



COURSE OUTLINE

PSW121

Prepared: Esther Jussila Gold R.N. Approved: Bob Chapman

Course Code: Title	PSW121: HEALTH PROMOTION & HEALTH CHALLENGES I
Program Number: Name	3027: PERSONAL SUPPORT WKR
Department:	PERSONAL SUPPORT WORKER
Semester/Term:	18S
Course Description:	This course will expose the learner to the theoretical concepts of health promotion, health practices, human needs, and growth and development throughout the lifespan. The understanding of these concepts will provide the learner with knowledge to provide optimum support for clients based on the client's unique needs. An introduction to caring for individuals and families experiencing ongoing health challenges is included in the course with emphasis on vision, hearing, mobility, and aphasia.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
This course is a pre-requisite for:	PSW131
Vocational Learning Outcomes (VLO's): Please refer to program web page for a complete listing of program outcomes where applicable.	<ul style="list-style-type: none"> #1. Act within the personal support worker role, under supervision, and by following care/service plans and established policies and procedures. #2. Participate as a member of care/service teams in both community and institutional settings. #3. Use, under supervision, basic knowledge, care/service plans, and established policies and procedures. #4. Provide client-centered and client-directed care under supervision and by following care/service plans and established policies and procedures, in both community and institutional settings. #5. Make, collect, and report to the supervisor relevant observations in an ongoing and timely manner and record this information promptly. #6. Support the clients personal care requirements by following care/service plans and established policies and procedures. #7. Support the clients home management services by following care/service plans and established policies and procedures. #8. Communicate effectively and appropriately using oral, written, and nonverbal methods. #9. Assist in the promotion and maintenance of a safe and comfortable environment for clients, their families, self, and others.



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Essential Employability Skills (EES):

#10. Perform the personal support worker role in an ethical manner and within the law.

#1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.

#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.

#4. Apply a systematic approach to solve problems.

#5. Use a variety of thinking skills to anticipate and solve problems.

#6. Locate, select, organize, and document information using appropriate technology and information systems.

#7. Analyze, evaluate, and apply relevant information from a variety of sources.

#8. Show respect for the diverse opinions, values, belief systems, and contributions of others.

#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.

#10. Manage the use of time and other resources to complete projects.

#11. Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 60%,

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
one minute paper /participation	20%
Test #1	20%
Test #2	20%
Test #3	20%
Test #4	20%

Books and Required Resources:

Mosby`s CanadianTextbook for the Support Worker by Sorrentino,Remmert,Wilk
Publisher: Elsevier Edition: Fourth Canadian Edition

Workbook to Accompany Mosby`s Canadian Textbook for the Support Worker by Sorrentino,Remmert,Wilk
Publisher: Elsevier Edition: Fourth Canadian Edition

Course Outcomes and Learning Objectives:

Course Outcome 1.

Provide client-directed care that is based on ethical principles, sensitive to diverse and family values, beliefs and needs, and which follows the direction of the plan of care/service plan.



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Learning Objectives 1.

Treat each client as an individual possessing a unique personality, interests and abilities and having physical, intellectual, emotional, spiritual, social, sexual and cultural needs.
Demonstrate accountability for own learning, personal enhancement, and professional growth in the personal support worker role.

Differentiate between race, ethnicity, and culture.

Identify factors that can influence culture and how a personal support worker can provide culturally sensitive care.

Describe the effect that culture can have on attitudes, behaviors, perceptions, communication, and personal care requirements.

Respect clients' right to privacy, independence and to be treated with dignity regardless of clients' abilities.

Discuss the impact of one's own values and identify factors that can influence culture/spiritual needs and how a personal support worker can provide culturally sensitive care.

Discuss the impact of personal behaviors that may be seen as discriminatory and take measures to eliminate/modify these behaviors.

Course Outcome 2.

Establish and maintain helping relationships with clients and their families reflecting open communication, professional boundaries, and employer's policies and adhering to confidentiality and privacy legislation.

Learning Objectives 2.

Treat each client as an individual possessing a unique personality, interests and abilities and having physical, intellectual, emotional, spiritual, social, sexual and cultural needs.
Demonstrate accountability for own learning, personal enhancement, and professional growth in the personal support worker role.

Differentiate between race, ethnicity, and culture.

Identify factors that can influence culture and how a personal support worker can provide culturally sensitive care.

Describe the effect that culture can have on attitudes, behaviors, perceptions, communication, and personal care requirements.

Respect clients' right to privacy, independence and to be treated with dignity regardless of clients' abilities.



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Discuss the impact of one's own values and identify factors that can influence culture/spiritual needs and how a personal support worker can provide culturally sensitive care. Discuss the impact of personal behaviors that may be seen as discriminatory and take measures to eliminate/modify these behaviors.

Course Outcome 3.

Assist clients across the lifespan with routine activities of daily living by applying basic knowledge of growth and development, common alterations in functioning, disease prevention and health promotion

Learning Objectives 3.

Explain concepts and implement practices to promote health and well-being.

Describe the role and responsibilities that the care /service team, including personal support workers, have in providing optimum support and care for clients.

Acquire knowledge regarding routine activities of daily living, normal aging changes in function and normal responses throughout the lifespan.

Explain the process of growth and development across the lifespan.

Describe the physical, emotional, and social changes associated with the normal aging process.

Explain the principles of growth and development.

Identify the tasks and typical growth and development for each age group.

Describe the typical issues and related holistic changes when caring for older adults.

Identify actions that a personal support worker can implement to promote safe and competent care for diverse clients who are at various stages throughout the lifespan.

Describe the common responses and effects of illness and disability.

Identify the signs and symptoms of illness in infants and children.

Explain the effects of developmental disabilities for the client and family.

Course Outcome 4.

Assist clients who are caring for dependent individuals considering client and family choices, professional boundaries and the direction of the plan of care/service plan.

Learning Objectives 4.



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Explain and respect the individual's definition of family structure and identity.
Discuss diverse cultural norms and patterns within contemporary families.
Identify and discuss traditional and non-traditional healing practices within families.
Identify and respect the roles, rights and responsibilities of individuals, families and their significant others.
Describe factors that might affect clients and/or their family member's acceptance of support and respond to those factors in light of the personal support worker role.
Discuss the personal support worker's role to maintain professional boundaries with the family.
Describe common conditions associated with family caregiving including caregiver strain and/or or altered family roles.

Course Outcome 5.

Identify relevant client information using learned observation and communication skills and report and document findings in accordance with the requirements of employer policies and procedures and all applicable legislation.

Learning Objectives 5.

Observe and report relevant clients' information e.g., changes in clients' status and/or service to appropriate members of the interprofessional team.
Identify signs, symptoms and responses that clients may experience that may manifest in ongoing health conditions.
Define the terms comfort and pain.
Identify the measures to maintain comfort, relieve pain, and promote rest and sleep.
Describe the processes and interventions to promote well-being during admission, transfer, and discharge procedures.

Date:

Wednesday, August 30, 2017

Please refer to the course outline addendum on the Learning Management System for further information.