
	Open lab practice	
14	Basics of Meds Exam	MUST OBTAIN 80% TO PASS
	*Skill Checks	
	Lab Skill Checks	
15	Exam rewrites if needed	
	Lab practice/rechecks?	
	Lab Skill rechecks	

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 | COM (Pass) /NC (Fail) |
| • Participation (Classroom and Lab) | 10% |

***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%*

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
- Exam #2
- Exam #3 Basics of Medications Exam
- Lab Skill Checks

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

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, through Student Services or on the College website at www.camosun.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, Enrolment Services, and on the College website at www.camosun.ca/about/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>