

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ON**

**COURSE OUTLINE**

**COURSE TITLE: HEALTH PROMOTION & REHABILITATION**

**CODE NO.:** HSW031 **SEMESTER:** Winter '95

**PROGRAM:** HOME SUPPORT WORKER LEVEL 111

**AUTHOR:** G. CHATEAU

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

APPROVED   
DEAN  
SCHOOL OF HEALTH SCIENCES

DATE 7/1/94

COURSE NAME: **Health Promotion & Rehab**

CODE NO. **HSW 031**

TOTAL CREDIT HOURS: **30 Hours**

PREREQUISITE(S): N/A

**I. PHILOSOPHY/GOALS:**

This course will provide the students with an understanding of the basic theory related to clients and families who have special needs. The process of assessing the dependent client will be reviewed and effective problem solving techniques will be provided. Students will be provided with the skills to assist in the identification of specific needs of the client and family. Principles of patient teaching will be reviewed.

**II. STUDENT PERFORMANCE OBJECTIVES:**

Upon successful completion of this course the student will:

1. Discuss the concept of health promotion.
2. Assist in the implementation of prescribed rehabilitation plan.
3. Understand the reactions to illness and dependence.
4. Understand the specific services required for patients with special care conditions.
5. Participate in identifying and meeting the learning needs of the client.
6. Understand the feelings and attitudes associated with death, dying and bereavement.

**III. TOPICS TO BE COVERED;**

1. Health Promotion
2. Rehabilitation
3. Discussion of Special Care Clients
4. Learning Needs
5. Death, Dying and Bereavement

#### IV. LEARNING ACTIVITIES

#### LEARNING RESOURCES

##### 1.0 Health Promotion

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

- |     |  |                  |
|-----|--|------------------|
| 1.0 | Define health promotion                                      | Group Discussion |
| 1.2 | Describe qualities of healthy lifestyle                      | Group Exercise   |
| 1.3 | Identify factors which affect lifestyle                      | Discussion       |
| 1.4 | Assist clients to identify areas of potential change         |                  |
| 1.5 | Use problem solving techniques with clients when appropriate |                  |

##### 2.0 Rehabilitation

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

- |     |  |                |
|-----|--|----------------|
| 2.1 | Define rehabilitation  | Text pg.225    |
| 2.2 | Discuss concepts of rehabilitation in relation to dependent client                 | Text pg.64,225 |
| 2.3 | Describe factors which influence rehabilitation                                    | Text pg.225    |
| 2.4 | Describe approaches to assisting clients attain their optimum level of functioning | Text pg. 242   |

## LEARNING OBJECTIVES

## LEARNING RESOURCES

### 3.0 Discussion of Special Care Clients, Alcoholic, Abused Child or Adult, Severely Handicapped, Mentally Retarded, Alzheimers, Chronic Illness on following topics.

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

- |     |  |                   |
|-----|--|-------------------|
| 3.1 | Identify role of Home Support Worker                             | Text pgs 244, 250 |
| 3.2 | Define specific special needs                                    |                   |
| 3.3 | Identify underlying factors contributing to the special problems | Text pg. 35,36    |
| 3.4 | Explain the effect of special problems on family and lifestyle   | Text pg. 35,36    |
| 3.5 | Describe a usual plan of care                                    |                   |
| 3.6 | Identify community resources available                           | Discussion        |
| 3.7 | Assess, observe and report clients condition or response.        |                   |

### 4.0 Learning Needs

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

- |     |   |                |
|-----|---|----------------|
| 4.1 | Describe role of H.S.W. when client requires assistance in learning   | Group Exercise |
| 4.2 | Discuss factors which contribute to and interfere with learning       | Discussion     |
| 4.3 | Assist in implementation of methods to meet individual learning needs | Group Exercise |

**LEARNING OBJECTIVES**

**LEARNING RESOURCES**

- |     |  |                             |
|-----|--|-----------------------------|
| 4.4 | Demonstrate diversional approaches for use of leisure time   | Text 258                    |
| 4.5 | Evaluating client's learning   |                             |
| 4.6 | Report observations utilizing procedures of the agency.  |                             |
| 5.0 | Death, Dying <b>and</b> Bereavement<br>Upon successful completion of this module the individual will be able to: |                             |
| 5.1 | Define terminal illness  | Text p. 81                  |
| 5.2 | Explore own response/reaction to death   | Discussion Text p. 84       |
| 5.3 | Discuss grieving process   | Text pgs 81, 82             |
| 5.4 | Discuss legal aspects involved   | Discussion                  |
| 5.5 | Discuss funeral directors role   | Guest Speaker               |
| 5.6 | Identify community support services for bereaved   | Discussion<br>Guest speaker |

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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 Elbrite, Lou J. RN., M.S, PhD. A Brady Book, Prentice Hall

Any other reading material will be provided by the instructor, if deemed relevant by the instructor.