

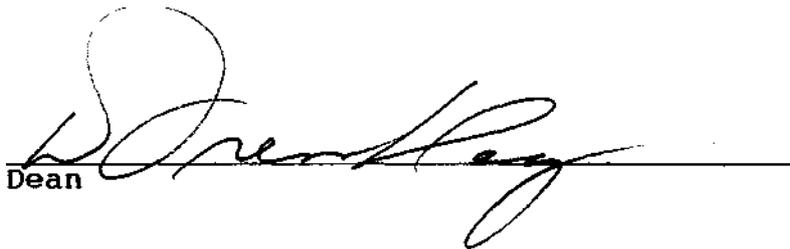
SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE! UNIT 2 - THEORY  
CODE NO: HCA 104-3 SEMESTER:  
PROGRAMME: HEALTH CARE AIDE  
AUTHOR: GAYLE ALLINOTTE, BRENDA WARNOCK  
DATE: SEPT/90 PREVIOUS OUTLINE DATED: NONE

APPROVED:

Dean



**&P? \*\***

t

UNIT 2 - THEORY

HCA 104-3

Course Name

Code No

TOTAL CREDIT HOURS: 30

PREREQUISITE(S): HCA 100 AND HCA 101

I. PHILOSOPHY/GOALS:

Unit II examines the basic structures and functions of the circulatory, urinary, lower digestive and respiratory systems. The promotion of exercise and activity, bladder and bowel elimination is studied. The causes and preventative measures of decubitus ulcers and joint contractures is examined the principles of taking vital signs is presented.

II STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course, the student will:

- 1) describe principles to promote adequate rest, exercise and activity levels with clients.
- 2) describe the principles of rehabilitation.
- 3) describe the care of the incontinent client.
- 4) relate the structure and function of the circulatory, urinary, lower digestive and respiratory systems to decubitus ulcers, contractures, urinary and bowel elimination and vital signs.

III TOPICS TO BE COVERED:

HOURS

1) Unit I Exam Review	1
2) Review Nutrition, Rest and Sleep	2
3) A & P of the Circulatory System	1
4) Exercise and Activity	1
5) Activation and Leisure	1
6) Decubitus Ulcers	1
7) Contractures	1
8) Rehabilitation (Prosthetic appliances)	1
9) A & P of the Urinary System	1
10) Promotion of Urinary Elimination	1
11) Intake and Output	1
12) Care of the Incontinent Client	1
13) Perineal and Catheter Care	2
14) A & P of the Lower Digestive System	1
15) Promotion of Bowel Elimination	1
16) Universal Precautions and Isolation Technique	3
17) A & P of Respiratory System	1
18) Vital Signs	5
<b>Unit II Test</b>	<b>1</b>
<b>Unit II Exam</b>	<b>3</b>
	<b>30</b>

**IV. LEARNING ACTIVITIES/CONTENT**

**REQUIRED RESOURCES**

Describe the basic structures and functions of the circulatory system.  
(1.05)

Text: pp 66- 72  
Workbook: Ch. 6  
Study Questions: 25-29

Identify the basic principles to ensure adequate rest, exercise and activity.  
(5.14)

Text: pp, 301-315  
Workbook: Ch. 18  
Study Projects: 1-3  
Study Questions: 6-19

a) bedrest, complications, prevention of complications

b) Range of Motion exercises

c) ambulation

d) assisting the falling client

e) walking aids

Describe principles to promote activity and leisure with the client.  
(4.03, 5.19, 9.01, 3.04, 9.10, 9.11)

Print-outs in class

a) concepts which forms basis for activation

b) principles underlying a successful activation policy.

c) importance of client, family, staff involvement

d) differences between sedentary and participatory activities.

Describe decubitus ulcers and measures to prevent ulcers.

Text: pp. 214-219  
Workbook: Ch. 13  
Study Project: 1  
Study Questions: 28-34

5. Describe causes and preventative measures for contractures.

Text: pp. 302  
Workbook: Ch. 18  
Study Questions: 3-4

t

IV. LEARNING ACTIVITIES/CONTENT

REQUIRED RESOURCES

Describe the principles of rehabilitation.	Text: pp. 392-396
a) prosthetic appliances	Workbook: Ch. 24
b) physical psychological, social and economic factors.	Study Projects: 1-3
c) rehabilitation team	Study Questions: 1,2
d) responsibilities of HCA with rehabilitation.	8-14
Describe the basic structures and functions of the urinary system. (1.05)	Text: pp. 74- 75
Identify principles for maintaining bladder elimination. (5.09, 8.07,- 8.08, 8.09, 9.02)	Workbook: Ch. 6
a) maintaining normal urination	Study Questions: 38-40
b) maintenance of urinary catheters	Text: pp. 221-241
c) bladder training	270-272
d) collecting and testing urine specimens	Workbook: Ch. 14
e) straining urine specimens	Study Projects: 1-3
f) measuring intake and output	Study Questions: 1-12
Describe the care of the incontinent client. (7.04)	Workbook: Ch. 16
a) perineal care	Study Projects: 2-3
b) urinary catheter care	Study Questions: 26-27
10 Describe the basic structures and functions of the lower digestive system. (8.07)	Text: pp. 202-205
	227-230
	Workbook: Ch. 12
	Study Question: 24
	Ch. 14
	Study Questions 11-13
	Text: pp 72- 73
	Workbook: Ch. 6
	Study Questions 32-37

t

IV. LEARNING ACTIVITIES/CONTENT

REQUIRED RESOURCES

- |   |  |
|---|--|
| 11. Identify principles to promote bowel elimination.<br>a) normal bowel pattern<br>b) factors affecting bowel function<br>c) common problems with bowel elimination<br>d) comfort and safety measures during elimination   | Text: pp. 242-245<br>Workbook: Ch. 15<br>Study Projects: 1-2<br>Study Questions: 1-8                       |
| 12. Identifies principles of Universal Precautions and Isolation Practices. (9.03)<br>definition of Isolation, Universal Precautions<br>b) purposes of isolation<br>c) clean versus dirty<br>d} Isolation Unit<br>e) Types of Isolation<br>f) general rules of Isolation Precautions<br>gowning, face mask, double bagging, taking vital signs, serving food trays and collecting specimens in Isolation, | Print-outs in class<br>Text: pp. 362-373<br>Workbook: Ch. 22<br>Study Project: 1<br>Study Questions: 13-20 |
| 13. Describe the basic structures and functions of the respiratory system. (1.05, 3.05, 8.03)   | Text: pp. 71- 72<br>Workbook: Ch. 6<br>Study Projects: 30-31   |

**IV. LEARNING ACTIVITIES/CONTENT**

**REQUIRED RESOURCES**

14. Identify the principles of measuring temperature, respirations and pulse rate.  
(8.04, 8.05)

- |   |                  |                               |
|---|------------------|-------------------------------|
| a) measuring and reporting vital signs                      | Text:            | pp. 279-290<br>292-296<br>299 |
| b) measurement of temperature, respirations and pulse rate. | Workbook:        | Ch. 17                        |
|   | Study Projects:  | 1-4                           |
|   | Study Questions: | 1-10<br>12-28                 |

- Note:**
1. Numbers in parenthesis refer to objective 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.

t

HEALTH CARE AIDE (UNIT II)

HCA 104-3

Course Name

Code No.

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

Unit II Test 20%

Unit II Exam 80%

A+ = 90-100

A = 80-89

B = 70-79

C = 60-69

\* A pass is a "C" .

VI. REQUIRED STUDENT RESOURCES;

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

2. Mosby's Workbook for Nursing Assistants, 2nd edition,  
by Kelly, Relda Timmeney, R.N., B.S.N., Toronto

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

Filmstrips

Pulse and Respiration FS 236

Temperature FS 2 37

Respiratory System FS 79

Decubitus Ulcer - Prevention & Treatment  
of Decubiti FS 24

Nervous System & Cardiovascular System FS 81

Assisting Your Patient with Urine  
Elimination FS 153

Perineal Care Male/Female FS 157

Digestive System FS 79

VHS Video Cassettes (Health Sciences)

Temperature, Pulse, Respirations

Transfer Activities & Ambulation

Positions to Prevent Complications

Lifting and Moving the Patient

SPECIAL NOTES:

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.