

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: PERSONAL CARE

CODE NO.. HSW 026 SEMESTER.

PROGRAM: HOME SUPPORT WORKER LEVEL II

AUTHOR. G. CHATEAU

DATE: SEPT/95 PREVIOUS OUTLINE DATED: APR/95

APPROVED: 
DEAN
SCHOOL OF HEALTH SCIENCES

 DATE

PERSONAL CARE

HSW 026

COURSE NAME

CODE NO.

TOTAL CREDIT HOURS: 24

PREREQUISITE(S):

I. PHILOSOPHY/GOALS:

This course introduces the student to 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.

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. Demonstrate techniques of making occupied and unoccupied bed.
8. Assist client with feed needs.
9. **Assist client with elimination needs.**

III. TOPICS IO_ BE COVERED..

1. Vital Signs
2. Fluid Intake and Output
3. Personal Hygiene
4. Eating
5. Elimination
6. **Body Activity**
7. Environment
8. Nausea and Vomiting
9. Making an Occupied Bed
10. Positioning and Supporting
11. **Medication**
12. Assessing Needs

IV. LEARNING ACTIVITIES:	REQUIRED RESOURCES
<p>1.0 Activities of Daily Living</p> <p>Upon successful completion of this module the individual will be able to:</p> <ul style="list-style-type: none">1.1 Define ADL(Activities of daily living).1.2 Identify the Home Support Workers responsibility in personal care of clients.1.3 Assist the client in carrying out a prescribed care plan.	Study Guide pg 47
<p>2.0 Assessing Needs</p> <p>Upon successful completion of this module the individual will be able to:</p> <ul style="list-style-type: none">2.1 Assess client needs.2.2 Describe a method of setting up a daily care plan.	Study Guide pgs 207,208 Study Guide pgs 209,210,211 Exercise pg 213
<p>3.0 Personal Hygiene</p> <p>Upon successful completion of this module the individual will be able to:</p> <ul style="list-style-type: none">3.1 Describe healthy skin.3.2 Identify areas of potential skin break down.3.3 Demonstrate the techniques of special skin care.3.4 Demonstrate the techniques of preventing pressure sores.3.5 Demonstrate both a complete bed bath and a partial bed bath.3.6 Demonstrate the procedures for bathing an infant.3.7 Demonstrate the procedure for providing oral hygiene.	Study Guide pg 50 Study Guide pgs 78,79 Study Guide pg 77 Study Guide pgs 52,53,54 Video "The Bed Bath" Study Guide pg 53 Study Guide pgs 69,70 Skill Lab pgs 71,72,73,74,75

LEARNING ACTIVITIES	REQUIRED RESOURCES
<p>3.8 Demonstrate the procedure for providing skin and back care.</p>	<p>Study Guide pg 80 Skill Lab pgs 81,82,83</p>
<p>3.9 Demonstrate the procedure for providing hair care.</p>	<p>Study Guide pg 89 Skill Lab pgs 91,92,93,94,95,96,97,98</p>
<p>3.10 Demonstrate proper hand and foot care.</p>	<p>Study Guide pg 87</p>
<p>3.11 Report observations utilizing appropriate channels.</p>	
<p>4.0 Feeding Infants and Dependent Adults</p> <p>Upon successful completion of this module the individual will be able to:</p>	
<p>4.1 Provide a proper eating environment.</p>	<p>Study Guide pgs 101,102</p>
<p>4.2 Describe the steps for encouraging Independence in eating.</p>	<p>Study Guide pg 102</p>
<p>4.3 Describe feeding techniques for clients with special problems eg. blindness, paralysis, neurological disorders.</p>	<p>Study Guide pgs 103,104,105 Skill Lab pg 107</p>
<p>4.4 Feed an infant.</p>	<p>Study Guide pgs 109 Skill Lab pgs 111,113</p>
<p>5.0 Elimination</p> <p>Upon successful completion of this module the individual will be able to:</p>	
<p>5.1 Demonstrate the proper procedure for assisting with bedpans.</p>	<p>Study Guide pgs 115,116 Skill Lab pgs 119,120,121</p>
<p>5.2 Demonstrate the proper procedure for giving and removing a urinal.</p>	<p>Skill Lab pgs 122</p>
<p>5.3 Demonstrate the proper steps for assisting a client onto a portable commode.</p>	<p>Skill Lab pg 125</p>
<p>5.4 Describe the proper technique for changing diapers.</p>	<p>Study Guide pgs 127, 128</p>

LEARNING ACTIVITIES	REQUIRED RESOURCES
<p>5.5 Describe Homemaker responsibilities with artificial elimination devices.</p> <p>5.6 Describe proper techniques for cleaning of equipment.</p>	<p>Study Guide pgs 129,130,131 Skill Lab pgs 133,134</p>
<p>6.0 Body Activity</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>6.1 Demonstrate the correct procedure for lifting.</p> <p>6.2 Describe the procedure for assisting the client to a sitting position.</p> <p>6.3 Describe the procedure for transferring a client from a bed to a wheelchair.</p> <p>6.4 Demonstrate the procedure for helping a client to walk safely.</p> <p>6.5 Demonstrate the procedure for assisting a client who is falling.</p> <p>6.6 Demonstrate assistive walking devices and safety measure to consider when clients are using these devices.</p>	<p>Video Tape - Body Mechanics -Skill Lab pg 141</p> <p>Skill Lab pg 143 Video tape-Lifting and Transfers</p> <p>Skill Lab pgs 145,146,147Skill Lab pg 151</p> <p>Skill Lab pg 153</p> <p>Study Guide pgs 155,156,157,158,159,160</p>
<p>7.0 Environment</p> <p>Upon successful completion of this module the individual will be able to:</p> <p>7.1 Describe factors which contribute to comfortable surroundings.</p>	<p>Study Guide pgs 171, 172</p>
<p>8.0 Nausea and Vomiting</p> <p>Upon successful completion of this module the individual will be able to:</p>	

LEARNING ACTIVITIES

REQUIRED RESOURCES

8.1 Describe the steps to take to help a client who is nauseated.

Study Guide pg 173
Skill Lab pg 175

8.2 Demonstrate the procedure for assisting a client who is vomiting.

9.0 Making An Occupied Bed

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

9.1 Demonstrate the proper techniques for making an occupied bed.

Study Guide pg 177
Skill Lab pg 179,180,181

10.0 Positioning and Supporting

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

10.1 Describe the rules for positioning a client.

Study Guide pgs 184,185,186

10.2 Demonstrate the procedure for turning a client in bed.

Skill Lab pgs 187,189

10.3 Demonstrate the procedure for moving a client up in bed.

Skill Lab pg 191

10.4 Demonstrate the procedure for supporting a client in bed.

Study Guide pg 193
Skill Lab pgs 199,195,196,197,198,199,200

11.0 Medication

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

11.1 Describe the proper procedure for reordering prescription medication.

Study Guide pg 201, 202

11.2 List the five rights in giving medications, as directed.

Study Guide 203

PERSONAL CARE

HSW 026

COURSE NAME

CODE NO.

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

Students are expected to attend all of the sessions in order to be evaluated fairly and accurately. Full attendance is essential for maximum benefits to the students.

Evaluation will be based upon attendance, participation, willingness to demonstrate skills and to contribute to the overall effort of all the students.

Attendance	50%
Participation	20%
Demonstration of Skills	20%
Test	10%

VI. **LEARNING RESOURCES:**

Study Guide