

# COURSE OUTLINE

**Course Name:** Personal Care and Assistance

**Department Head/Coordinator:** Jim Olson

**Effective Date:** September 2010

<b>School or Centre:</b>		<b>Department:</b>	
School of Health Sciences		Continuing Care	
<b>Course History:</b>		<b>Year of Study:</b>	
Revised Course		Grade 10 Equivalency	
<b>Name of Replacing Course (if applicable):</b>	Healing: Personal Care Skills	<b>Course Number:</b>	HRCA 1175
		<b>Number of Credits:</b>	1.0

**Course Pre-requisites (if applicable):**

**Course Co-requisites (if applicable):**

none

**PLAR (Prior Learning Assessment & Recognition)**  No  Yes (details below):

**Course Description:**

This practical course offers students the opportunity to acquire personal care and assistance skills within the parameters of the Health Care Assistant role. The course is comprised of class and supervised laboratory experiences which assist the student to integrate theory from other courses to further develop care-giver skills that maintain and promote the comfort, safety and independence of individuals in complex care facility and community contexts.

## **Instructional Strategies:**

## **Course Learning Outcomes:**

1. Perform personal care skills in an organized manner ensuring the comfort and appropriate independence of the client/resident
2. Apply an informed problem-solving process to the provision of care and assistance
3. Provide care and assistance in ways that maintain safety for self and others in a variety of contexts

## **Program Learning Outcomes:**

Under the supervision of a health professional, the graduate of the Health Care Assistant Upgrade Program will graduates will be able to:

1. Provide person-centered care and assistance that recognizes and respects the uniqueness of each individual resident or 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/residents and families.
3. Provide care and assistance for clients/residents experiencing complex health challenges.
4. Provide care and assistance for clients/residents 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/residents 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.

## Evaluation/Grading System

Grading System	Specify if 'Other':	Specify Passing Grade:
Letter Grades		

## Components and Weighting of the Assessment/Evaluation Plan:

Type	Percentage	Evaluation Plan (provide a brief explanation for each component especially if value exceeds 35%):
Assignments	30	An assignment consisting of an environmental safety and comfort assessment and pertains to learning outcome #3.
Midterm Exam	35	This multiple choice exam assesses knowledge pertaining to learning outcomes #1 and #2.
Final Exam	35	This multiple choice exam assesses knowledge pertaining to all learning outcomes of the course.
Lab Work		Mastery of skills is assessed
	<b>Total</b>	<b>100</b>

## Learning Environment/Type

Instruction Type	Hours Per Instruction Type	Comments
L - Classroom	10 hours	
B - Lab (Computer, Chemistry...)	20 hours	
<b>Enter Total Hours</b>	<b>30</b>	

## Resource Material(s):

Resources are items in addition to tuition that the student is responsible for purchasing. Course resource information will be supplied by the department/instructor.

**Course Topics and Sequence Covered:**

1. Medical asepsis
2. Body Mechanics
3. Personal care
4. Bathing, tubs, showers, bathroom a.m. care
5. Promoting healthy nutrition
6. Problem-solving when carrying out care-giving procedures
7. Environmental Safety and Comfort

**VCC Education and Education Support Policies**

There are a number of **Education** and **Education Support** policies that govern your educational experience at VCC, please familiarize yourself with them.

The policies are located on the VCC web site at:

**<http://www.vcc.ca/about-vcc/policies/index.cfm>**

To find out how this course transfers, visit the BC Transfer Guide at [www.bctransferguide.ca](http://www.bctransferguide.ca).

**FOR COMMITTEE USE ONLY**

Date Approved by Education Council:		Date Approved by VCC Board (if applicable):	
-------------------------------------	--	--	--