

Camosun College
COMMUNITY SUPPORT AND EDUCATION ASSISTANT PROGRAM
CSEA 120 Health and Wellness—Fall 2014

Instructor: Laurie Sivertson
Office: WT 212
Office Hours: Mon, Tuesday, Thursday 8:00-11:00 on request
Telephone: (250) 370-3998
Email: SivertsonL@camosun.ca
Class Time: Wednesday 8:30-11:20
Friday 8:30-11:20 (with changes weeks of Oct 6, 14 and 20)
Class Rooms: WT 225 (theory): subject to change
WT 216 (lab)

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 (posted on D2L)
- Basics of Medication Administration (posted on D2L)
- 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.

Course 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.

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 wellbeing.
 - 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.

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.

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.**

Academic Integrity

The School of HHS is committed to 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 these 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.

Camosun College’s Plagiarism: Definition and Consequences Policy (E-2.5.1)

<http://camosun.ca/about/policies/education-academic/e-2-student-services-&-support/e-2.5.1.pdf>

Important Dates:

Exam #1	Monday, October 6
Exam #2	Wednesday, October 29
Exam #3 Basics of Medications Exam	Wednesday, November 19
Lab Skill Checks	November 24, 28 th Dec 5, Dec 12

Please note that lab skill checks run until December 12th, 2014. 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 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 behavior 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

CSEA 120- Schedule of Classes and Labs (Fall 2014)*

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

Classroom WT 103 & 225; Lab WT 216; Library (for resources)

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	DATE	TOPIC	PREPARATION
	Sept 3 (Wed) 8:30- 1120	Meet and Greet Introduction to CSEA 120 Classroom expectations Health & Wellness for Self and Others WT 103	<ul style="list-style-type: none"> Review course outline Orient self to Mosby text Look at your own health habits; how healthy are you?
	Sept 5 (Friday) 8:30- 1120	<p>*</p> <ul style="list-style-type: none"> Dipps & Holism *Infection Control WT 225 (Theory)	<ul style="list-style-type: none"> Research in textbook on principles of providing compassionate care, holism, health and wellness Complete Medical Asepsis itinerary (attached to course outline) and review in textbook on Standard Precautions (practices) and handwashing Review Standard Precautions, infection control and handwashing
	Sept 10 (Wed) 8:30- 1120	<ul style="list-style-type: none"> Vital Signs Basic & Oral Hygiene WT 103 (Theory)	<ul style="list-style-type: none"> Research in your textbook on: vital signs (excluding blood pressures) Complete Vital Signs Itinerary (attached to course outline) Research in your textbook on providing personal care and basic hygiene including oral care
	Sept 12 (Friday) 830- 1120	WT 225 & 216 (Lab)	<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, oral hygiene</p> <p>Performing basic hygiene. Bring a toothbrush, as you will be practicing oral care on each other</p>

week	DATE	TOPIC	PREPARATION
	Sept 17 (Wed) 630-1120	* Basic Nutrition WT 103 (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 (on line)
	Sept 19 (Friday) 8:30-11:20	Basic Care Lab WT 225 & WT 216	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
	Sept 24 (Wed) 8:30-1120	*Bowel Care & Urinary Elimination WT 103 (Theory)	<ul style="list-style-type: none"> Review A&P of the digestive system Research in text on assisting clients with bowel Elimination Research in text on anatomy and physiology of the urinary system and on assisting clients with urinary elimination
	Sept 26 (Fri) 830-1120	* Urinary & Bowel Care WT 225 & WT 216	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"
	Oct 1 (Wed) 830-1120	* Assisting clients with nutritional challenges including alternative methods of eating (gastrostomies) WT 103 (Theory)	<ul style="list-style-type: none"> Research on care of the client with a gastrostomy (Gastrostomy Module posted on D2L)
	Oct 3 (Fri) 830-1120	Infectious Diseases WT 225 (Theory)	<ul style="list-style-type: none"> Research on head lice, scabies, conjunctivitis, impetigo, strep throat
	Oct 6 (Mon) 1530-1820	<u>Exam #1</u> WT 204	Will include all content up to and including <u>Gastrostomies</u> . (Infectious Diseases will NOT be on this exam.)

week	DATE	TOPIC	PREPARATION
	Oct 8 (Wed) 830-1120	Basic Skin Care *Body Mechanics *Assisting with Positioning * Lifts and Transfers WT 103 (Theory)	<ul style="list-style-type: none"> Research on basic skin care VIHA body mechanics DVD shown in class
	Oct 14 (Tues) 1530-1820	*Lifts, Transfers and Positioning (Instructor Demo in Lab WT 226 & WT 216	<ul style="list-style-type: none"> Observe Instructor demonstrating lifts, transfers and positioning
	Oct 15 (Wed) 830-1120	Diabetes/ Aging WT 103 (Theory)	<ul style="list-style-type: none"> Research on the unique challenges faced by individuals with developmental disabilities as they age (D2L document) Research on dementia Research on Diabetes
	Oct 20 (Mon) 15:30-1820	Lifts and Transfers practice WT 216	LAB
	Oct 22 (Wed) 8:30-1120	*Reporting & Documenting *Review of Seizure Management Self Learning Module WT 103 (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.
	Oct 29 (Wed) 8:30-1120	* <u>Exam #2</u> WT 103	<ul style="list-style-type: none"> Will include all content from Infectious Diseases to Week 10
	Nov 5 (Wed) 830-1120	Basics of Medications WT 103 (Theory)	Review <u>Basics of Medication Administration</u> module
	Nov 7 (Fri) 830-1120	Open Lab Practice..	Lab Activities: Review and practice all skills taught during the semester in preparation for skill checks
	Nov 12 (Wed) 8:30-1120	*Basic of Medications	<ul style="list-style-type: none"> Review <u>Basics of Medication Administration</u> module
	N		

week	DATE	TOPIC	PREPARATION
	Nov 14 (Friday) 8:30- 1120	BOM /Lab component	
	Nov 19 Wed 9-1030	<u>Basics of Medications</u> <u>WT 103 EXAM</u>	MUST OBTAIN 80% TO PASS
	Nov 21 (Fri) 830-1120	Open Lab WT 216	
	Nov 24 (Monday) #:30-6:30	Skill Checks WT 216	
	Nov 28 (Fri) 8:30- 11:20	*Skill Checks WT 216 (Lab)	
	Dec 3 (Wed) 8:30- 1120	Classroom if needed. WT 103	
	Dec 5 (Fri) 9:30 - 12:20	Skill Checks WT 216 (Lab)	
	Dec 12 (Fri) 8:30- 11:20	Skill Check redos WT 216 (Lab)	

SEA 120 Skill Check Evaluation Fall 2014

Name: _____ Date: _____

Skill Check scenario: _____ Evaluator: _____

CRITERIA	P/F	COMMENTS
Ability to demonstrate application of theory to practice (i.e. is able to perform skill correctly)		
Maintains correct body mechanics		
Demonstrates appropriate medical asepsis, adheres to standard/routine precautions and infection control measures		
Maintains client safety at all times —adheres to principles of DIPPS		
Communicates clearly with partner during lift/transfer		
Performs skill check in an organized and efficient manner		

P= Pass, F= Fail,

Pass: _____ Recheck: _____ Fail: _____

Student signature: _____ Date: _____

Evaluator signature: _____

CSEA 120 MEDICAL ASEPSIS ITINERARY

When I think about microorganisms (bacteria, viruses, "germs") the term "clean" means...

The term "dirty" means...

I maintain this type of cleanliness in my bathroom, kitchen, and food preparation area by...

When I bathe and perform my daily grooming routines I have a certain "system" that I follow. This system is...

My reasons for following this system are...

I share the following personal care items with members of my family...

I am willing to lend the following personal care items to a friend... Explain.

CSEA 120 VITAL SIGNS ITINERARY

1. When you take vital signs, what is actually being measured?

Temperature:

Pulse:

Respirations:

2. Why would knowing the normal ranges for vital signs in different age groups be important?

3. List factors that affect each of the vital signs (e.g. exercise)

Temperature:

Pulse:

Respirations:

4. What do you think accounts for the difference in normal ranges among oral, axillary, tympanic and rectal temperatures?

5. List factors that interfere with accurate measurement of each of the vital signs

Temperature:

Pulse:

Respirations