

**Applied Arts Division  
HCA 121  
3 Credit Course  
Fall, 2018**



**COURSE OUTLINE**

**HCA 121**

**HEALING 1B - COMMON HEALTH CHALLENGES**

**45 HOURS  
3 CREDIT COURSE**

PREPARED BY: Kim Diamond

DATE: August, 2018

APPROVED BY: Andrew Richardson, Dean Applied Arts

DATE:

APPROVED BY ACADEMIC COUNCIL: 2009

RENEWED BY ACADEMIC COUNCIL: (date)



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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.

The Course Outline Template is approved by the Academic Council on June 20, 2018



HCA 121  
Healing 1 B - COMMON HEALTH CHALLENGES

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INSTRUCTOR: Kim Diamond, BScN, M.Ad.Ed.      OFFICE HOURS: TBA  
OFFICE LOCATION: A-2709      CLASSROOM: TBA  
E-MAIL: [kdiamond@yukoncollege.yk.ca](mailto:kdiamond@yukoncollege.yk.ca)      TELEPHONE: (867) 668-8853

DATES & TIMES: Tuesdays Sept 11- Dec 11 (0900-1200) Plus Wednesdays: Only - Oct 3 (1300-1600) AND Oct 10 (0900-1200) + 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 HCA Coordinator/Instructor.

#### RELATED COURSE REQUIREMENTS

None

#### 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:

- 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/EVALUATION

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 and 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** **20%**

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

**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, 2017** **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

#### **EVALUATION**

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

#### **REQUIRED TEXTBOOKS/MATERIALS:**

Sorrentino, S; Remmert, L & Wilk, J (2018) Mosby's Canadian textbook for the support worker. 4<sup>th</sup> ed. Elsevier, Toronto. (Includes the Revised Student Workbook + DVD 4.0).

#### **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).

## **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**

There are many academic supports in place at the College. If you find writing a challenge you are encouraged to make an appointment with the Writing Centre; located in the Academic Support Centre in room A2305. The Writing Centre offers assistance to students of all writing abilities. For further information or to book an appointment see centre's website:

[http://www.yukoncollege.yk.ca/student\\_info/pages/academic\\_support\\_centre](http://www.yukoncollege.yk.ca/student_info/pages/academic_support_centre)

**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.

## 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** (i.e. 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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