



**COURSE OUTLINE**

**HCA 121**

**HEALING 1B - COMMON HEALTH CHALLENGES**

**45 HOURS  
3 CREDIT COURSE**

PREPARED BY: \_\_\_\_\_ DATE: \_\_\_\_\_  
Kim Diamond, Instructor

APPROVED BY: \_\_\_\_\_ DATE: \_\_\_\_\_  
Dr. Andrew Richardson, Dean, Applied Arts

APPROVED BY ACADEMIC COUNCIL: (date)

RENEWED BY ACADEMIC COUNCIL: (date)

**YUKON COLLEGE**

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Course Outline prepared by Patricia McClelland, November 2009.

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

Yukon College  
P.O. Box 2799  
Whitehorse, Yukon  
Y1A 5K4



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Healing 1 B - COMMON HEALTH CHALLENGES

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**INSTRUCTOR:** Kim Diamond

**OFFICE HOURS:** TBA

**OFFICE LOCATION:** A-2709

**CLASSROOM:** 2714 Tuesdays 1-4 pm  
*PLUS* Wed Oct 12 (1-4 pm)

**E-MAIL:** [kdiamond@yukoncollege.yk.ca](mailto:kdiamond@yukoncollege.yk.ca)

**TELEPHONE:** (867) 668-8853

**DATES & TIMES:** Tuesdays Sept 13- Dec 13(1300-1600) AND one other class TBA

**COURSE WEBSITE:** See HCA 121 course webpage on Moodle (more information in class)

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**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.

**PRE-REQUISITES**

Admission to the HCA Program or discretion of the instructor.

**EQUIVALENCY OR TRANSFERABILITY**

Transfers/equivalency not yet formalized

**LEARNING OUTCOMES**

Upon successful completion of the course students will:

- 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**

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”

### **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. You will complete a self assessment rubric regularly.

### **Quizzes 20%**

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

### **Health Challenges Assignment: 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: 35%**

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

## EVALUATION

Attendance/Participation (includes self-assessment)	10%
Quizzes	20%
Health Challenges Assignment	35%
Final Exam	35%

**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.

## REQUIRED TEXTBOOKS/MATERIALS:

Sorrentino, S. (2013) Mosby's Canadian textbook for the support worker. 3rd ed., Elsevier: Toronto. (includes the Student Workbook/DVD).

Etten, M; Perkins, E. & Saxon, S. (2015) Physical Changes and Aging 6<sup>th</sup> ed. Springer Publishing; New York

## 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).

### **WRITING CENTRE**

All students are encouraged to make the Writing Centre a regular part of the writing process for coursework. Located in C2231 (adjacent the College Library), the Writing Centre offers half-hour writing coaching sessions to students of all writing abilities. Coaching sessions are available in person and through distance technologies (e.g., email plus Skype or phone). For further information or to book an appointment, visit the Centre's website: [www.yukoncollege.yk.ca/student\\_info/pages/writing\\_centre](http://www.yukoncollege.yk.ca/student_info/pages/writing_centre).

# TOPIC OUTLINE/SYLLABUS

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## Common Challenges to Health & Healing:

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

## 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, orthopnea, 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)
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- **Developmental Challenges (Down's Syndrome, Autism Spectrum, fetal alcohol, fragile X)**

## Chronic Illness:

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

**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
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