



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

<b>TOPICS TO BE COVERED:</b>	<b>HOURS</b>
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	3
<b>Unit II Test</b>	<b>1</b>
<b>Unit II Exam</b>	<b>3</b>
	<b>30</b>

**LEARNING ACTIVITIES/CONTENT**

**REQUIRED RESOURCES**

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

Text: pp. 62-65  
Workbook: Ch. 5  
Study Questions: 25-29, 61

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

Text: pp. 306-318  
Workbook: Ch. 18  
Study Projects: 1-3  
Study Questions: 1-20

- 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.

Print-outs in class

(4.03, 5.19, 9.01, 3.04, 9.10, 9.11)

- 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

**IV. LEARNING ACTIVITIES/CONTENT**

**REQUIRED RESOURCES**

Describe decubitus ulcers and measures to prevent ulcers.	Text: pp. 221-226 Workbook: Ch. 13 Study Project: 1 Study Questions: 27-32
5. Describe causes and preventative measures for contractures.	Text: pp. 306 Workbook: Ch. 18 Study Questions: 3-9
6. Describe the principles of rehabilitation. a) prosthetic appliances b) physical psychological, social and economic factors c) rehabilitation team d) responsibilities of HCA with rehabilitation	Text: pp. 382-390 Workbook: Ch. 24 Study Projects: 1-2 Study Questions: 1-14
7. Describe the basic structures and functions of the urinary system. (1.05)	Text: pp. 67 69 Workbook: Ch 5 Study Questions: 38-40, 64
8. Identify principles for maintaining bladder elimination. (5.09, 8.07, 8.08, 8.09, 9.02) a) maintaining normal urination b) maintenance of urinary catheters c) bladder training d) collecting and testing urine specimens e) straining urine specimens f) measuring intake and output	Text: pp^ 230-235 240-248 Workbook: Ch 14 Study Projects: 1-3 Study Questions 1-10 5-23
9. Describe the care of the incontinent client. (7.04) a) perineal care b) urinary catheter care	Text: pp. 235-240  Workbook: Ch. 14 Study Questions: 11-14, 24
10. Describe the basic structures and functions of the lower digestive system. (8.07)	Text: pp. 67-68 Workbook: Ch. 5 Study Questions: 32-37, 63

**LEARNING ACTIVITIES/CONTENT****REQUIRED RESOURCES**

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|---|---|
| 11. Identify principles to promote bowel elimination.<br>a) normal bowel pattern<br>b) factors affecting bowel function<br>d) comfort and safety measures during elimination  | Text: pp. 252-254<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>a) 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>g) gowning, face mask, double bagging, taking vital signs, serving food trays and collecting specimens in Isolation | Print-outs in class<br>Text: pp. 133-142<br>Workbook: Ch. 22<br>Study Questions: 14-22                      |
| 13. Describe the basic structures and functions of the respiratory system.<br>(1.05, 3.05, 8.03)  | Text: pp, 64-66<br>Workbook: Ch. 5<br>Study Projects: 30-31, 62   |
| 14. Identify the principles of measuring temperature, respirations and pulse rate.<br>(8.04, 8.05)<br>a) measuring and reporting vital signs<br>b) measurement of temperature, respirations and pulse rate.   | Text: pp. 281-300<br><br>Workbook: Ch. 17<br>Study Projects: 1-4<br>Study Questions: 1-10<br>12-28<br>28,30 |
- 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.

**Course Name****Code No.****V. EVALUATION METHODS; (includes assignments, attendance requirements, etc.)**

Unit II Test and Demonstration of Range of Motion and Body Mechanics	20%
Unit II Exam	70%
Unit II Activation Project	10%
A = 85-100	
B = 75-84	
C = 60-74	A Pass is a "C".

**VI. REQUIRED STUDENT RESOURCES;**

1. Mosby's Textbook for Nursing Assistants, 3rd edition,  
by Sorrentino, Sheila A., R.N., B.S.N., M.A., Toronto
2. Mosby's Workbook for Nursing Assistants, 3rd 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 237
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

VIII. 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.