



COURSE OUTLINE

HCA 122
Healing 1 C - Common Health Challenges

30 HOURS
2 CREDIT COURSE

PREPARED BY: _____

Kim Diamond, Instructor

DATE: Dec 2, 2018

APPROVED BY: _____

Dr. Andrew Richardson, Dean, Applied Arts

DATE: _____

APPROVED BY ACADEMIC COUNCIL: _____

RENEWED BY ACADEMIC COUNCIL: _____



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PLEASE NOTE: It is strongly recommended that you save your course outline to help establish credit for further study in other institutions.



Healing 1 C - Common Health Challenge

INSTRUCTOR: Kim Diamond

OFFICE HOURS: TBA

OFFICE LOCATION: A2709

CLASSROOM: A2101 (except for Jan 2)

E-MAIL: kdiamond@yukoncollege.yk.ca

TELEPHONE: 668-8853

DATES & TIMES: Mondays 1300-1600: Jan 7-March 11 PLUS Thursday Jan 3 (1300-1600 in A2712)

NOTE: there will be no class the week of Feb 22-28 as this is College Reading week

COURSE DESCRIPTION

This course introduces students to person-centred practice related to end of life care. Issues faced by individuals and families during the final stage of life and effective approaches to caring for the dying and bereaved will be explored. Student self-reflection and increased awareness of their own experiences and thoughts on dying will also be encouraged to foster empathy and enhanced end-of-life care.

PREREQUISITES

Admission to the HCA Program or discretion of the instructor.

RELATED COURSE REQUIREMENTS

None

EQUIVALENCY/TRANSFERABILITY

Transfers pending through BCCAT

LEARNING OUTCOMES

Upon successful completion of the course students will:

- Explore the philosophy and principles used in palliative care and hospice settings
- Understand the holistic nature of end of life care, the process of dying and grieving and common reactions of individuals and families during this time
- Discuss the elements of legal and ethical practice in end of life care
- Explore the effects of a clients/residents death and dying on their health care providers and methods to provide self-care to 'grieving' caregivers
- Describe caring and problem solving as they relate to end of life care for individuals/families.

COURSE FORMAT

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%) in order to receive a passing mark

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.

Course evaluation methods include instructor and student self-assessment. Evaluation Criteria are summarized below.

Attendance and Participation 10%

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.

Quizzes 20

Regular quizzes on course content will be written throughout the course.

End of Life Care giving Assignment: 35%

This assignment requires you to take a holistic view of end-of-life care. It is a reflective assignment that will ask you to combine the **knowledge, skills and attitudes** you are learning with regards to End of Life care and apply these to a practice based situation. As well you will be asked to assess the strengths you would bring to this care situation and what further areas your will need to work on to be more effective. An assignment outline with further details and expectations will be provided to you during the first class.

Final Exam:**35%**

This exam will evaluate course content as listed in Learning Outcomes.

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

EVALUATION

Attendance/Participation	10%
Quizzes	20%
End of Life Caregiving Assignment	35%
Final Exam	35%
<hr/> TOTAL	<hr/> 100%

REQUIRED TEXTBOOKS AND MATERIALS:

Murray, K. (2014) Essentials in Hospice and Palliative Care: a Resource for Personal Support Workers Life and Death Matters, Saanichton, B.C (workbook+text

Caregivers Guide: A Handbook about end-of-life Care

Download online: http://www.hospicetoronto.ca/PDF/Acaregivershandbook_CHPCA.pdf

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 students present the words of someone else as their own. Plagiarism can be the deliberate use of a whole piece of another person's writing, but more frequently it occurs when students fail to acknowledge and document sources from which they have taken material. Whenever the words, research or ideas of others are directly quoted or paraphrased, they must be documented according to an accepted manuscript style (e.g., APA, CSE, MLA, etc.). Resubmitting a paper 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 College.

YUKON FIRST NATIONS CORE COMPETENCY

Yukon College 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

College program, you will be required to achieve core competency in knowledge of Yukon First Nations. For details, please see www.yukoncollege.yk.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 College Academic Regulations (available on the Yukon College 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) at (867) 668-8785 or lassist@yukoncollege.yk.ca.

INSTRUCTOR REQUIREMENTS

This course will be taught by a Registered Nurse with knowledge & experience in both education and the content area. Other qualifications may be considered.

TOPIC OUTLINE/SYLLABUS:

Introduction to End of Life Care

- Self Awareness/Reflection on students own experiences/thoughts on death and dying
 - Explore attitudes, fear related to death & dying
- Hospice & Palliative Care
 - Philosophy & principle
 - Hospice Palliative Care in Canada
 - Caring and problem solving as related to end of life care in facilities and in community settings

Person Centred End of Life Care

- Cultural Issues
 - Understanding different cultural, religious, family rituals and honouring these
- Understanding the Dying Person's Experience
 - The Journey of Dying understanding and coming to terms with dying
 - Common reactions as people approach death
 - Loss, Grief, Anticipatory Grief
 - Quality of Life Issues/Dying with Dignity
- Caring for the Family of the Dying
 - Reactions of family members and ways to support them
 - Grief and bereavement
- Communicating with the Dying
 - Communication needs of the Dying
 - Effective ways/approaches to communicate with the Dying

Meeting the Needs of the Dying

- Physical needs of the dying
 - Anticipated changes in the Body
 - General Personal Care of the Dying
 - Comfort Measures for:
 - Pain
 - Breathing challenges
 - Challenges with eating and drinking
 - Dehydration
 - Bowel function
 - Restlessness
 - Delirium
 - Nutritional needs of the Dying
 - The final hours of care/ what you may expect the final days/hours
 - Care of the body after death

- Spiritual Needs of the Dying and appropriate interventions
- Emotional Needs of the Dying and appropriate interventions
- Cognitive Needs of the Dying and appropriate interventions
- Social Needs of the Dying and appropriate interventions

Legal and Ethical Issues

- Ethical/legal practice and safety in palliative care
- Advanced Directives & Living Wills
- Medical Assistance in Dying
 - What it is - new Canadian legislation
 - Responsibilities for Health professionals (MD, RN Nurse Practitioners, RN's and other caregivers including : what might mean for HCA's
- Financial/legal responsibilities for families after death of loved one

Self Care for the Care-giver

- Personal and professional boundaries
- Recognizing the effect of loss on the care-giver ; *the support workers' grief*
- Recognizing signs of and preventing stress, compassion fatigue, burnout