

HCA 162: PERSONAL CARE SKILLS 2

COURSE DESCRIPTION

This course builds on skills learned in HCA 161 and offers students the opportunity to acquire advanced personal care skills within the parameters of the Health Care Assistant role. This 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 and community contexts.

COURSE HOURS: 52.5

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 personal care and assistance within the parameters of the Health Care Assistant role
4. Provide care and assistance in ways that maintain safety for self and others in a variety of contexts

COURSE CONTENT

Mechanical transfers
Using mechanical/overhead lifts
Promoting exercise and activity
Promoting urinary and bowel elimination
Assisting with medications
Measuring vital signs
Heat and cold applications
Foot care
Home management
Personal Assistance Guidelines

EVALUATION STRATEGIES

NOTE: You must have successfully completed Quizzes #1 and #2 prior to moving into the first Complex Care clinical experience.

1. **QUIZ #1 (40%)**

This quiz will focus on content related to:

Urinary and bowel care

Mechanical lifts

Moving and positioning in bed

Quiz questions will contain mostly multiple choice questions.

2. **QUIZ #2 (60%)**

This quiz will focus on content related to:

Vital signs

Heat and cold applications

Using oxygen

Meal preparation

Home Management

Personal Assistance Guidelines

Foot care

Assisting with medications

Quiz questions will contain mostly multiple choice questions

3. **SKILL CHECKS**

The transfer and bowel/bladder **skill checks** assess your ability to safely transfer clients/residents with mechanical lifts and perform appropriate skills. If you are unable to successfully demonstrate safe practice when assisting with lift and transfer devices and bowel/bladder care, you will have until the Case Study to do so.

4. **CASE STUDIES (Pass/Fail)**

You will be evaluated on one case study scenario. For the case study, you will be presented with four scenarios.

In each Case Study evaluation you will be required to perform ONE of the four scenarios. 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 5 minutes to gather your supplies, 30 minutes to perform the Case Study and 5 minutes to debrief with your instructor, for a total of 40 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.

Case Study

The scenarios provided for the case study focus primarily on lifts, treatment creams, bowel care and urinary care. The **medication assessment** observes your ability to safely assist with medications. 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.

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 final (150 hour) Complex Care 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 162 Personal Care Skills 2 in order to successfully pass the course. You must also successfully complete all case study and skill check requirements.