

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ON**

**COURSE OUTLINE**

**COURSE TITLE: PERSONAL CARE**

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

**PROGRAM. HOME SUPPORT WORKER LEVEL III**

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

APPROVED   
DEAN  
SCHOOL OF HEALTH SCIENCES

7 DATE

**COURSE NAME:** Personal Care

**CODE NO.** HSW 030

**TOTAL CREDIT HOURS:** 30

**PREREQUISITE^ ) :** N/A

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

**LEARNING OBJECTIVES**

**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

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

## 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                       |
| <b>5.0</b> | <b>Elimination</b>                                                                                        |                                  |
|            | 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                 |
| <b>6.0</b> | <b>Body Activity</b>                                                                                      |                                  |
|            | 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      |

**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