

HCA 161: PERSONAL CARE SKILLS 1

COURSE DESCRIPTION

This practical course offers students the opportunity to acquire basic care skills within the parameters of the Health Care Assistant role. The course is comprised of class and supervised laboratory experiences which assist the student to develop care-giver skills that maintain and promote the comfort, safety and independence of individuals in facilities.

COURSE HOURS: 67.5

LEARNING OUTCOMES

1. Perform personal care skills in an organized manner ensuring the comfort and appropriate independence of the client/resident
2. Apply an informed problem-solving process to the provision of care and assistance
3. Provide basic personal care and assistance within the parameters of the Health Care Assistant role
4. Provide basic care and assistance in ways that maintain safety for self and others in a long term care setting

COURSE CONTENT

Body mechanics in the home and facility
Asepsis
Assisting with ambulation
Promoting comfort, sleep and rest
Assisting with transfers
Promoting personal hygiene
Promoting healthy nutrition
Promoting urinary and bowel elimination
Assisting with hearing aids
Safe patient handling procedures

EVALUATION STRATEGIES

1. QUIZ #1 (35%)

This quiz will focus on content related to: Units 1-4
Body mechanics and transfers
Standard precautions, hand washing, gloving
Bed making, turning and positioning, pressure care
Quiz questions will contain mostly multiple choice questions.

2. QUIZ #2 (35%)

This quiz will focus on content related to: Unit 5 and 6

Transfers

Morning and bedtime care

Dressing and grooming

Oral hygiene

Bathing

Assisting with elimination

Hearing Aids

Quiz questions will contain mostly multiple choice questions.

3. QUIZ #3 (30%)

This quiz will focus on content related to: Units 7-9

Assisting with eating

Assisting with elimination-bowel and bladder

Hearing Aids

Quiz questions will contain mostly multiple choice questions.

NOTE: You must have successfully achieved 70% prior to moving into the first Complex Care clinical experience HCA 171.

SKILL CHECKS (Pass/Fail)

The **transfer skill check** occurs in the laboratory. The instructor will watch you perform the transfer as learned in class. If you are unable to successfully demonstrate safe transfer technique, you will have until Case Study to do so.

CASE STUDIES (Pass/Fail)

In each Case Study evaluation you will be required to perform ONE scenario. The scenario used for your evaluation will be chosen in a random draw. A student colleague will play the role of the resident. You will have 10 minutes to gather your supplies, 30 minutes to perform the Case Study and 5 minutes to debrief with your instructor, for a total of 45 minutes to complete the evaluation. The student playing the role of resident will choose his/her case study in a random draw that does not include the case study that his/her partner was tested on.

NOTE: If you score between 60-69% you will have an opportunity to re-demonstrate a different Case Study which will be adjudicated by an instructor. You must have successfully completed the Case Study prior to moving into the first (60 hour) Complex Care clinical experience.

A. Case Study #1

The scenarios provided for the case study focus primarily on am and HS care. You can expect to be presented with situations that require all or some of the following:

- Body mechanics
- Standard precautions, hand washing, gloving
- Assisting with ambulation
- Bed making, turning and positioning
- Pressure care
- Transfers
- Bathing
- Oral hygiene
- Dressing and grooming
- Assisting with eating
- Assisting with elimination

You will be evaluated on your ability to problem-solve as well as use the principles of asepsis, organization, safety, and body mechanics. Your ability to be attuned to the resident/client's comfort while maintaining privacy, and providing clear communication will also be assessed.

You MUST successfully complete the applicable skill checks and case study evaluation prior to moving into the clinical experience.

NOTE: As with all courses in the Health Care Assistant program, you are required to achieve a minimum grade of 70% (B-) in HCA 161 Personal Care Skills 1 in order to successfully pass the course. You must also successfully complete all case study and skill check requirements.