

**Health Care Assistant
School of Health, Education & Human Services
Applied Arts Division**



**PROGRAM OUTLINE
HEALTH CARE ASSISTANT
2018-2019**

PREPARED BY: _____ DATE: _____

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YUKON COLLEGE

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HEALTH CARE ASSISTANT (HCA) PROGRAM

PROGRAM OBJECTIVE:

To meet the need identified by the community for the education of Health Care Assistants.

PROGRAM GOAL:

The HCA Program is designed to provide students with opportunities to develop the knowledge, skills and attitudes necessary to function effectively as front-line care-givers, and respected members of the healthcare team, in community and facility settings. Under the direction and supervision of a health professional, graduates provide person-centred care aimed at promoting and maintaining the physical, emotional, cognitive, social and spiritual well-being of clients/residents.

PROGRAM DESCRIPTION:

The HCA program offers the theory and practice associated with providing personal care and support to individuals within the community and in residential facilities. Personal care and support includes emotional support, assistance with personal hygiene and other activities of daily living, upkeep of home, food preparation and family care. Theory and practice are planned to prepare graduates to work as caring individuals who assist clients/residents to achieve maximum independence in daily living.

The overarching, primary concept is CARING and is supported by the foundational concepts of SAFETY, CRITICAL THINKING & DECISION MAKING, and PROFESSIONAL APPROACHES TO PRACTICE. These provide the underpinnings for the knowledge and skills that learners gain within the program

Some courses are shared with other programs in the College to increase options for students who wish to further their education. This multidisciplinary approach promotes readiness for employment in the community by developing the ability to function effectively within teams.

Practical application of learning is basic to the program and students will be learning and working in the community throughout the program. Classroom learning and sharing will prepare students for work experience while work experience will enhance learning in the classroom.

EMPLOYMENT:

Upon completion of the program, graduates are prepared to work in a variety of practice settings including home support, assisted living, residential/complex care, special care units, other home and community care settings and acute care.

DURATION:

- This certificate program consists of 14 courses (40 credits) plus two mandatory workshops.
- The program has an orientation at the end of August and runs September through May with a short break in December.
- Some courses may be cored (shared) with other Yukon College programs.

ADMISSION REQUIREMENTS:

English 11 (min 60%) and Math 10 (Applications, Principles, or Foundations and Pre-Calculus) (min. 65%)

OR

Mature Student Status with acceptable scores on College Assessment Tests (writing, reading & Math) or the GED test

It is Advantageous to have basic computing skills-as this is a program expectation. The College will not assess this for entry into the HCA program.

AND

- Current Standard First Aid/CPR C
- Current Foodsafe Level 1 certificate
- Current immunization
- Current acceptable Criminal Records Check

PROGRAM CONTENT:

Workshop A	Critical Thinking/Decision Making	4 hours
Workshop B	Safety	4 hours
HCA 100	Health & Healing A – Concepts for Practice	45 hours
HCA 101	Health & Healing B – Concepts for Practice	45 hours
ECD 215	Interpersonal Communications Skills	45 hours
HCA 111	Health 2 – Lifestyle & Choices	45 hours
HCA 102	Introduction to Practice	45 hours
HCA 120	Healing 1 A – Common Health Challenges	45 hours
HCA 121	Healing 1 B – Common Health Challenges	45 hours
HCA 122	Healing 1 C – Common Health Challenges	30 hours
HCA 130	Healing 2 A – Cognitive or Mental Challenges	30 hours
HCA 131	Healing 2 B – Cognitive or Mental Challenges	30 hours
HCA 140	Healing 3 A - Personal Care & Assistance	60 hours
HCA 141	Healing 3 B – Personal Care & Assistance	60 hours
HCA 150	Practicum: Home Care & Assisted Living	60 hours
HCA 160	Practicum: Multi-level, Complex & Dementia	210 hours

GENERAL LEARNING OUTCOMES:

Upon completion of the HCA Program, graduates will be able to:

1. Provide person-centred care and assistance that recognizes and respects the uniqueness of each individual client.
2. Use an informed problem-solving approach to provide care and assistance that promotes the physical, psychological, social, cognitive and spiritual well-being of clients and families.
3. Provide care and assistance for clients experiencing complex health challenges.
4. Provide care and assistance for clients experiencing cognitive and/or mental health challenges.
5. Interact with other members of the health care team in ways that contribute to effective working relationships and the achievement of goals.
6. Communicate clearly, accurately and in sensitive ways with clients and families within a variety of community and facility contexts.
7. Provide personal care and assistance in a safe, competent and organized manner.
8. Recognize and respond to own self-development, learning and health enhancement needs.
9. Perform the care provider role in a reflective, responsible, accountable and professional manner.

INSTRUCTIONAL FORMAT:

Learning is experiential or activity based, and may include such formats as in-class activities, group work, discussion, lectures, lab experience, work experience, assignments such as reflective journal writing. Integration of theory and practice will be encouraged by classroom and practicum instructors.

New learning will build on the individual's life experience. The concepts of caring, safety, critical thinking/decision making and professional practice will be incorporated throughout the program with students being expected to demonstrate these concepts in the class as well as in work experiences.

PRACTICUM CHALLENGE:

The practicum challenge enables students who are working as nursing home attendants or home support workers to receive recognition for current skills by challenging the practicum component of the program which relates to their work situation. The challenge will be developed when requested to meet the needs of appropriate candidates.

INSTRUCTOR CREDENTIALS / EXPERIENCE:

Theory courses will be taught by Registered Nurses with experience in nursing and education or by content experts with experience in education. Practicum instructors will be Registered Nurses or Licensed Practical Nurses with appropriate experience and knowledge of nursing and education. Faculty will provide coordination amongst theory and practicum instructors to ensure integration of knowledge and practice.

GRADUATION REQUIREMENTS:

All program courses must be completed satisfactorily, meaning all evaluative components, for each course, must have a passing grade (usually minimum 50%). Students must successfully complete all the courses with a minimum grade point average of 2.0 in order to graduate.

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, you will be required to achieve core competency in knowledge of Yukon First Nations. For details, please see www.yukoncollege.yk.ca/yfnccr.

UPON COMPLETION:

Graduates will receive a Yukon College Certificate.

TRANSFER / EQUIVALENCY / ACCREDITATION:

Transfer/Equivalency/Accreditation not yet formalised.

The Health Care Assistant program follows British Columbia's curriculum guidelines and is a licensed curriculum.

Some courses are cored with other Yukon College programs.

GENERAL INFORMATION:

Students are required to:

- Have appropriate working apparel (details will be provided in class)
- Provide their own transportation to & from work experiences.

NOTE:

The work of a Health Care Assistant requires physical and emotional readiness. Students need to be able to:

- maintain effective communication with residents/clients, families and staff;
- provide personal care;
- lift and move residents;
- work with a variety of equipment;
- spend long periods of time on their feet while engaged in physically active work;
- be prepared to work day, evening and night shifts.

As well, they may be exposed to diseases in the course of the work with patients in continuing care and in the community. Working with people requires that a student is able to remain effective in stressful situations.

COURSE DESCRIPTIONS

HCA 100 Health & Healing A 45/0/0 (3)

This course provides students with the opportunity to develop a theoretical framework for practice. Students will be introduced to the philosophical values and theoretical understandings that provide a foundation for competent practice as a HCA. The course focuses on concepts of caring and person-centred care as they relate to health and healing. Students will also be introduced to a problem-solving model that will be critical to their practice.

HCA 101 Health & Healing B 45/0/0 (3)

This course provides students with the opportunity to develop a theoretical framework for practice. Students will be introduced to the philosophical values and theoretical understandings that provide a foundation for competent practice as a HCA. The course focuses on concepts of basic human needs and human development; family, culture and diversity as they relate to health and healing.

ECD 215 Interpersonal Communications Skills 45/0/0 (3)

This course focuses on the development of self-awareness, increased understanding of others and development of effective interpersonal communication skills that can be used in a variety of care-giving contexts. Students will be encouraged to become more aware of the effect of their own communication choices and patterns. They will have opportunity to develop and use communication techniques that demonstrate personal awareness, respect and active listening skills.

HCA 111 Health 2 – Lifestyle & Choices 45/0/0 (3)

This course introduces students to a holistic concept of health and the components of a health enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

HCA 102 Introduction to Practice 45/0/0 (3)

This course provides an introduction to the role of the HCA within the Yukon health care system. Students will be introduced to the ethical and legal issues in health care, the healthcare team and the roles and functions of HCA within the team. Students will also have opportunities to develop self-reflective skills required for competent practice and will be introduced to effective job-finding approaches

HCA 120 Healing 1 A – Common Health Challenges 45/0/0 (3)

This course introduces students to the normal structure and function of the human body and normal bodily changes associated with aging, prevention of infection, and nutrition and healing.

HCA 121 Healing 1 B – Common Health Challenges 45/0/0 (3)

Students will explore common challenges to health and healing in relation to each body system. Students will also be encouraged to explore person-centred practice as it relates to the common challenges to health.

HCA 122 **Healing 1 C – Common Health Challenges** **30/0/0 (2)**
This course focuses on to end-of-life care and the role of the HCA in Hospice and Palliative Care.

HCA 130 **Healing 2 A – Cognitive Challenges** **30/0/0 (2)**
This course builds on content from other courses to assist students to explore concepts and care-giving approaches that will allow them to work effectively with individuals experiencing cognitive challenges, specifically dementias and elder abuse. Emphasis is on recognizing behaviours and identifying person-centred intervention strategies.

HCA 131 **Healing 2 B – Mental Challenges** **30/0/0 (2)**
This course builds on content from other courses to assist students to explore concepts and care-giving approaches that will allow them to work effectively with individuals experiencing mental challenges, specifically common disorders and suicide. Emphasis is on recognizing behaviours and identifying person-centred intervention strategies.

HCA 140 **Healing 3 A – Personal Care and Assistance** **60/0/0 (4)**
This practical course offers students the opportunity to acquire personal care and assistance skills within the parameters of the HCA role. The course is comprised of in-class theory and supervised laboratory experiences which assist the student to integrate theory from other courses to develop care-giver skills that maintain and promote the comfort, safety and independence of individuals in community and facility contexts. This course will focus on basic knowledge and skills.

HCA 141 **Healing 3 B – Personal Care and Assistance** **60/0/0 (4)**
This practical course offers students the opportunity to acquire personal care and assistance skills within the parameters of the HCA role. The course is comprised of in-class theory and supervised laboratory experiences which assist the student to integrate theory from other courses to develop care-giver skills that maintain and promote the comfort, safety and independence of individuals in community and facility contexts. This course will focus on basic knowledge and skills.

HCA 150 Clinical Placement/Practicum: Home Care & Assisted Living **0/0/60 (1)**
This practice course provides students with an opportunity to apply knowledge and skills from all other courses with individuals and families in a community setting. Opportunity will be provided for students to become more familiar with the role of the HCA within a Home Support Agency and gain abilities that will prepare graduates to assume the role of a Home Support Worker.

HCA 160 Clinical Placement/Practicum: Multi-Level, Complex & Dementia **0/0/210 (4)**
This supervised practice experience provides students with an opportunity to apply knowledge and skills from all other courses in the program with individuals in a multi-level or complex care setting. A portion of this clinical experience will be devoted to working with individuals experiencing cognitive challenges. Opportunity will be provided for students to gain expertise and confidence with the role of the HCA within a continuing care facility.