

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

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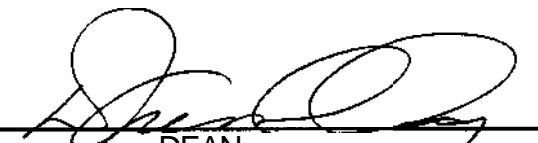
COURSE TITLE: PERSONAL CARE

NO.: HSW030 **SEMESTER:** Winter '95

PROGRAM: HOME SUPPORT WORKER LEVEL III

AUTHOR: G. CHATEAU

DATE: Sept. 1994 **PREVIOUS OUTLINE DATED:** Sept. 1993

APPROVED 
DEAN
SCHOOL OF HEALTH SCIENCES

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COURSE NAME: Personal Care CODE NO.

TOTAL CREDIT HOURS: 30

PREREQUISITE(S):

I. PHILOSOPHY/GOALS:

This course will review the various skills of personal care including activities of daily living, vital signs, fluid intake and output, personal hygiene, transfers and positioning. Students will learn the essentials of assessing client needs and assisting in the development of a plan of care. The physical, spiritual and psychosocial needs of clients are examined. The basic principles of maintaining a comfortable environment and body mechanics will be reviewed. Emphasis will be on development of skills to provide support to the client who is more dependant and has special needs.

II. STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course the student will:

1. Assist children and adults to maintain activities of daily living.
2. Assist the client in carrying out a prescribed plan of care.
3. Provide for sleep and rest needs.
4. Perform the special skills of the H.S.W. for a dependent client requiring personal care.
5. Demonstrate skills required to maintain the integrity of the skin and mucous membrane of the client.
6. Demonstrate various bathing techniques.
7. Assist client with elimination needs.

III. TOPICS TO BE COVERED:

1. Fluid Intake and Output
2. Personal Hygiene
3. Elimination
4. Body Activity
5. Environment
6. Nausea and Vomiting
7. Making an Occupied Bed
8. Positioning and Supporting
9. Assessing Needs

COURSE NAME: Personal Care

IV. LEARNING ACTIVITIES:

LEARNING RESOURCES

1.0 Activities of Daily Living

Upon successful completion of this module the individual will be able to:

- 1.1 define ADL(Activities of daily living) Discussion
- 1.2 identify the Home Support Workers responsibility in personal care of clients. **Text pgs 195,199,201,208 210, 216, 217**
- 1.3 assist the client in carrying out a prescribed care plan Discussion

2.0 Assessing Needs

Upon successful completion of this module the individual will be able to:

- 2.1 assess client needs Discussion
- 2.2 describe a method of setting up a daily care plan Discussion
- ^fc 2.3 define fluid intake and output
- 2.4 list the reasons for keeping accurate records of intake and output

3.0 Personal Hygiene

Upon successful completion of this module the individual will be able to:

- 3.1 describe healthy skin **Text pg 90, 91**
- 3.2 identify areas of potential skin break down **Text pg 183, 184**
- 3.3 demonstrate the techniques of special skin care **Text pgs 185, 186, 188, 189**
- 3.4 demonstrate the techniques of preventing pressure sores **Text pgs 184, 185**
- 3.5 demonstrate both a complete bed bath and a partial bed bath **Text pgs 201,202,203,204 205,206**

COURSE NAME: Personal Care
LEARNING OBJECTIVES

LEARNING RESOURCES

3.6	demonstrate the procedure for providing oral hygiene	Text pgs 75, 76, 77, 78
3.7	demonstrate the procedure for providing skin and back care	Text pgs 195, 196, 197, 198, 199
3.8	demonstrate proper foot care	Text pgs 208, 208, 210
3.9	report observations utilizing appropriate channels.	Text pgs 210,211,212,214,215
3.10	demonstrate proper hand & foot care	Test 190, 191
3.11	report observations utilizing appropriate channels	Discussion
5.0	Elimination Upon successful completion of this module the individual will be able to:	
5.1	describe Homemaker responsibilities with artificial elimination devices	Text pgs 321,322,323,324
5.2	describe proper techniques for cleaning of equipment	Text pgs 323,325
6.0	Body Activity Upon successful completion of this module the individual will be able to:	
6.1	demonstrate the correct procedure for lifting a dependent client	Text pg 235
6.2	describe the procedure for assisting the client to a sitting position	Text pgs 232, 233, 234, 236, 237
6.3	describe the procedure for transferring a client from a bed to a wheelchair	Text pgs 236, 237
6.4	demonstrate the procedure for helping a client to walk safely	Text pgs 238, 239
6.5	demonstrate the procedure for assisting a client who is falling	
6.6	demonstrate assistive walking devices and safety measure to consider when clients are using these devices	Text pgs 238, 239, 240, 241

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LEARNING OBJECTIVES

LEARNING RESOURCES

7.0 Environment

Upon successful completion of this module the individual will be able to:

- 7.1 describe factors which contribute to safe and comfortable surroundings for the dependent client. Discussion

8.0 Nausea and Vomiting

Upon successful completion of this module the individual will be able to:

- 8.1 describe the steps to take to help a client who is nauseated
- 8.2 demonstrate the procedure for assisting a client who is vomiting

9.0 Positioning and Supporting

Upon successful completion of this module the individual will be able to:

- 10.1 describe the rules for positioning a client Text pgs 173, 174, 175
- 10.2 demonstrate the procedure for turning a client in bed Text 175, 176, 179, 180, 181
- 10.3 demonstrate the procedure for moving a client up in bed Text pgs 176, 177, 178
- 10.4 demonstrate the procedure for supporting a client in bed Text pgs 176, 181

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V. EVALUATION METHODS: (INCLUDES ASSIGNMENTS, ATTENDANCE REQUIREMENTS ETC.)

Tests	30%
Project	20%
Class Participation	50%

VI. LEARNING RESOURCES

1. Being A Homemaker/Home Health Aide, Third Edition,
Zucker, Elena, R.N., MSN., A Brady Book, Prentice Hall
2. Workbook to Being A Homemaker, Home Health Aide, Third Edition
B. Elbrite, Lou J., NR, M.S., PhD.
A Brady Book, Prentice Hall