



# Healing 1: Caring for Individuals Experiencing Common Health Challenges – HCA 105

## Health Care Assistant Program

### Course Outline

COURSE IMPLEMENTATION DATE: September 2009  
OUTLINE EFFECTIVE DATE: September 2019  
COURSE OUTLINE REVIEW DATE: March 2024

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#### GENERAL COURSE DESCRIPTION:

This course introduces the students to the normal structure and function of the human body and normal bodily changes associated with aging. Students explore common challenges to health and healing in relation to each body system. Students are also encouraged to explore person-centered practice as it relates to the common challenges to health and, in particular, to end-of-life care.

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**Program Information:** This course is one of the seven courses offered in the first semester of the Health Care Assistant Program. Satisfactory completion of this course is required to progress into Semester 2 of the program.

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**Delivery:** This course is delivered face-to-face.

**COTR Credits:** 4

**Hours for this course:** 115 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	115
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	115

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	

Other Contact Hours

- Lecture hours may be offered online.

**Course Outline Author or Contact:**

Cheryl Mackie, RN, BN, MHScN

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Signature

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**APPROVAL SIGNATURES:**

Department Head  
Sandi Hill  
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Acting Dean of Health and Human Services  
Norma Sherret  
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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2019 – March 2024

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Education Council Approval Date

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**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** None

**Corequisites:** HCA 101, 102, 103, 104, 106, 107

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA  Yes  No

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** N/A

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## **Textbooks and Required Resources:**

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Sorrentino, S.A., Remmert, L. & Wilk, M.J. (2018). *Mosby's Canadian Textbook for the Support Worker*. 4<sup>th</sup> Canadian Edition. Toronto, Canada: Elsevier.

Health Care Assistant Student Guide – *Healing 1: Caring for Individual Experiencing Common Health Challenges – HCA 105*

Please see the instructor's syllabus or check COTR's online text calculator

[http://www.cotr.bc.ca/bookstore/cotr\\_web.asp?IDNumber=164](http://www.cotr.bc.ca/bookstore/cotr_web.asp?IDNumber=164) for a complete list of the currently required textbooks.

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## **LEARNING OUTCOMES:**

Upon the successful completion of this course, students will be able to

- display an understanding of the structure and function of the human body and normal changes associated with aging;
  - display a sound understanding of common challenges to health and healing;
  - discuss nutrition as it relates to healing;
  - identify components of special diets;
  - describe ways to organize, administer and evaluate person-centered care and service for clients experiencing common health challenges;
  - develop an understanding of the components of person-centered end-of-life care for clients and families; and
  - describe common developmental health challenges.
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## **COURSE TOPICS:**

- Medical Terminology
- Organization of the Human Body
- Structure, function, natural age related changes and common disorders related to:
  - Integumentary System
  - Musculoskeletal System
  - Cardiovascular System
  - Respiratory System
  - Digestive System
  - Urinary System
  - Reproductive System
  - Endocrine System
  - Nervous System
  - Sensory Challenges
  - Multi-Organ
  - Immune System
- Challenges to Health and Healing
- Developmental Health Challenges

- Nutrition & Healing
- End of Life Care
- Self Care for the Caregiver

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

**EVALUATION AND ASSESSMENT Face-to-Face:**

Assignments	% Of Total Grade
Exam 1	25%
Exam 2	25%
Exam 3	25%
Assignments	<u>25%</u>
Total	100%

Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

**COURSE GRADE:**

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	F
Mark (Percent)	≥ 95	94-90	89-85	84-80	79-75	74-70	< 70

**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

**COURSE CHANGES:**

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.