



Camosun College
COMMUNITY SUPPORT AND EDUCATION ASSISTANT PROGRAM
CSEA 120 Health and Wellness ~ Fall – 2016

Instructor: Kathleen Troger
Office: WT 221
Office Hours: 11:30-12:30 Wednesdays and Fridays or by appointment
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Class Times: Wednesdays 8:30am-11:20am
Fridays 8:30am-11:20am

Class Rooms: WT 203 (Theory)
WT 216 (Lab)

Important Dates:

Basics of Medications Exam Friday, September 23rd
Exam #1 Wednesday, October 19th
Exam #2 Wednesday, November 23rd
Lab Skill Checks..... November 30th; December 2nd and 9th

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.

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.

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.

General Considerations:

- Please arrive on time. The instructor will begin class on time. Consistent attendance and participation is critical for success. An email or voice mail from you if you are unable to attend a class would be greatly appreciated.
- 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.

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 ageing 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 ageing.
 - c) Identify specific health concerns related to ageing.

Assignments and Evaluation of Learning:

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

| | |
|---|-----|
| Basics of Medications Exam (80% required to pass) | 30% |
| Exam# 1 | 30% |
| Exam #2 | 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>

- 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.

CSEA 120- Schedule of Classes and Labs (Fall 2016)*

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

Classrooms: Theory WT 203; Lab WT 216; Library (for videos)

Additional readings/resources will be provided intermittently throughout the course through D2L.
All readings, videos, and assigned learning activities must be completed BEFORE class and lab experience.

| week | DATE | TOPIC | PREPARATION |
|------|--|---|---|
| 1 | Sept 7 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> Introduction to CSEA 120 Class room expectations Overview of providing personal care assistance to individuals with disabilities | <ul style="list-style-type: none"> Review course outline. Orient self to Mosby text. Research in textbook role of support worker, the health care team, priorities of support work, and workplace settings. |
| | Sept 9 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> Basics of Medication | <ul style="list-style-type: none"> Review <u>Basics of Medication Administration</u> module. |
| 2 | Sept 14 8:30-10:00 11:20 Theory WT 203 | <ul style="list-style-type: none"> Basics of Medication | <ul style="list-style-type: none"> Review <u>Basics of Medication Administration</u> module. |
| | Sept 16 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> Basics of Medication | <ul style="list-style-type: none"> Review <u>Basics of Medication Administration</u> module. |
| 3 | Sept 21 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> Health and Wellness Principles of Respectful Caring | <ul style="list-style-type: none"> Research in textbook health, wellness, illness, and disability. Look at your own health habits; how healthy are you? Research in textbook principles of providing compassionate care and working with clients. |
| | Sept 23 8:30-11:20 WT 203 Lab WT 216 | <p>BOM Exam</p> <p>Lab Orientation</p> | <p>MUST OBTAIN 80% TO PASS</p> <p>Lab Activities:</p> <ul style="list-style-type: none"> 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 and lower and the brakes go on and off. Many of the beds are different. Do the same with the wheelchairs. |

| week | DATE | TOPIC | PREPARATION |
|------|---|--|---|
| 4 | Sept 28 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> • Infection Control • Vital Signs | <ul style="list-style-type: none"> • Complete Medical Asepsis Itinerary. • Research in textbook preventing infection and handwashing. • Research in your textbook Vital Signs, including temperature, pulse, and counting respiration. • Complete Vital Signs Itinerary. |
| | Sept 30 8:30-11:20 WT 216 | <ul style="list-style-type: none"> • Handwashing & Gloving • Vital Signs | Lab Activities: <ul style="list-style-type: none"> • Handwashing, gloving, and proper glove removal. • Taking vital signs and recording information correctly |
| 5 | Oct 5 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> • Basic & Oral Hygiene (including personal hygiene, grooming, and dressing) | <ul style="list-style-type: none"> • Research in textbook providing personal care and basic hygiene including oral care. • (Although we don't focus on body mechanics until later in the course, we will discuss it briefly prior to next lab.) |
| | Oct 7 8:30-11:20 Lab WT 216 | <ul style="list-style-type: none"> • Basic and Oral Hygiene | Lab Activities: <ul style="list-style-type: none"> • 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. |
| 6 | Oct 12 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> • Urinary Elimination • Bowel Elimination | <ul style="list-style-type: none"> • Research in text anatomy and physiology of the urinary and digestive system. • Research in text on assisting clients with urinary and bowel elimination. |
| | Oct 14 8:30-11:20 Lab WT 203 | <ul style="list-style-type: none"> • Urinary & Bowel Care | 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". |
| 7 | Oct 19 8:30-11:20 WT 203 | Exam #1 Will include all theory content up to and including Urinary and Bowel Care. | |
| | Oct 21 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> • Basic Nutrition • Assisting clients with nutritional challenges including alternative methods of eating (gastrostomies) | <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. • Research care of the client with a gastrostomy. • Gastrostomy: Module posted on D2L. |

| week | DATE | TOPIC | PREPARATION |
|------|--|---|---|
| 8 | Oct 26 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> Basic Skin Care Body Mechanics Assisting with Positioning | <ul style="list-style-type: none"> Research basic skin care. Video: STABLE : Basic body mechanics. Reduce your risk of injury. RT 87 T72 S722 2004 |
| | Oct 28 8:30-11:20 Lab WT 216 | <ul style="list-style-type: none"> Lifts, Transfers, and Positioning | <ul style="list-style-type: none"> Observe Instructor demonstrating lifts, transfers and positioning <p>Lab Activities:</p> <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. |
| 9 | Nov 2 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> Infectious Diseases | <ul style="list-style-type: none"> Research urinary tract infections, hepatitis, AIDS, scabies, head lice, conjunctivitis, impetigo, strep throat, and meningitis. |
| | Nov 4 8:30-11:20 Lab WT 216 | <ul style="list-style-type: none"> Open Lab Practice | <p>Lab Activities:</p> <ul style="list-style-type: none"> Review and practice all skills taught during the semester in preparation for Lab Skill Check. |
| 10 | Nov 9 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> Aging Seizure Management | <ul style="list-style-type: none"> Research "normal" aging process. Research the unique challenges faced by individuals with developmental disabilities as they age. Research dementia. Read through Seizure Management Self-Learning Module and be prepared to discuss in class. |
| | Nov 11 | REMEMBERANCE DAY | |
| 11 | Nov 16 8:30-11:20 Theory WT 203 | <ul style="list-style-type: none"> Reporting & Documenting Diabetes | <ul style="list-style-type: none"> Research Care Plans; reporting and documenting. Research diabetes. You will need to go to resources other than your textbook for this. |
| | Nov 18 8:30-11:20 Lab WT 216 | <ul style="list-style-type: none"> Open Lab Practice | <p>Lab Activities:</p> <ul style="list-style-type: none"> Review and practice all skills taught during the semester in preparation for Lab Skill Check. |
| 12 | Nov 23 8:30-11:20 Lab WT 216 | <p>Exam #2 Will include all content from Basics of Nutrition to end of week 10.</p> | |
| | Nov 25 8:30-11:20 Lab WT 216 | <ul style="list-style-type: none"> Open Lab Practice | <p>Lab Activities:</p> <ul style="list-style-type: none"> Review and practice all skills taught during the semester in preparation for Lab Skill Check. |
| 13 | Nov 30 8:30-11:20 Lab WT 216 | <ul style="list-style-type: none"> Lab Skill Check Individual Time TBA | <ul style="list-style-type: none"> See <i>CSEA 120 Skill Check Evaluaton</i> for evaluation parameters. One scenario will be randomly chosen from all the lab activities covered in the course. |

| week | DATE | TOPIC | PREPARATION |
|-------------|--------------------------------------|--|---|
| | Dec 2 8:30-11:20 Lab WT 216 | <ul style="list-style-type: none"> • Lab Skill Check • Individual Time TBA | <ul style="list-style-type: none"> • See <i>CSEA 120 Skill Check Evaluaton</i> for evaluation parameters. • One scenario will be randamonly chosen from all the lab activities covered in the course. |
| 14 | Dec. 9 Lab WT 216 | <ul style="list-style-type: none"> • Rewrites: Lab Skill Re-Check | |

CSEA 120 Skill Check Evaluation Fall 2016

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: _____

Date: