



## **COURSE OBJECTIVES**

The student will:

1. demonstrate an understanding of the current concepts of health and wellness.
2. identify their role and responsibilities as a worker providing personal care for individuals with disabilities and/or illness.
3. describe the basic body systems' structures and functions and gain an awareness of some of the common disorders that may affect the various systems.
4. relate the concepts of immunity, prevention of infection and communicable diseases to hygiene practices
5. describe the basic principles of nutrition, the functions and major sources of protein, carbohydrates, fats, vitamins, minerals, and water and identify strategies for promoting healthy eating habits. Explain how processes for intake of nutrition may be altered for some individuals with disabilities.
6. describe the routine human elimination processes and how these may be altered in persons with disabilities or illness.
7. identify strategies for promoting sexual health
8. identify strategies ensuring a safe environment, safe practices, and reducing the of abuse
9. explain the role of exercise in maintaining health and provide examples for how exercise activities may be adapted for persons with disabilities and/or illness.
10. gain an understanding of stress, how it affects the body, and discuss strategies for managing stress.
11. identify medications that individuals with disabilities may be taking, side effects of those medications. Describe procedures for medication administration.
12. explore their own feelings and beliefs about death and dying. Have an awareness of grieving processes and discuss support for people who are dying or grieving a loss.
13. demonstrate beginning proficiency in the performance of selected basic skills required in giving personal care to persons with disabilities.

## STUDENT EVALUATION:

### 1. Assignments

- 10% Body systems
- 3% Stress Management
- 5% Nutrition Assessment
- 2% Elimination Assignment
- 10% Sexually & Sexually Transmitted Diseases
- 10% Dual Diagnosis
- 2% Handwashing Lab Assignment
- 4% Positioning, Moving, Lifting, Transfer Lab Assignment
- 3% Assisted Eating Lab Assignment
- 10% Medication Assignment
- 9% Personal Hygiene Lab Assignment
- 2% Senses Lab Assignment

Assignments are in a variety of formats from take home research papers, to in class exercises, and practical lab assignments. Guidelines for each assignment will be handed out in class.

### 2. Exams

There will be two exams. One at mid term covering material discussed to that point and an exam near the end of the term to cover the last half of the course material. There will not be comprehensive final exam.

- 15% Exam #1
- 15% Exam #2

## GRADES

The Grande Prairie regional college uses the ALPHA grading system. This system is described in the table below.

<b>Grade</b>	<b>Descriptor</b>
A+	Excellent
A	
A-	First Class Standing
B+	
B	Good
B-	
C+	Satisfactory
C	
C-	
D+	Poor
D	
F	Failure

See page 33 of college calendar for further explanation of the GPRC's grading system.

## **STUDENT SUPPORT**

The Writing Center is available to assist students with written assignments.

NQA (No questions Asked ) coupons will be distributed early in the semester. These coupons may be used for 1- 4 days extension on assignments unless otherwise stated in class (i.e. students are scheduled to make a presentation on a particular day). Unused coupons may be redeemed at the end of the semester for a maximum bonus of 2% on the final grade.

If you have difficulty understanding a particular concept or have any other concerns regarding the course please do not hesitate to discuss this as soon as possible with the instructor.

## **RIGHTS, RESPONSIBILITIES AND PROFESSIONALISM**

Students are advised to familiarize themselves with their rights and responsibilities as outlined in the college calendar.

### **Assignment Requirements**

1. Students are responsible to submit assignments **ON** or **BEFORE** the date they are due. Late assignments (not accompanied with an NQA coupon – see *Student Support* above) will be penalized at a rate of 5% per day. For instance, an assignment graded at 75% would be credited 70% after one day late, 65% after two days, etc.
2. Unless stated otherwise, assignments must be typed, double-spaced and have at least an inch margins on sides, top and bottom to permit instructor comments. They must be printed on only one side of the page. Spelling and grammar will be considered in grading.

With the exception of assignments completed in class, all assignments must have a cover page indicating:

- student name
- course name, and number
- assignment name
- instructor's name
- assignment due date
- and date assignment submitted if different from the due date

*You are advised to keep either a hard copy or an electronic copy of everything you submit. It is also recommended that you back up your electronic copies as you are working on assignments.*

### **Labs**

1. Attendance at labs is mandatory. Students unable to perform the lab on the day it is scheduled, must contact the instructor (before the lab) stating the reason for absence. Depending on the lab assignment it may or may not be possible to make up a missed lab. Most labs require a partner or small group work so making it up may be difficult. Any unexcused absences may result in a mark of zero for the lab missed.
2. Students are expected to dress comfortably for the labs as they will be practicing skills required for assisting individuals with personal care.

## **Exams**

Students not able to write an exam on the scheduled date and time must contact the instructor BEFORE THE EXAM and provide the reasons for not writing, otherwise a grade of zero will be assigned. The instructor reserves the right to determine if the absence will be excused. Should it be agreed to excuse the absence, an alternate date will be set. If the student fails to write on the alternate date, a grade of zero will be assigned.

## **Attendance**

Attendance is mandatory for the Labs. An attendance record will be kept and students will be held accountable for missed content, in-class assignments and announcements.

## **Late Arrival**

Late arrivals are disruptive to the class. If you must arrive late, take the first seat available closest to the door. Get information about material missed from your classmates at breaks or after class. Please avoid asking neighbours during class for information you missed. It disrupts that person's learning as they shift their attention from current class content to address your needs.

## **Learning Environment**

The classroom learning environment is created by joint effort between students and the instructor. If we work together we can make classes more enjoyable and productive.

- Stay on topic.
- Avoid personal and private conversations.
- Ask for clarification whenever you need it.
- Participate in small group and large group class discussions and ensure others get equal opportunity to participate as well.
- Come prepared for class. Having your readings completed and assignments done on time will help with the understanding of topics discussed and assist you in knowing what questions to ask and/or prepare you to participate in class discussions.



**HEALTH ISSUES - HS1201  
TENTATIVE CLASS SCHEDULE 2005**

<b>DATE</b>	<b>ROOM</b>	<b>TOPIC</b>	<b>READINGS</b>	<b>ASSIGNMENTS/TESTS</b>
Tues. Jan. 4		Course Overview/Outline; What is Health?		
Thurs. Jan. 6	E302	Health & Wellness concepts;  Role and Responsibilities of support worker (TA, DCS)	Chapter 4  Chapters 1, 3, 5, 6, 7, 9, 10, 11,12, 23 Chapter 2 - optional	
Tues. Jan. 11	J226	Stress Management	Chapter 8	
Thurs Jan. 13	E302	Stress management; Body Systems' structures & functions	Chapter 8, 20 Chapter 13	<i>Stress Management Assignment due</i>
Tues. Jan. 18	J226	Body Systems' structures & functions	Chapter 13	<i>Body Systems Assignment due</i>
Thurs Jan. 20	E302	Nutrition; <i>Presenter: Nutritionist Danielle Wohlgemuth</i>	Chapter 25, 26	
Tues. Jan. 25	J226	Nutrition; Digestive disorders	Chapter 25, 26, pg 546	
Thurs. Jan. 27	E302	Elimination – Ostomies <i>Presenter: RN Colette White</i>	Chapter 29, 30	<i>Nutrition Assignment Due</i>
Tues. Feb. 1	J226	Elimination ; Urinary Disorders	Chapter 29, 30 & pg 547	<b>Elimination Assignment Due</b> - in class assignment
Thurs. Feb. 3	E302	Sexuality <i>Presenter: Sexual Health</i>	Pg. 166-167, 238, 241-243, 583 STD's pg. 551- 552	
Tues. Feb. 8	J226	Promoting Sexual Health and prevention of sexual abuse; Sexually Transmitted Diseases	Pg. 166-167, 238, 241-243, 583 STD's pg. 551- 552	<i>Sexuality &amp; STD assignment due</i>
Thurs. Feb. 10	E302	Mental Health & Suicide Prevention	Chapter 33, 34	<i>Dual Diagnosis Assignment to be completed for class discussion</i>
Tues Feb. 15	J226	Preventing Infection; Safety; Abuse; Providing personal care – Introduction to labs	Chapter 18 Chapter 16, 17 Chapter 19	<i>Dual Diagnosis Assignment due</i>

Thurs. Feb. 17	E302	<b>Exam #1</b>		<b>Exam #1</b>
Tues. Feb. 22		WINTER SEMESTER BREAK		
Thurs. Feb. 24		WINTER SEMESTER BREAK		
Tues. March 1	H225	<b>Handwashing Lab</b>	Chapter 18	<b>Handwashing Assignment due</b>
Thurs. March 3	E302	Musculoskeletal system, positioning, lifting, range of motion, physio therapy <i>Presenter: Physio Therapist - TBA</i>	Chapter 21 Chapter 22	
Tues. March 8	H225	<b>Positioning, Lifting , Transferring &amp; Assisting Others with movement Lab</b>	Chapter 21 Chapter 22	<b>Positioning, Lifting, Transferring &amp; Assisting Others to move assignment due</b>
Thurs. March 10	E302	Vital Signs Oxygen Needs & Respiratory disorders Circulatory System disorders Medications	Chapter 40 Chapter 43  Chapter 39	NB: Summative Evaluation of course  <b>Medications Assignment Due</b>
Tues. March 15	H225	<b>Assisted eating Lab</b>	Chapter 25: Pg. 378-385 Chapter 26	<b>Assisted Eating assignment due</b>
Thurs. March 17	E302	Substance Abuse: Presentation / Tour AADAC	Pg. 568-569	
Tues. March 22	H225	<b>Personal Hygiene, Grooming &amp; Dressing Lab (H225)</b>	Chapter 27, 28	
Thurs. March 24	E302	Disorders affecting the integumentary system; Wound Care; Heat & Cold Applications	Chapter 41, 42	
Tues. March 29	H225	Complete <b>Personal Hygiene, Grooming &amp; Dressing Lab</b>	Chapter 27 & 28	<b>Personal Hygiene Assignment due</b>
Thurs. March 31	E302	Speech & Language disorders; Sensory Disorders	Chapter 35, 36; Sensory Integration Handout	
Tues. April 5	H225	<b>Senses Lab</b>	Chapter 35, 36	<b>Senses Assignment due</b>
Thurs. April 7	E302	<b>Exam #2</b>		
Tues. April 12	H225	Death and Dying	Chapter 46	
Thurs. April 14	E302	Death and Dying Feedback on Exam	Chapter 46	

		Course Feedback		
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Note: this schedule is subject to change, depending on availability of guest speakers, availability of the lab and any other unforeseen circumstances. It is meant to act as a guide for student to use when preparing ahead for class. Please make you own revisions on this schedule as per class announcements / discussions.