

## DEPARTMENT OF PRACTICAL NURSE AND HEALTH CARE AIDE

### COURSE OUTLINE – Fall 2025

HC 1040 (A2): Providing Person-Centred Care– 5 (2-0-3)

75 Hours for 14 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

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<b>OFFICE HOURS:</b>	By Appointment		

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<b>OFFICE HOURS:</b>	By Appointment		

#### CALENDAR DESCRIPTION:

In this course, the learner will learn to support clients to maintain their independence and meet their care needs according to individual care plans. The learner will acquire the skills and knowledge needed to assist clients with daily grooming and hygiene and to assist clients to walk and use mobility aids and wheel chairs safely. The learner will learn several methods for carrying out client lifts and transfers, with a focus on client safety and comfort. Upon completion of the course, the learner will have an excellent baseline knowledge of standards for meeting client nutritional needs and strict guidelines in safe food handling as set out in minimum provincial expectations.

#### PREREQUISITE(S):

**COREQUISITE(S):** HC1010, HC1020, HC1030

**REQUIRED MATERIALS:**

Alberta Government. (2018, April). Alberta health care aide competency profile.  
<https://open.alberta.ca/publications/9781460137253>

Wilk, M. (2021). Sorrentino's Canadian textbook for the support worker (5th ed.).  
Elsevier Inc.

Wilk, M., & Sekhon, N. (2022). Workbook to accompany Sorrentino's Canadian  
textbook for the support worker (5th ed.). Elsevier Inc.

**RECOMMENDED TEXTBOOKS**

Murray, L. (2014). Integrating a Palliative Approach: Essentials for Personal Support Workers.  
Saanichton, BC, Canada: Life and Death Matters.

**DELIVERY MODE(S):** In person lecture and lab

**LEARNING OUTCOMES:**

1. Describe knowledge of providing person-centred care and comfort within the HCA role in the following skill areas: client grooming and personal hygiene, bathing, bed making, assisting with elimination, client mobility, positioning, transfers, and lifts, assisting at mealtimes and with food safety, and using basic knowledge of body systems.
2. Define evidence-informed practice and guidelines for assisting with each of the activities of daily living skills.
3. Describe the importance of the client's strengths needs, rights, preferences, and expectations, and their willingness and ability to participate in their care.
4. Demonstrate ethical person-centred care related to assisting with activities of daily living skills and following the client care plan in the acute and continuing care settings (home care, long-term care, and supportive living).
5. Identify knowledge of the collaborative teams' roles and responsibilities within the assistance of each of the activities of daily living skills.
6. Describe key elements of the palliative care approach that can be applied to the planning, implementation, and assistance of activities of daily living skills.

7. Demonstrate competence (knowledge, skills, behaviours, and attitudes) by applying evidence-informed practice and guidelines when assisting with activities of daily living skills.

8. Apply the principles of professional and accurate communication through instruction, delivery, reporting, and documentation of activities of daily living skills.

9. Apply communication techniques and strategies that support diverse clients displaying responsive behaviours when assisting with activities of daily living skills.

10. Demonstrate client and personal safety by recognizing and responding to safety hazards, near misses, reporting abuse, following infection prevention and control principles, conducting client transfers, and handling and operating health equipment safely.

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

\*\* For courses with alpha (letter) grading, a grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

## EVALUATIONS:

Evaluation	Value	Date
Final Exam	Pass/Fail (70% or better)	December 12 <sup>th</sup> , 2025 (Tentative)
Completion of Lab Skills	Pass/Fail	End of Course

This course follows the Health Care Aide Provincial Curriculum Program Standards and Policies developed by the Government of Alberta.

## Final Exam

The final exam includes all content covered since Week 1 at the start of the semester. It is a cumulative exam. Question format will be multiple choice questions only.

## Completion of Lab Skills

A skills checklist is provided on D2L. All skills must be demonstrated and signed off by an instructor to receive a pass for this evaluation.

## GRADING CRITERIA

Alpha Grade	4-Point Equivalence	Percentage Conversion (unless otherwise specified in the Course Outline)	Descriptor
P	N/A	70-100	Pass
F	N/A	0-69	Fail

## COURSE SCHEDULE/TENTATIVE TIMELINE:

<u>Week</u>	<u>Topic</u>
Week 1, 2, 3	Module 1: Assist with Client Modility
Week 3, 4, & 5	Module 2: Positioning, Transfer and Lift
Week 5, 6, 7, 8	Module 3: Client Grooming and Personal Hygiene
Week 8, 9 & 10	Module 4: Bathing the Client & Bed making
Week 11	<i>Reading Week</i>
Week 10 & 12	Module 5: Assist with Elimination
Week 12 & 13	Module 6: Assist with Nutrition and Mealtimes
Week 14	Module 7: Food Safety



\*\* Tentative/Subject to change

## STUDENT RESPONSIBILITIES:

For policies related to clinical absences, immunizations, uniforms, and other clinical requirements refer to the Health Care Aide handbook [Student Handbook](#)

## STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available <https://www.nwpolytech.ca/about/polytechnic-leadership/policies-directory>.

\*\*Note: all Academic and Administrative policies are available on the same page.

## Additional Information:

### LECTURES:

Attendance at all lectures is encouraged. Absence could jeopardize overall performance.

### LABS:

By the end of each lab, students are responsible to demonstrate beginning proficiency and competence with each of the skills offered in this course. Attendance at all labs is required and students are responsible to consult with the Lab Instructor to make up for missed labs. To develop proficiency and psychomotor expertise students are encouraged to practice at home or during regularly schedule practice labs