

**GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF HUMAN SERVICES**

**HEALTH ISSUES RP 1201**

**Winter 2003**      January 6, 2003 to April 15, 2003  
 Lab 2 - Monday 4:00 p.m. - 5:20 p.m.  
 Lab 1 - Tuesday 1:00 p.m. - 2:20 p.m.  
  
 Class - Thursday 1:00 p.m. - 2:20 p.m.

**Location:**      Lectures      J204 201  
                          Labs              H225

**Instructor:**      Rita Stonell, B.C.R.

**Office:**              H204

**Office Hours:**      Monday & Wednesday 10:00 a.m. - 12:00 p.m.  
                                  By appointment or just drop in.

**Phone:**              539 - 2787                              **email**      [rstonell@gprc.ab.ca](mailto:rstonell@gprc.ab.ca)

**COURSE DESCRIPTION**

This course develops basic knowledge and skills in maintenance of health appropriate to care givers working with individuals with a range of disabling conditions.

**REQUIRED TEXTS**

Sorrentino, Sheila A. Mosby's Textbook for Nursing Assistants, 5th ed. Mosby-Year Book Inc. St. Louis, Missouri, 2000.

**RESOURCES**

Hales, Dianne. An Invitation to Health: The Power of Prevention, 6th ed., Benjamin/Cummings Publishing Co., Redwood City, Ca., 1994.

Potter, P.A. & Perry, A.G. Fundamentals of Nursing: Concepts, Process & Practice, 3rd ed., Mosby Inc., St. Louis, Missouri, 1993.

The Nursing Library has a wide range of books which may be useful to you. It is located in H213.

Mistahia Health Unit - pamphlets.

## 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 basic principles of nutrition and how they affect health.
4. have a basic understanding of the respiratory and circulatory systems and know some of the factors that may influence a person's vital signs. Demonstrate appropriate measures that can be taken to determine vital signs of an individual as it relates to working with people who have disabilities in community settings.
5. understand the role of exercise in maintaining health and how it may need to be adapted in persons with disabilities.
6. know and demonstrate proper body mechanics for lifting and transferring.
7. understand the concept of basic human sexuality and how it applies to persons with disabilities.
8. understand the basic functions of the nervous and endocrine systems.
9. gain an understanding of stress, how it affects the body, and how to help yourself or people with disabilities relieve their stress.
10. understand routine human elimination processes and how these may be altered in persons with disabilities.
11. gain an awareness of some of the common disorders that may affect the various body systems
12. gain knowledge of the variety of medications and the importance of properly administering them.
13. be aware of their own feelings and beliefs in relation to death and dying; discuss supports for people who are dying.
14. demonstrate beginning proficiency in the performance of selected basic skills required in giving personal care to persons with disabilities in community settings.

## STUDENT EVALUATION:

### 1. Assignments

5%	Prevention of illness	5%	S TD Assignment
5%	Bed Bath Lab	5%	Elimination Assignment
5%	Oral Hygiene Lab	5%	Stress Management
5%	Nutrition Assessment	5%	Sensory Disabilities
5%	Feeding Lab	5%	Medication Lab
5%	Vital Signs Lab	5%	Dual Diagnosis
5%	Moving, Lifting, Transfer Lab	5%	Death & Dying Reflection Assignment

**Total % for assignments = 70%**

Lab & assignment guidelines will be distributed when the related unit/topic is being covered.

### 2. Exams

The first exam will be a take home exam to be completed by February 20/03.  
The second exam will be written during exam week and will test material covered after the first exam.

15%            Exam #1

15%            Exam #2

**Total % for exams = 30%**

## GRADES

### 9 Point Grading System

9 - Point Grade	Percentage Equivalent Guidelines	Designation
9	90 - 100	EXCELLENT
8	80 - 89	
7	72 - 79	
6	65 - 71	GOOD
5	57 - 64	PASS
4	50 - 56	
3	45 - 49	
2	26 - 44	
1	0 - 25	FAIL

Note: To obtain credit for this course, students must achieve a minimum of 57% or a grade of 5.

**Rights and Responsibilities** - Please familiarize yourself with pages 30 to 34 of the Grande Prairie Regional College, 2002-2003 Calendar.

### SPECIFIC TO THIS COURSE:

1. Attendance at labs is mandatory. Any unexcused absences may result in a grade of "0" for the lab component of the course. Missed labs may be made up but as most labs require a partner or small group work, doing so will be difficult.
2. Assignments must be submitted **ON** or **BEFORE** the date they are due. Extensions may be considered in extenuating circumstances. Requests for an extension must be requested **PRIOR** to the due date.
3. Assignments must be typed, double-spaced and have adequate margins on sides, top and bottom to permit instructor comments. Spelling and grammar will be considered in grading.
4. Students not able to write an exam on the scheduled date and time must contact the instructor **BEFORE THE EXAM** stating 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.

RP 1201 Tentative Class Schedule for 2003

Dates	Topic	Readings	Assignments / Exams / Activities
January 6 L2 January 7 L1 January 9 Class	Course Overview; What is health?  Skin & Hygiene / Immunity	Chapter 5; ch 38; Glossary; xv - xxiv pgs. 107-109; 127; & ch. 10; pgs. 715 - 717 (disorders)	
January 13 L2 January 14 L1 January 16 Class	Handwashing Lab & Prevention of illness (H225)  Skin & Hygiene / Immunity	pgs. 209-215  Ch.14; pgs. 353- 363; 366-372; Ch 26	Prevention of illness assignment due
January 20 L2 January 21 L1 January 23 Class	Bedbath Lab (H225) Oral hygiene  Digestive System / Nutrition	pgs. 330-338 pgs. 318-319  pgs 121-122; ch 18; pgs. 715 (disorders)	
January 27 L2 January 28 L1 January 30 Class	Feeding a person  Respiratory & Circulatory systems	pgs. 118 -121; ch 19 & 27; pgs. 706- 711 (disorders)	Nutrition assignment due
February 3 L2 February 4 L1 February 6 Class	Vital Signs Lab  Musculoskeletal System	pgs. 110-113; ch 20; ch 28; pgs 691 - 700 (disorders)	
February 10 L2 February 11 L1 February 13 Class	Lifting, Transferring Lab  finish up Musculoskeletal System & start on Urinary Elimination System	ch 20  pgs. 122; ch 16; ch 17; pgs. 711 - 713(disorders)	Take home exam

	<b>Family Day Stat</b>	<b>Take home exam due</b>
February 17 L2 February 18 L1 February 20 Class	Urinary System, Elimination	pgs. 122; ch 16; ch 17; pgs. 711 - 713(disorders)
February 24 February 25 February 27	<b>Winter Break</b> <b>Feb. 23-28</b>	
March 3 L2 March 4 L1 March 6	Elimination Lab  Reproductive System, Sexuality & Relationships	p 124 - 126; ch 34 p 118 - 119 (disorders)
March 10 L2 March 11 L1 March 13 Class	Sex. Ed. Lab: STD assignment  Endocrine system & Nervous System	<b>STD assignment due</b>  pgs. 114 -116: 126 -127; ch 21 701 - 705 (disorders) 713 - 714 (disorders)
March 17 L2 March 18 L1 March 20 Class	Stress Management Lab/assignment  The Sense Organs	pgs. 116-117; ch 29  (Course summative evaluation)
March 24 L2 March 25 L1 March 27 Class	Support for individuals with sensory disabilities / problems  Cell, Tissue, & Organs; Cancer; Medications; Drug abuse	pgs. 107-108; pgs. 688-690 (cancer)

March 31 L2 April 1 L1	Medication Lab	ch. 31, 32, & 33	
April 3 Class	Mental Health; confusion & Dementia; Developmental disabilities;		
April 7 L2 April 8 L1	Dual Diagnosis Assignment		
April 10 Class	Death & Dying	Ch. 37; pgs 314 - 319	Dual Diagnosis assignment due
April 14 L2 April 15 L1	Death & Dying Reflection exercise		Final exam - during exam week

Note: This schedule is subject to change, depending on availability of guest speakers & other unforeseen circumstances.  
This schedule is meant to act as a guide for students to use when preparing ahead for class.