

**HCA 150: HEALING 1: CARING FOR INDIVIDUALS EXPERIENCING
COMMON HEALTH CHALLENGES**

COURSE DESCRIPTION

This course introduces students to the normal structure and function of the human body and normal bodily changes associated with aging. Students will explore common challenges to health and healing in relation to each body system. Students will also be encouraged to explore person-centred practice as it relates to the common challenges to health and, in particular, to end-of-life care.

COURSE HOURS: 115

LEARNING OUTCOMES

1. Display an understanding of the structure and function of the human body and normal changes associated with aging:
2. Display a sound understanding of common challenges to health and healing:
3. Discuss nutrition as it relates to healing:
4. Describe ways to organize, administer and evaluate person-centred care and service for clients/residents experiencing common health challenges:
5. Demonstrate an understanding of the components of person-centred end-of-life care for clients/residents and families:

COURSE CONTENT

Preventing infection, Asepsis
Medical terminology, Reporting & recording
Broad effects of health
Working with families
Nutrition and healing
Menu planning
Loss and aging
Loss and dying, End-of-life care
Pain

EVALUATION STRATEGIES

1. QUIZ #1 (25%)

This quiz will focus on content from:

Unit 1: Preventing Infection

Unit 2: Impact of Common Health Challenges on Health, Healing & the Individual

Unit 3: Working with Families

Unit 4: Loss and Aging

Unit 5: Nutrition and Healing

Unit 6: Menu Planning (not included, assignment only)

Unit 7: Medical Terminology/Reporting and Recording

Unit 8: Introduction to the Human Body

Unit 9: Urinary System

Unit 10: Digestive System

Quiz questions may include a variety of different formats such as case studies, short answer, true/false, matching and / or multiple choices. You will have one hour to complete the quiz.

2. QUIZ #2 (20%)

This quiz will focus on content from the following systems:

Unit 11: Pain

Unit 12: Sensory System: Eyes and Ears

Unit 13: Integumentary System

Unit 14: Skeletal System

Unit 15: Muscular System

Quiz questions may include a variety of different formats such as case studies, short answer, true/false, matching and / or multiple choices. You will have one hour to complete the quiz.

3. QUIZ #3 (20%)

This quiz will focus on content from:

Unit 16: Circulation and Blood Vessels

Unit 17: Cardiovascular System

Unit 18: Respiratory System

Unit 19: Lymphatic and Immune Systems

Unit 20: Multi-System: Cancer & AIDS

Quiz questions may include a variety of different formats such as case studies, short answer, true/false, matching and / or multiple choices. You will have one hour to complete the quiz.

4. QUIZ #4 (20%)

This quiz will focus on content from:

Unit 21: Loss and Dying

Unit 22: Central Nervous System

Unit 23: Peripheral and Autonomic Nervous System

Unit 24: Endocrine System

Unit 25: Reproductive System

Quiz questions may include a variety of different formats such as case studies, short answer, true/false, matching and / or multiple choice. You will have one hour to complete the quiz.

5. CASE STUDY/CARE PLANNING ASSIGNMENT (10%)

This case study assignment represents a summation of your learning from several of your courses. Students will be assigned to one of the case studies (below). From your assigned case study, you will review the theory needed to plan the care and describe the key points from your review. You will create a detailed written plan of care for the assigned client/resident based on their specific disease- related needs. Resource materials will include your text, student learning guides, class discussion and the classroom reference books.

6. MENU PLANNING ASSIGNMENT (5%)

In this assignment you will work as part of a small group to plan and prepare meals for a home support client. Your group will be assigned one of four case studies. Working from the information in the case study, your group will plan, shop for and explain how to prepare meals for your assigned client. Factors that will need to be taken into consideration include the client's preferences, factors that affect his/her ability to eat, budgetary limitations, any dietary or nutritional restrictions, and the Canada Food Guide

NOTE: As with all courses in the Health Care Assistant program, you are required to achieve a minimum grade of 70% (B-) in HCA 150 *Healing 1: Caring for Individuals Experiencing Common Health Challenges* in order to successfully pass the course.