



**COURSE OUTLINE**

**HCA 120**

**HEALING 1A - COMMON HEALTH CHALLENGES**

**45 HOURS  
3 CREDITS**

PREPARED BY: Patricia McClelland      DATE: June 22, 2016

APPROVED BY:      DATE:

APPROVED BY ACADEMIC COUNCIL: (date)

RENEWED BY ACADEMIC COUNCIL: (date)

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

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Updated: June 28, 2016

## HEALING 1A - COMMON HEALTH CHALLENGES

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**INSTRUCTOR:** Patricia McClelland

**OFFICE HOURS:** A-2714

**OFFICE LOCATION:** A2708

**CLASSROOM:**

**E-MAIL:** pmcclelland@yukoncolleg.yk.ca

**TIME:** 0900-1200 hrs.

**TELEPHONE:** 668-8852

**DATES:** Thursday: Sept 8<sup>th</sup>, 2016  
Monday: Sept. 12 - Dec. 12

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### COURSE DESCRIPTION

This course introduces students to the health care terminology, normal structure and function of the human body and normal bodily changes associated with aging. The prevention of infection, principles and practice of medical asepsis and the role of nutrition in human health and healing will also be explored.

### PREREQUISITES

None

### RELATED COURSE REQUIREMENTS

### 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

- Use medical terminology correctly.
- Understand the organization of the human body: cells, tissues, organs and the role of homeostasis.
- Describe the structure and function of the major body systems.
- Identify and describe the natural changes in each body system related to aging.

- Recognize the principles of preventing infection and understand the practices associated with this.
- Understand the role of nutrition in maintaining human health and promoting healing.

### **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%)

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.

### **Attendance & Participation**

**10%**

Attendance means being at class on time every day, prepared for the class and participating to the end of the class. If student cannot be at class, student must notify the instructor in advance and arrange to get the class notes and information from classmates. Students are responsible for the information and materials of every class.

Participation includes 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 assignments when due will contribute greatly to student’s success.

## Assignments

**Aging and the Body Assignment: Group Assignment** **30%**

This assignment has a written and a presentation component. Each student will further the work of the legacy assignment from 2015 that identified effects of aging on the structure and function of the body systems. This year, students will identify health promotion initiatives to support healthy aging for each system.

Students will demonstrate their knowledge and understanding through:

- identification of health promotion information related to aging and the body system
- application of the knowledge gained to a case study or real life scenario
- description of the possible considerations for a HCA when caring for individuals experiencing changes to body systems related to aging

## Tests

**Anatomy & Physiology Quizzes:** **25%**

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

**Final Exam:** **35%**

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

## Other

## EVALUATION

|               |      |
|---------------|------|
| Assignments   | 30   |
| Quizzes       | 25   |
| Participation | 10   |
| Final Exam    | 35   |
| Total         | 100% |

## REQUIRED TEXTBOOKS AND MATERIALS

Sorrentino, S., Remmert, L., Wilk, M., Newmaster, R. *Mosby's Canadian textbook for the support worker*. 3rd Canadian ed. Toronto: Elsevier Canada, 2013.

Other Resources as indicated in class - predominately available through library and online.

## **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 & Regulations 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](http://www.yukoncollege.yk.ca/yfnccr).

### **INSTRUCTIONAL 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.

### **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](mailto:lassist@yukoncollege.yk.ca).

# TOPIC OUTLINE

## Medical Terminology

- Word Elements
- Abbreviations

## Structure and Function of the Human Body

- Organization of the Human Body; cells, tissues, organs
- Homeostasis
- Major Body Systems:
  - Integumentary
  - Musculo-Skeletal
  - Nervous
  - Sensory
  - Cardiovascular
  - Respiratory
  - Digestive
  - Endocrine
  - Lymphatic
  - Immune
  - Urinary
  - Reproductive

## Natural Changes Associated with Aging

- Effect of Aging on each Body System

## Preventing Infection

- Microorganisms and the spread of infection
- Principles and practice of medical asepsis in facilities and community settings
- Current Issues in Infection Control & Dealing with “super bugs”
- Standard Precautions
- Isolation guidelines
- Observing for infestations of vermin and appropriate actions to prevent spread in the Home

## Nutrition and Healing

- Nutrition in relation to health challenges
- Cultural Differences
- Special Diets:
  - Preparing special diets in the home (from written instructions)
  - Involving the client in meal preparation in the Home
- Community Resources