

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: UNIT 2 - CLINICAL
CODE NO: HCA 103-11 SEMESTER: II
PROGRAMME: HEALTH CARE AIDE
AUTHOR: GAYLE ALLINOTTE, BRENDA WARNOCK
DATE: SEPT/90 PREVIOUS OUTLINE DATED: NONE

APPROVED:

Dean

D. [Signature]

Date

Nov 5/90

UNIT 2 - CLINICAL

HCA 103-11

Course Name

Code No.

TOTAL CREDIT HOURS: 120

Unit II Clinical (HCA 103) has 24 lab practice hours and 96 hours of clinical practice for a total of 120 hours.

PREREQUISITE(S): HCA 100, HCA 101

I. PHILOSOPHY/GOALS:

Unit II provides the student with opportunities to practise and demonstrate skills related to elimination (bowel and bladder) mobility, vital signs, special skin care and activation and leisure. The student is expected to continue to demonstrate competency of Unit I skills.

II. STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course, the student will meet the following objectives with 2-3 clients:

- 1) utilizes measures to promote rest and sleep.
- 2) performs active and passive Range of Motion exercises.
- 3) uses measures to prevent contractures.
- 4) assists client with ambulation needs.
- 5) promotes activation and leisure activities.
- 6) demonstrates special skin care of decubitus ulcers.
- 7) promotes the care and use of prosthetic devices.
- 8) promotes urinary elimination.
- 9) accurately records and reports Intake and Output.
- 10) demonstrates care of the incontinent, uncatheterized and catheterized client.
- 11) promotes bowel elimination.
- 12) practises universal precautions with all clients at all times.
- 13) demonstrates various isolation practices as the situation warrants.
- 14) demonstrates accurate observations and recording of temperature, pulse and respirations.

III. TOPICS TO BE COVERED:

- 1) Rest and Sleep
- 2) Range of Motion Exercises
- 3) Prevention of Contractures
- 4) Ambulation
- 5) Activation and Leisure Activities
- 6) Special Skin Care
- 7) Rehabilitation
- 8) Promotion of Urinary Elimination
- 9) Intake/Output
- 10) Incontinent Client
- 11) Bowel Elimination
- 12) Universal Precautions/Isolation Practice
- 13) Vital Signs

Lab Topics:

- 1) Range of Motion Exercises
- 2) Ambulation Assistive Devices
- 3) Urine Testing
- 4) Intake/Output
- 5) Urinary Catheter Care
- 6) Isolation Technique
- 7) Use of bedpans, urinals, commode chairs

| IV. | <u>LEARNING OBJECTIVES/CONTENT</u> | <u>REQUIRED RESOURCES</u> |
|-----|--|--|
| | 1. <u>Rest and Sleep</u> | |
| | a) Promotes the client's needs for rest and sleep. (5.14) | Text: pp. 15 |
| | b) Uses measures to promote sleep such as comfortable environment, back rubs, warm baths, adjustment of clothing. (5.14) | |
| | c) Takes measures to reduce worry and emotional stress. (5.14) | |
| | d) Assists client to establish regular sleeping habits and rest periods. | |
| | 2. <u>Range of Motion Exercises</u> | |
| | a) Communicates to resident the value of exercise for improved circulation, digestion, elimination, muscle tone, maintenance and/or improvement of range of motion. (9.09) | Text: pp. 304-308 Workbook: Ch. 18 Study Projects: 1-2 Study Questions: 11-13 Lab Practice |
| | b) Identifies contra-indications to exercise such as pain, swollen joints, fatigue and certain medical conditions. (9.09) | |
| | c) Develops an appropriate exercise program for the client. (9.09) | |
| | d) Demonstrates other methods that encourage the resident to exercise, such as self care, household activities, and recreational activities, including music and crafts. (9.09) | |

| IV. | <u>LEARNING OBJECTIVES/CONTENT</u> | <u>REQUIRED RESOURCES</u> |
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| | e) Positions client appropriately and carries out full range of joint motion according to functional capacity of the client. (5.16) f) Identifies and reports any change noted in resident's range of motion. (5.16) | |
| | <u>3. Prevention of Contractures</u> | |
| | a) Uses supportive devices such as footboards, bed cradles, bed-boards, rolls to prevent contractures. (5.18) | Text: pp. 302-304 Workbook: Ch. 18 Study Questions: 3-4 Lab Practice |
| | b) Promotes mobility of joints by changing position frequently, exercises and ambulation activities. | |
| | <u>4. Ambulation</u> | |
| | a) Provides assistance with ambulation based on client's level of activity. | Text: pp. 309-315 |
| | b) Assists the falling, client to prevent injury to self and the client. | |
| | c) Assists the client with the use of walking aids such as crutches, canes, walkers, braces, walking belt. (9.08) | |
| | <u>5. Activation and Leisure Activities</u> | Print-outs in class |
| | a) Assists client to arrange room with own belongings to suit client's wishes. (4.03) | |
| | b) Encourage client to use radio, television and telephone. (4.03) | |

| IV. | LEARNING OBJECTIVES/CONTENT | REQUIRED RESOURCES |
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- c) Encourages resident's participation in facility's activities.
(4.03)
- d) Assists client to common rooms, including recreational areas for activities.
(4.03)
- e) Stimulates interaction between clients by arrangement of furniture.
(4.03)
- f) Stimulates resident's awareness by utilizing clocks, calendars, newspapers and colours.
(5.19)
- g) Encourages resident with personal hobbies or creative pursuits as well as new activities.
(9.11)
- h) Suggests activities suitable for the physical or mental status of the client.
(5.19)
- i) Provides instructions, materials and guidance for activities.
(5.19)
- j) Praises client to reinforce interest.
(5.19)
- k) Assists client with the arrangement and care of personal flower arrangements.
(3.04)

6. Special Skin Care

- a) Takes measures to ensure the client's skin remains intact and protected from irritation.
(5.10)

Text: pp. 214-220
Workbook: Ch. 13
Study Project: 1
Study Questions: 28-34

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| IV. | LEARNING OBJECTIVES/CONTENT | REQUIRED RESOURCES |
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- b) Takes measures to prevent decubitus ulcers. (5.10)
- c) Cares for decubitus ulcers as directed. (5.10)
- d) Reports signs of irritation of skin/mucous membrane breakdown. (5.10)
- e) Encourages diabetic client to maintain good skin care. (3.10)

7. Rehabilitation

- a) Encourages resident to apply and properly utilize an artificial limb or eye. (5.17)
- b) Applies splints and braces to maintain body alignment. (5.17)
- c) Takes measures to ensure prosthesis fits properly, and is clean and in good repair. (5.17)
- d) Identifies and reports any irritations from splints or prosthesis. (5.17)
- e) Stores prosthetic devices to prevent loss or damage. (5.17)

Text: pp. 392-396
Workbook: Ch. 24
Study Project: 1-3
Study Questions: 1-2,8-14

8. Promotion of Urinary Elimination

- a) Ensure privacy. (7.02)
- b) Warms bedpan or urinal as necessary. (7.02)

Text: pp. 221-227
Workbook: Ch. 14
Study Project: 1-3
Study Questions: 1-10

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| IV. | <u>LEARNING OBJECTIVES/CONTENT</u> | <u>REQUIRED RESOURCES</u> |
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- c) Assists resident to assume a position which aids elimination. (7.02)
- d) Assists client as necessary with cleansing peri-anal area and hands. (7.02)
- e) Reports the elimination according to policy with relation to frequency and amount of urine voided, incontinence or episode of incontinence. (9.02)
- f) Reports any problem encountered by a client regarding difficulty initiating voiding, urgency, dribbling or unawareness of the need to void. (9.02)
- g) Makes a 24-hour plan with resident who has nocturnal frequency, which shows an appropriate pattern of fluid intake. (9.02)
- h) Establishes a plan with incontinent resident for regular toilet visits. (9.02)
- i) Implements bladder training program according to care plan previously determined by RN/RNA.
- j) Reports any abnormalities in stool or urine and saves specimen for inspection.

9. Intake/Output

- a) Measures and records all fluids taken orally by resident as directed. (8.08)

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| Text: | pp. 270-272 |
| Workbook: | Ch. 16 |
| Study Project: | 2-3 |
| Study Questions: | 26-27 |
| Lab Practice | |

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| IV. | <u>LEARNING OBJECTIVES/CONTENT</u> | <u>REQUIRED RESOURCES</u> |
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- b) Measures and records urine output as directed.
(8.09)
- c) Records and reports total intake and output at the end of each tour of duty as directed.
(8.08, 8.09)

10. The Incontinent Client

- a) Keeps the client clean, dry and free from odours.
(7.04)
- b) Cares for soiled clothing according to agency accepted procedure.
- c) Using aseptic technique provides care of urinary catheters.

Text: pp. 202-203
pp. 227-230
Workbook: Ch. 12
Study Project: Ch. 14.#24
Study Questions: 11-13
Lab Practice

11. Bowel Elimination

- a) Provide client with privacy.
(5.03)
- b) Provides bedpan, commode chair, or assists to bathroom as needed.
(5.09)
- c) Provides equipment for cleansing following elimination and assists as necessary.
(5.09)
- d) Reports any difficulty or abnormality with elimination.
(5.09)
- e) Teaches resident importance of regular routine with bowel and bladder habits according to resident's previous lifestyle.
(5.09)

Text: pp. 242-245
Workbook: Ch. 15
Study Projects: 1-2
Study Questions: 1-8

IV. LEARNING OBJECTIVES/CONTENT REQUIRED RESOURCES

- f) Assists client in normal bowel function by ensuring adequate fluid intake, roughage in diet, and exercise.
(5.09)
- g) Implements a bowel training program according to care plan previously determined by RN/RNA.
- h) Reports any abnormalities in stool and saves specimen for inspection.
(8.07)
- i) Reports on any client in his/her care who is constipated or incontinent which includes observations on consistency, amount and frequency, reporting results of enema and/or suppository.
(9.03)

12. Universal Precautions/Isolation Practices

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|--|---|
| a) Practises Universal Precautions with all clients at all times. | Print-out in class Text: pp. 362-373 Workbook: Ch. 22 |
| b) Demonstrates knowledge of isolation technique for: <ul style="list-style-type: none">i) wound and skin isolationii) blood and body fluids isolationiii) enteric isolationiv) respiration isolationv) strict (protective) isolation | Study Project: 1 Study Questions: 13-20 Lab Practice |
| c) Demonstrates isolation practices with: <ul style="list-style-type: none">i) handwashingii) gowningiii) wearing a face maskiv) glovingv) double baggingvi) collecting specimensvii) food traysviii) vital signs | |

IV. LEARNING OBJECTIVES/CONTENT REQUIRED RESOURCES

13. Vital Signs

Temperature

- | | | |
|--|------------------|-------------------------------|
| a) Cares for oral and rectal thermometers separately. | Text: | pp. 279-290 292-296 299 |
| b) Demonstrates care, cleaning and storing of thermometers. (3.05) | Workbook: | Ch. 17 |
| | Study Projects: | 1-4 |
| | Study Questions: | 1-10 12-28 |
| c) Uses alternative sites for taking resident's temperature if oral method is contra-indicated and makes required adjustments to obtain accurate reading. (8.03) | Lab Practice | |
| d) Holds, inserts, removes, reads thermometer maintaining aseptic technique and observing safety precautions. (8.03) | | |
| e) Controls factors which may interfere with accuracy of reading and reports and records results immediately. (8.03) | | |

Pulse

- f) Counts and records pulse accurately, reporting rate and character. (8.04)
- g) Uses alternative sites for obtaining pulse if radial pulse cannot be obtained. (8.04)
- h) Controls factors which may interfere with accuracy of pulse rate recording, such as emotion and exercise. (8.04)

IV. LEARNING OBJECTIVES/CONTENT

REQUIRED RESOURCES

Respirations

- i) Counts rate of respiration accurately.
(8.05)
- j) Reports and records the time, rate, depth and regularity of respiration.
(8.05)
- k) Correlates the effect of age, exercise, infection, environment and emotions on respiratory rate and control factors which may interfere with accuracy of rate count.
(8.05)

- Note:**
1. Numbers in parenthesis refer to objectives from the Ministry of Education Health Care Aide Programme Guide and Performance Objectives.
 2. Sequencing of objectives and content subject to change based on the learning needs of the students.

UNIT II - CLINICAL

HCA 103-11

Course Name

Code No.

V. EVALUATION METHODS: (includes assignments, attendance requirements, etc.)

Clinical experience is essential to gain competence and the level of skill necessary to meet the programme objectives. Therefore, students must attend all clinical experiences including college laboratories.

All students are expected to come prepared with knowledge of content and understanding of nursing skills taught to date.

Daily assignments, participating in conference, questions re: skills and performance are assessed daily.

Weekly self evaluations and weekly teacher evaluations of clinical performance are performed.

A final evaluation by both student and teacher are done on completion of Unit II. Students must obtain a "Satisfactory" grade on final evaluation. Students who do not meet the objectives will be given an "Unsatisfactory" grade.

VI. REQUIRED STUDENT RESOURCES:

1. Mosby's Textbook for Nursing Assistants, 2nd edition, by Sorrentino, Sheila, R.N., B.S.N., M.A.
2. Mosby's Workbook for Nursing Assistants, 2nd edition, by Kelly, Relda Timmeney, R.N., B.S.N.

VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY BOOK SECTION: (title, publisher, edition, date, library call number if applicable)

VIII. SPECIAL NOTES:

Objectives follow the Health Care Aide Skills Checklist developed by the Professional Advisory Council of the Ontario Nursing Home Association, 1990.

Students with special needs (eg: physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.