SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON

COURSE OUTLINE

Course Title: Theory II

Code No.: PSW102   **Semester:** 1

Program: Personal Support Worker Program

Author: Faye Smedley

Date: Sept. 1998   **Previous Outline Date:** 09/97

Approved: _Dean_   **Date^**

Total Credits: 12   **Prerequisite(s):** PSW101, PSW102

Length of Course: 12Hrs/Wk for 7wks   **Total Credit Hours:** 84

L   PHILOSOPHY /GOALS:

This course will provide you with the information and insight into hands on care of the consumer, assisting them with personal hygiene, and supporting them with other activities that promote health in all four dimensions. (physical, psychological, social and spiritual) of well-being. The student will learn how to do light housekeeping duties, to organize and manage a home and assist with banking and shopping.

II.   LEARNING OUTCOMES

Upon successful completion of this course the student will have the ability to:

1) Promote and assist the consumer to safely: maintain good body alignment, perform range of motion exercises, maintain mobility, rest, sleep and prevent the complications of immobility.

2) Promote and safely assist the consumer to meet his/her basic need for elimination.

3) Promote and safely assist the consumer to meet his/her activities of daily living (ADL) while maintaining his/her independence and dignity.

4) In the role of a PSW safely perform light housekeeping duties and care for large and small appliances and cleaning tools in the home. Safely handle cleaning products or agents.

5) Support the consumer to efficiently organize for shopping and banking. Assist the consumer or problem solve issues that relate to home management

6) Describe the factors that affect a person's nutritional needs and the importance of following Canada's Food Guide (CFG).

7) Safely plan, shop, and prepare nutritious foods to encourage eating..

8) Select foods that are included on specific therapeutic diets while respecting consumer preferences, allergies, and restrictions that apply.

ffl.   TOPICS:

      1.   ROM exercises
      2.   Mobility /Immobility / complications / aids
      3.   Prevention of complications
      4.   Assist a falling person
      5.   Sleep and Rest

HI.   **TOPICS:**

6. Decubitus ulcers
7. Positioning / body alignment
8. Elimination
9. Activity of Dairy Living
10. WHIMS / Hazardous Product Symbols
11. Safety in the home
12. Light housekeeping duties in the home
13. Organizing, shopping, banking
14. Nutrition
15. Meal planning and preparation
16. Special diets

IV.   REQUIRED RESOURCES/TEXTS/MATERIALS:

1. Resource Text
2. Library Texts
3. Home Products and Appliances Guides
4. Grocery Store
5. Personal Experience
6. Family and Friends

V.   **EVALUATION PROCESS/GRADING SYSTEM:**

1.	Mini Test	10%
2.	Final Test	30%
3.	Assignments	30%
4.	Group Activities	30%

VL   **SPECIAL NOTES**

Special Needs
If you are a student with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or contact **the** Special Needs Office, Room E1204, Ext. 493,717,491 so that support services can be arranged for you.

Retention of Course Outlines
It is the responsibility of the student to retain aQ course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

VL SPECIAL NOTES

Course Modification
The instructor reserves the right to modify the course as deemed necessary to meet the needs of students.

VIL PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor.