

## Course Outline

PROGRAM: Mental Retardation Counsellor  
COURSE TITLE: Health Maintenance COURSE NO.: M.R.C. 107  
INSTRUCTOR: Gerry Page DATE: Sept. 1982

### Course Description

This course is designed to prepare the student to give basic health care to the developmentally handicapped clients. Fundamental concepts of human biology and microbiology will provide the scientific base. An overview of on health problems and health care approaches in prevention and treatment is included.

### Course Goals

Upon completion of the course the student will be able to:

1. Name, locate and describe the basic function of major body systems and organs.
2. Understand the concept of physiological homeostasis
3. Give examples of common micro-organisms\*
4. Describe the common methods of transmission of micro-organisms and relate this to prevention of infection and disease.
5. Be able to demonstrate and carry out nursing skills required to meet the basic needs of clients according to established performance criteria.
6. Explain health care measures used in prevention, assessment, and treatment of common health problems-

### Methodology

Approximately 50% of this course will be theory based and the remaining 50% will be on a practical nature. Students will be required to participate actively.

### Required Text:

"Simplified Nursing" 9th Edition  
Authors: C. Hoffman, G. Lipkin

## Syllabus

WEEK I:	Introduction to the Course Medical Aseptic Techniques Handwashing Techniques
WEEK II:	Biology, Homeostasis Cells, Body Cavities, Membranes
WEEK III:	Illness and Disease General Signs of Illness General Treatments General Treatments
WEEK IV:	Blood Pressure Temperature, Pulse, Respiration, (T.P.R.) Practicum
WEEK V:	Eye, Ear and Nasal Instillations Anal and Vaginal Suppositories Qxvaen Therapy Practicum
WEEK VI:	Special Hygiene Problems Oral Care Bed Baths (Practicum)
WEEK VII:	Respiratory System Care for: Common Cold Influenza Pneumonia
WEEK VIII	Mid Term Exam Practicum Exam
WEEK IX:	Elimination Enemas; Types Collecting Specimens
WEEK X:	Enema Practicum
WEEK XI:	Nutrition - diets Feeding: prevention and care with choking
WEEK XII:	The Digestive System The Urinary System
WEEK XIII	Caring for the Dying Patient Responses to Dying
WEEK XIV:	Skin Disorders Precautions and Treatment

WEEK XV:       Review  
WEEK XVI:      Final Exams  
                  Practicum

### Evaluation

Quizzes and practical exams will be given throughout the 16 week program.  
40%

A mid-term exam will be given covering all material from the beginning.  
25% of final mark.

The final exam will include all material from the mid-term to the end.  
25% of final mark.

Attendance is worth 10% of the final mark.

