



COURSE OUTLINE: PSW152 - HLTH PRMO & CHALL II

Prepared: Susan Armstrong

Approved: Bob Chapman, Dean, Health

Course Code: Title	PSW152: HEALTH PROMOTION AND CHALLENGES II
Program Number: Name	3027: PERSONAL SUPPORT WKR 3070: PER/DEV SUPPORT SERV
Department:	PERSONAL SUPPORT WORKER
Academic Year:	2024-2025
Course Description:	This course is a continuation of Health Promotion and Challenges I (PSW 142). The learner will explore the holistic care of individuals and families experiencing ongoing physical, cognitive and mental health challenges. The role of the PSW in rehabilitative and restorative care will be examined.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	PSW142
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	DSS300, DSS301, DSS302, DSS303, DSS304
Vocational Learning Outcomes (VLO's) addressed in this course:	<p>3027 - PERSONAL SUPPORT WKR</p> <p>VLO 6 Identify relevant client information within the roles and responsibilities of the personal support worker using observation, critical thinking, and effective communication skills to report and document findings.</p> <p>VLO 8 Assist clients across the lifespan with activities of daily living by applying fundamental knowledge of growth and development, psychological concepts, common alterations in functioning, health promotion, disease prevention, rehabilitation and restorative care, and holistic health care.</p> <p>VLO 14 Provide client-centered and client-directed care to individuals experiencing various mental health illness and challenges, cognitive and intellectual impairments, and/or responsive behaviours by using supportive approaches and evidence-based practices to promote positive and safe behaviours in clients.</p> <p>3070 - PER/DEV SUPPORT SERV</p> <p>VLO 2 Conduct oneself in an ethical, competent and accountable manner in all professional relationships.</p> <p>VLO 3 Provide person-directed and centred support that is sensitive to diverse values, cultures, beliefs and needs to promote client self-motivation and self-integration while maintaining privacy and confidentiality.</p> <p>VLO 4 Assess, communicate and document relevant client information in accordance with</p>

Please refer to program web page for a complete listing of program outcomes where applicable.



	<p>employer's policies and procedures and all applicable legislation within the personal and developmental support services role.</p> <p>VLO 5 Participate and collaborate as a member of the inter-professional team to promote a safe and comfortable environment for clients across the lifespan demonstrating the responsibility to identify and report situations of neglect or abuse (actual or potential), and respond in accordance with all applicable legislations and employer's policies and procedures.</p> <p>VLO 6 Support the health and well-being of clients across the lifespan by applying basic knowledge of growth and development, common alterations in functioning, disease prevention, health promotion and maintenance, rehabilitation and restorative care.</p>
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>
Course Evaluation:	<p>Passing Grade: 60%,</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>
Books and Required Resources:	<p>Sorrentino`s Canadian Textbook & Workbook for the Support Worker by Wilk Publisher: Mosby, Incorporated Edition: 5th ISBN: 9780323832038 Used in first semester</p> <p>Medical Terminology: a Short Course by Chabner Publisher: Elsevier Science & Technology Books Edition: 9th ISBN: 9780323479912</p> <p>Workbook to Accompany Sorrentino`s Canadian Textbook for the Support Worker by Wilk Publisher: Elsevier Edition: 5th ISBN: 9780323711630</p> <p>Sorrentino`s Canadian Textbook for the Support Worker by Wilk Publisher: Mosby, Incorporated Edition: 5th ISBN: 9780323709392</p>

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Assist clients across the lifespan with activities of daily living by applying fundamental knowledge of growth and development, psychological concepts, common alterations in functioning, health promotion, disease prevention, rehabilitation and restorative care, and holistic health care.	<p>1.1 Identify and discuss basic concepts of risk prevention and reduction, health promotion and maintenance.</p> <p>1.2 Discuss the basic concepts of convalescence, rehabilitative and restorative care, team members, and the modalities that may be used, including physical, occupational and speech therapy.</p> <p>1.3 Discuss the basic concept of respite care and identify where respite services may be provided.</p> <p>1.4 Describe cancer, the treatment that clients may require, and the care for clients who have cancer.</p> <p>1.5 Describe common cardiovascular disease/disorders and the care for clients who have these disorders.</p> <p>1.6 Describe common respiratory diseases/ disorders and the care for clients who have these disorders.</p> <p>1.7 Describe common neurological diseases/disorders including acquired brain injury and the care for clients who have these disorders.</p> <p>1.8 Identify the causes and responses of brain and spinal cord injuries and the care for clients who have these injuries.</p> <p>1.9 Describe common integumentary disease/disorders and the care for clients who have these disorders.</p> <p>1.10 Describe common musculoskeletal diseases/disorders and the care for clients who have these disorders.</p> <p>1.11 Describe the care for clients who have casts, traction, hip fractures, and amputations.</p> <p>1.12 Describe common endocrine diseases/disorders and the care for clients who have these disorders.</p> <p>1.13 Describe common digestive diseases/disorders and the care for clients who have these disorders.</p> <p>1.14 Describe common urinary diseases/disorders and the care for clients who have these disorders.</p> <p>1.15 Describe common autoimmune and immune system diseases/disorders and the care for clients who have these disorders.</p> <p>1.16 Describe common communicable diseases, the care for clients who have these diseases, and the role of the personal support worker in preventing the spread of communicable diseases.</p> <p>1.17 Describe common diseases/disorders of male and female reproductive systems.</p>
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Provide client-centered and client-directed care to individuals experiencing various mental health illness and challenges, cognitive and intellectual impairments, and/or responsive behaviours by using	<p>2.1 Identify changes in client's perception, behavior, memory, judgment, organization, language, and motor skills that may be associated with cognitive impairment, delirium, dementia, brain injuries including strokes, and/or mental health challenges and illness and how these effects can vary with severity of the impairment.</p> <p>2.2 Identify common misconceptions about cognitive impairment, dementias, and mental health illnesses.</p>



supportive approaches and evidence-based practices to promote positive and safe behaviours in clients.

2.3 Discuss the challenges related to stress, coping and mental health challenges and illnesses.

2.4 Identify factors such as illness, fatigue, stress, sensory overload, pain, fear, frustration, and depression which can further affect the functioning clients with cognitive impairment, dementias, and mental health challenges and illnesses.

2.5 Identify impairments caused by reversible (treatable) conditions and irreversible (cannot be reversed and have no prevention or cure) conditions.

2.6 Discuss the role of the personal support worker in assisting clients and family members of clients experiencing cognitive impairment, dementia and/or a mental health illness.

2.7 Discuss the impact of social media on mental health across the lifespan.

2.8 Discuss the stigma associated with mental illness and addictions, how it may impact client's self-perception, functioning level and quality of care provided.

2.9 Identify the treatment, care, intervention, and community resources related to mental health conditions including anxiety and affective disorders.

2.10 Discuss the role of the personal support worker in assisting clients experiencing mental illness or substance use/abuse and identify when care and intervention is beyond the role of the personal support worker.

2.11 Discuss the impacts of trauma and colonization for Indigenous peoples and communities today, and recognize the relationships between trauma, addictions, and mental health issues.

2.12 Identify changes in client's behaviour, perception, memory, judgement, organization, language, and motor skills that may be associated with addictions to substances, gambling, or other behaviours.

2.13 Discuss the challenges related to stress, coping and substance use.

2.14 Identify changes in behaviour which may be related to substance use and addiction and resources, supports and strategies that can be used with clients, who are using or addicted to substances.

2.15 Discuss the role of the personal support worker in supporting individuals using substances or who are experiencing addictions and identify when support and intervention is beyond the role of the personal support worker.

2.16 Discuss basic behavioral strategies to de-escalate client's responsive behaviours as directed by the plan of care/service plan and in accordance with all applicable legislation.

2.17 Identify when unexpected client behavior requires immediate response as well as a report to supervisor.

2.18 Recognize possible indicators of suicidal behavior or self-harm while identifying personal views about suicide and examine how these views may affect the service provided to clients. Identify, report and record client's behaviours that are a potential risk to the safety of others.



2.19 Identify when unexpected client behaviour, such as suicidal ideation, requires immediate response, as well as a report to supervisor.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignment	10%
Reflection / Activity (3 at 5% weight each)	15%
Test #1	25%
Test #2	25%
Test #3	25%

Date:

June 20, 2024

Addendum:

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

