

GRANDE PRAIRIE REGIONAL COLLEGE
REHABILITATION SERVICES PROGRAM

JAN 15 2001

HEALTH ISSUES RP 1201

Winter 2001 January 4, 2001 to April 12, 2001
Tuesday and Thursday 10:00 - 11:20

Location: Lectures - B304
Labs - H225

Instructor: Tanya Ray

Office: H217

Office Hours: Wednesday 9:00 - 10:00 a.m.
By appointment or feel free to call me at home.

Phone: 539 - 2893
538 - 1269 (home)

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

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 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 understanding of stress, how it affects the body, and how to help yourself or people with disabilities relieve their stress.
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 giving personal care to persons with disabilities in community settings.

STUDENT EVALUATION:

1. **Assignments**
 - 5% **Bed Bath Assignment**
 - 5% **Nutrition Assessment**
 - 5% **Sexually Transmitted Diseases**
 - 5% **Moving, Lifting, Transfer Lab Assignment**
 - 5% **Elimination Lab Assignment**
 - 10% **Medication Lab Assignment**

2. Exams

The final Exam will be written during exam week. Unit 3 will comprise about half of the final exam. The remaining half is comprehensive.

20%	Test #1
20%	Test #2
25%	Final Examination

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.

STUDENT SUPPORT

The Writing Center is available to assist students with written assignments. It is located in room A205.

RULES AND REGULATIONS

1. Attendance at labs is mandatory. Any unexcused absences may result in a grade of 0/35 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. 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 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.

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