



COURSE OUTLINE

HCA 121 **HEALING 1B – COMMON HEALTH CHALLENGES**

3 CREDITS

PREPARED BY: Kim Diamond, Coordinator/Instructor, Health Care Assistant Program
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APPROVED BY: Andrew Richardson, Dean, Applied Arts
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HEALING 1B – COMMON HEALTH CHALLENGES

INSTRUCTOR: Kim Diamond
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OFFICE HOURS: TBD
CLASSROOM: Online via Zoom
TIME: 9:00 am- 11:55 am
DATES: Tuesdays Sept 15th – Dec 8th
Added date: Wed. Sept. 16 9:00-11:55 am
Added date: Wed. Sept. 30 9:00-11:55 am

COURSE DESCRIPTION

This course explores common challenges to health and healing in relation to each body system. Students will also learn to apply person-centred practice as it relates to the common challenges to health.

PREREQUISITES

None

RELATED COURSE REQUIREMENTS

It is highly recommended that all students have access to a computer or other device and Internet to do their studies. The minimum specifications for a student device are as follows:

Requirement	Windows-based PC	Apple Mac/macOS-based PC
Operating System	Windows 10	macOS X
Web Browser	Firefox, Edge or Google Chrome	Firefox, Edge or Google Chrome
RAM/Memory	4 GB	4 GB
Storage	5 GB of available space	5 GB of available space

EQUIVALENCY OR TRANSFERABILITY

Transfers not yet formalized through BCCAT, due to recent changes in BC Curriculum

LEARNING OUTCOMES

Upon successful completion of the course, students will be able to

- Explain the common challenges to Health and Healing related to each body system
- Describe the experience of illness and disability
- Recognize the effects of health challenges on the individual and family
- Apply a problem-solving approach when considering care of individuals experiencing common health challenges in facilities and in the community
- Understand person-centred care approaches appropriate for specific health challenges

COURSE FORMAT

Classes this fall will all be on-line. All classes will be taught using Zoom. Zoom is a synchronous (in real time) virtual format that enables face-to-face approaches to teaching and learning. These classes take place at specific times. Every student will require an internet connection and a computer or other device. Courses, or parts of courses, using Zoom will be offered on specific days/times and a specific link will be accessible through Moodle for Zoom sessions. Each course will have a Moodle page with various resources to support learning.

This course will consist of lectures, group work, learning activities, and may include guest speakers and other methods to optimise learning.

The format for each class will include:

- Opportunity for questions on previous material
- Introduction and integration of new material
- Assignments & preparation for next class

ASSESSMENTS:

All evaluative components for this course are mandatory and must have a passing grade (usually a minimum of 50%)

Missing or incomplete components will result in a course grade assessment of "Fail"

Late Assignments/Work: For every day an assignment *is late* (after assigned due date) **5%** will be deducted from the original paper grade.

- No assignment will be accepted more than one week (7 calendar days) following the due date unless arrangements are made with instructor of that specific course in advance of due date. Assignments not handed in one week after due date will receive a 0 (failing) grade.

Assignments/evaluative criteria

Attendance & Participation

10%

This course is part of the HCA program which is experiential; therefore attendance is essential. Attendance means being at class on time every day, prepared for the class and participating to the end of the class. If you cannot be at class, you must notify the instructor in advance and you must arrange to get the class notes and information from your classmates. You are responsible for the information and materials of every class. Participation includes your active involvement in the activities of the classroom and completion of assignments, reading, quizzes, etc. Coming to class regularly, being on time, being prepared for the class, speaking up in class and handing in your assignments when due will contribute greatly to your success. You will complete a self-assessment rubric regularly.

Quizzes; Various Dates TBD

20%

Regular quizzes on course content will be written throughout the course. There are NO re-writes for quizzes.

Health Challenges Assignment: DUE Date TBD

35%

This is a written assignment requiring each group of students to examine a specific health challenge. This will include identifying:

- primary components of the health challenge
- impacts of the challenge on all dimensions of the individual's health and healing
- how changes in each dimension of health may positively contribute to healing
- the role of the HCA in enhancing person-centred care for an individual living with this particular health challenge.

Final Exam: Dec 8, 2020

35%

The final exam will be cumulative and cover the content of the course.

NOTE: If a student should fail the final exam a re-write/supplemental exam is not guaranteed, but at the discretion of the instructor

Other: NO Mid-Term exam

EVALUATION:

Participation/Attendance	10%
Health Challenges Assignment	35%
Quizzes	20%
Final Exam	35%
Total	100%

REQUIRED TEXTBOOKS AND MATERIAL

Sorrentino, S; Remmert, L & Wilk, J (2018) Mosby's Canadian textbook for the support worker. 4th ed. Elsevier, Toronto.

ACADEMIC AND STUDENT CONDUCT

Information on academic standing and student rights and responsibilities can be found in the current Academic Regulations that are posted on the Student Services/ Admissions & Registration web page.

PLAGIARISM

Plagiarism is a serious academic offence. Plagiarism occurs when a student submits work for credit that includes the words, ideas, or data of others, without citing the source from which the material is taken. Plagiarism can be the deliberate use of a whole piece of work, but more frequently it occurs when students fail to acknowledge and document sources from which they have taken material according to an accepted manuscript style (e.g., APA, CSE,

MLA, etc.). Students may use sources which are public domain or licensed under Creative Commons; however, academic documentation standards must still be followed. Except with explicit permission of the instructor, resubmitting work which has previously received credit is also considered plagiarism. Students who plagiarize material for assignments will receive a mark of zero (F) on the assignment and may fail the course. Plagiarism may also result in dismissal from a program of study or the University.

YUKON FIRST NATIONS CORE COMPETENCY

Yukon University recognizes that a greater understanding and awareness of Yukon First Nations history, culture and journey towards self-determination will help to build positive relationships among all Yukon citizens. As a result, to graduate from ANY Yukon University program, you will be required to achieve core competency in knowledge of Yukon First Nations. For details, please see www.yukonu.ca/yfnccr.

ACADEMIC ACCOMMODATION

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon University Academic Regulations (available on the Yukon University website). It is the student's responsibility to seek these accommodations. If a student requires an academic accommodation, he/she should contact the Learning Assistance Centre (LAC): lac@yukonu.ca.

TOPIC OUTLINE

The experience of illness and disability

- Common Challenges to Healing:
 - Transitions
 - Loss
 - Pain
 - Illness
 - Death
- Effect of health challenges on individuals and families

Chronic Illness:

- Basic definition and concepts
- Implications for Care
- Focus on self-care
- Community and consumer resources related to various health challenges

Common Disorders related to each Body System:

- Integumentary (pressure ulcers, pain, psoriasis, eczema)
- Musculo-Skeletal (falls, fractures, contractures, arthritis, osteoporosis, pain)
- Cardiovascular (coronary artery disease, congestive heart failure, CVA – stroke, hypertension, hypotension, edema, blood clots)
- Respiratory (cyanosis, dyspnea, apnea, othopnea, hyperventilation, hypoventilation, COPD, asthma, pneumonia, Tuberculosis)
- Digestive (vomiting, diarrhea, constipation, dysphagia, dehydration, lack of appetite, obesity, hiatal hernia, diverticular disease, irritable bowel syndrome and irritable bowel disease, hepatitis, celiac disease)
- Urinary (urinary tract infections, renal failure, benign prostatic hypertrophy)
- Reproductive (STI's, certain cancers- prostate, ovarian, cervical, infertility, endometriosis, erectile dysfunction)
- Endocrine (diabetes – including diet, hypothyroidism, hyperthyroidism)
- Neurological (CVA, multiple sclerosis, Parkinson's, Huntington's, ALS, acquired brain injuries, spinal cord injuries, infections; i.e. meningitis)

- Sensory / Speech and Language challenges (aphasia, apraxia, dysarthria), hearing and visual challenges, infections and diseases of eyes and ears
- Immune/Multi-organ (Cancer, AIDS)

Developmental Challenges (i.e. Down's Syndrome, Autism Spectrum, fetal alcohol, fragile X)

Common Challenges to Healing

- Cultural Differences
- Special Diets
- Community Recourses
- Apply Critical thinking and problem solving when caring for individuals experiencing common health challenges in residential, community/acute care settings):

The Nursing Process:

- Proper information gathering
- Different sources of information (e.g. care plan, healthcare team, clients)
- Observing changes in the client (Basic Assessment)
- Establishing priorities for care with consideration given to client acuity
- Carrying out plan of care
- Evaluating effectiveness of care
- Introduction to reporting and recording (purpose, principles, guidelines)