

DEPARTMENT OF PRACTICAL NURSE AND HEALTH CARE AIDE

COURSE OUTLINE – Winter 2026

HC 1060 A3/L1/L2: Meeting Complex Care Needs

5 (2.4-0-5.1) 75 Hours for 10 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.

INSTRUCTOR:

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OFFICE HOURS:

By Appointment

CALENDAR DESCRIPTION:

This course builds on the foundational skills and concepts introduced in previous courses and introduces new skills to the learner. Learners will have the opportunity to acquire the knowledge to learn advanced skills such as active and passive range-of-motion exercises, wound care, tube feeds, catheter care, ostomy care, specimen collection, and respiratory care. In addition, accurate measurement of vital signs is demonstrated, practiced, and assessed. This course will also assist learners to work safely within the legal roles and responsibilities of health care aides in this province while providing medication assistance. This course is included in the HCA Preparation for Employment provincial standard.

HC1010, HC1020, HC1030, HC1040

REQUIRED TEXT/RESOURCE MATERIALS:

Alberta Government. (2018, April). Alberta health care aide competency profile. Retrieved November 9, 2021, from <https://open.alberta.ca/publications/9781460137253>

Wilk, M. (2022). Sorrentino's Canadian clinical skills: Skills for personal support workers. <https://evolve.elsevier.com>

Wilk, M. (2022). 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): Lecture and Lab

LEARNING OUTCOMES:

1. Describe knowledge of assisting with complex skills (ROM, wound care, nasogastric/gastrostomy tube feeds, urinary catheters/drainage, measuring vital signs, pain, height/weight, specimen collection, ostomies, respiratory care, oral suctioning, and medication assistance) using basic knowledge of the body systems.
2. Identify the limitations of the HCA role and responsibilities when assisting with complex skills as outlined by government legislation and employer policies and procedures.
3. Define evidence-informed practice and guidelines for each complex skill.
4. Demonstrate ethical person-centred care related to assisting with each complex skill 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 team's roles and responsibilities within each complex skill.
6. Describe key elements of the palliative care approach that can be applied to the planning, implementation, and delivery of complex skills.
7. Demonstrate competence (knowledge, skills, behaviours, and attitudes) by applying evidence-informed practice and guidelines when assisting with complex skills.
8. Apply the principles of professional and accurate communication through instruction, delivery, reporting, and documentation of complex skills.

9. Apply communication techniques and strategies that support diverse clients displaying responsive behaviours when assisting with the delivery of complex skills.
10. Demonstrate client and personal safety by recognizing and responding to safety hazards, near misses, reporting abuse, following infection prevention and control principles, client handling, and operating health equipment safely.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page

<http://www.transferalberta.alberta.ca>.

Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability

EVALUATIONS:

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

Evaluation	Value	Date
Course Exam	Pass/Fail (70% or better)	March 13, 2026 (Tentative)
Completion of Lab Skills	Pass/Fail	March 12, 2026

1. Final Exam

The final exam includes all content covered in Weeks 1-10. It is a cumulative exam. Question format will be multiple choice questions only.

GRADING CRITERIA:

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	67-69
A	4.0	85-94		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

***70% or a B- is required to pass this course**

COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Modules Covered in Lecture	Modules Covered in Lab
Week 1	Module 1	Module 1, Module 2, Start Module 3
Week 2	Finish Module 1 + Complete Module 2	Module 3, Module 4, Start Module 5
Week 3	Module 3 + Start Module 4	Module 5, Start Module 6
Week 4	Finish Module 4 + Start Module 5	Module 6
Week 5	Finish Module 5 + Start Module 6	Module 6, Module 7, Module 8
Week 6	Finish Module 6 + Start Module 7	Module 9
Week 7	Finish Module 7 + Module 8	Module 9
Week 8	Module 9	Module 9, Start Module 10
Week 9	Module 9	Module 10
Week 10	Module 9	Module 10

**** Tentative/Subject to change. Please see D2L page for further breakdown**

As a student at NWP, you have rights and responsibilities. It is your responsibility to be familiar with the information contained in this Course Outline and the HCA student handbook and to clarify any areas of concern with the instructor. It is also your responsibility to be familiar with NWP Policies. Please take the time to familiarize yourself with the policies that might impact you while you are here:

- NWP Department of Practical Nurse & Health Care Aide, [HCA 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 at <https://www.nwpolytech.ca/about/administration/policies/index.html>

****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.