

**GRANDE PRAIRIE REGIONAL COLLEGE
REHABILITATION SERVICES PROGRAM
RP1201 - HEALTH ISSUES
WINTER 1995**

LOCATION: Lectures - G112
Labs - Regular Nursing Lab

TIME: January 3 - April 13, 1995
Tuesdays and Thursdays 1:30 - 3:00 p.m.

INSTRUCTOR: Dorothy Eiserman

OFFICE: H208

OFFICE HOURS: 3:30 to 5:00 p.m., Monday, Tuesday, Wednesday

PHONE: 539-2752 (office)

PREREQUISITES: RP1101 Developmental Disabilities

COURSE DESCRIPTION

This course is designed to provide basic knowledge and skills in health maintenance and care for people in a variety of human service settings. The course covers general concepts related to the promotion of health and prevention of illness as well as skills and knowledge of particular importance in the provision of quality care to people with disabling conditions.

CLASS FORMAT

Classes will consist of lectures, guest speakers, discussions and labs. The labs will provide students the opportunity to practice a selected number of basic techniques for the personal care of clients in a community setting.

REQUIRED TESTS

Hales, D. (1994). An Invitation to Health (6th ed.). Redwood City, CA: Benjamin/Cummings.

COURSE OBJECTIVES

The student will:

1. understand the concepts of health promotion and illness prevention in a community setting.
2. understand the concepts of basic immunity and its relationship to hygiene and communicable diseases in a community setting.

3. understand the concept of basic human sexuality and how it applies to persons with disabilities.
4. understand the basic principles of nutrition and how they affect health.
5. understand routine human elimination processes and how these may be altered in persons with disabilities.
6. understand the role of exercise in maintaining health and how it may need to be adapted in persons with disabilities.
7. gain an awareness of the concept of mental health and the alterations in well being that may be present in persons with disabilities.
9. understand the concept of chronicity and its relationship to persons with disabilities.
10. demonstrate beginning proficiency in the performance of selected basic skills required in giving personal care to persons with disabilities in community settings.

NOTE: If you have not studied biology or human anatomy and physiology please review the basic functioning of the following body systems:

Digestive System (Gastrointestinal)
Respiratory System (Nose, Throat, Lungs)
Urinary System (Kidneys and Bladder)
Central Nervous System (Brain and Nervous Control)

ASSIGNMENTS:

1. Bed Bath Assignment will be given out a week prior to the lab
2. Sexually Transmitted Diseases:
 - A. Collect resources and pamphlets about STD's. The South Peace Health Unit has a comprehensive supply of these.
 - B. Attempt to find information about STD's and persons with disabilities. You may find the CD-ROM Health Index in the library helpful. The librarians will be more than willing to help you. Also, try to discover other sources of information on this topic.
 - C. Write a report regarding the most common STD's, their mode of transmission, prevention techniques, and methods of treatment. Relate this information to education about and prevention of STD's for persons with disabilities in community settings. This report should not be more than 500 words, type written if possible.

3. Nutrition Assessment:
 - A. Search for information about normal daily nutritional intake. The Canada Food Guide is a good basic reference. Where would you acquire a copy of this? Please find out and acquire one.
 - B. Ask/observe a family member, room mate, or friend (as client) what they ate during a 24 hour period.
 - C. Compare what your client's dietary intake with that recommended by the Canada Food Guide and evaluate the adequacy of this person's food consumption during the 24 hour period. If inadequate how could it have been approved?
4. Elimination Lab Assignment will be given out a week prior to the lab.
5. Moving, Lifting, Transfer Lab Assignment will be given out a week prior to the lab.
6. Medication Lab Assignment will be given out a week prior to the lab.

STUDENT EVALUATION

Assignments:	Due Date	Value
1. Bed Bath Assignment	January 24, 1995	5%
2. Sexually Transmitted Diseases	February 2, 1995	5%
3. Nutrition Assessment	February 16, 1995	5%
4. Elimination Lab Assignment	March 7, 1995	5%
5. Moving, Lifting, Transfer Lab Assignment	April 4, 1995	5%
6. Medication Lab assignment	April 13 1995	5%
Examinations:	Date	Value
Midterm Examination	Tuesday March 7, 1995	30%
Final Examination	TBA (Final Exam Period)	40%

GRADES:

9	90-100%
8	80-89%
7	72-79%
6	65-71%
5	57-64%
4	50-56%
3	45-49%
2	26-44%
1	0-25%

In order to obtain credit for this course, students must achieve a minimum of 65% or a 6.

RULES AND REGULATIONS

1. Attendance at labs is mandatory. Any unexcused absences may result in a grade of 0/25 for the lab component of the course. Missed labs may be made up but as most labs require partner and small group work, doing so will be difficult.
2. Assignments must be submitted **ON** or **BEFORE** the date they are due. Late assignments 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.
3. Any student not able to write a test or exam on the date scheduled must indicate to the instructor the reason he/she is unable to do so. Should it be agreed that the absence will be excused, an alternate date will be set. If the student fails to write on the alternate date, a grade of zero will be assigned.

NOTE: We all have responsibilities in addition to our academic commitments. Occasionally these responsibilities make it very difficult to meet specific deadlines. The instructor will consider requests for extensions without penalty **ONLY** if the student makes his/her needs known prior to the due date.