

GRANDE PRAIRIE REGIONAL COLLEGE
REHABILITATION SERVICES PROGRAM

HEALTH ISSUES RP 1201
WINTER 1997

- Location:** Lecture - B302
Lab - H225
- Time:** January 7 - April 11, 1997
Tuesdays & Thursdays 11:00 - 12:30
- Instructor:** Ingrid Meeuwisse
(Pronounced "Maywissa")
- Office Hours:** No Office: I will be available by phone most evenings, or
leave a message with your phone number
- Phone:** 814-7115
- 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.

REQUIRED TEXTS

Hales, D. (1997). An invitation to health: The power of prevention (7th ed.).
Redwood City, CA: Benjamin/Cummings.

SUPPLEMENTAL TEXT

Potter, P. A. & Perry, A. G. (1993). Fundamentals of nursing: Concepts,
process & practice (3rd ed.). St. Louis: Mosby.

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 role of exercise in maintaining health and how it may need to be adapted in persons with disabilities.
4. understand the basic principles of nutrition and how they affect health.
5. understand the concept of basic human sexuality and how it applies to persons with disabilities.
6. gain an awareness of the concept of mental health and the alterations in well being that may present in persons with disabilities.
7. understand routine human elimination processes and how these may be altered in persons with disabilities.
8. gain knowledge of the variety of medications and the importance of properly administering them.
9. understand the concept of disease and health problems for persons with disabilities and the people who serve them.
10. demonstrate beginning proficiency in the performance of selected basic skills required in personal care to persons with disabilities in community settings.

STUDENT EVALUATION

1. Lab Assignments

5% **Bed Bath Assignment** - will be given out a week prior to lab

5% **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, roommate, 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 improved?

5% Sexually Transmitted Diseases

- A. Collect resources and pamphlets about STD's. The Health Unit has a comprehensive supply.
- 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 the 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 be no more than 500 words, typewritten if possible.

5% Moving, Lifting, Transfer Lab Assignment - will be given out a week prior to the lab.

5% Elimination Lab Assignment - will be given out a week prior to the lab.

5% Medication Lab Assignment - will be given out a week prior to the lab.

2. Exams

30% Midterm Examination

40% Final Examination

GRADES

| | |
|---|---------|
| 9 | 90-100% |
| 8 | 80-89% |
| 7 | 72-79% |
| 6 | 65-71% |
| 5 | 57-64% |
| 4 | 50-56% |
| 3 | 45-56% |
| 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. Assignments should be handed in typewritten. Neatly handwritten assignments will be accepted. If resources other than the text are used they should be listed at the end of the assignment in a reference list or bibliography. APA format would be optimal but any format will do as long as it is consistent.
4. Students not able to write an exam on the scheduled date and time must contact the instructor **BEFORE THE EXAM** stating their reason for not writing. Should there be one or more students excused from writing on the scheduled date, the instructor will schedule* **ONE** alternate writing date. If the student fails to contact the instructor before the exam or fails to write the exam on the alternate date, a mark of 0 will be given for the exam.

*one alternate writing date per exam, not per student.

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.