

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

COURSE OUTLINE

COURSE TITLE: UNIT 3 - THEORY  
CODE NO: HCA 107-3 SEMESTER:  
PROGRAMME: HEALTH CARE AIDE  
AUTHOR: BRENDA WARNOCK  
DATE: SEPT/96 PREVIOUS OUTLINE DATED: SEPT/95

APPROVED:   
Dean

Date 72.9S&\*:

UNIT 3 - THEORY

HCA 107-3

course Name

Code No.

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TOTAL CREDIT HOURS: 30

PREREQUISITE(S): HCA 100, HCA 101, HCA 103, HCA 104

**I. PHILOSOPHY/GOALS:**

Unit 3 presents the student with caring for the client with a sensory deficit, hearing and vision, with diabetes, cancer, colostomy, arthritis, heart problems and Alzheimer's Disease. Specimen collection, heat and cold applications, special mouth care, urine testing, and admission, transfer and discharge procedures are studied.

**II. STUDENT PERFORMANCE OBJECTIVES:**

Upon successful completion of this course, the student will:

- 1) describe therapeutic communication techniques
- 2) identify the principles for specimen collection, urine testing, heat and cold applications, special mouth care, colostomy care, and admission, transfer and discharge procedures
- 3) describe the principles of care for the client with diabetes, hearing loss, visual impairment, cancer, arthritis, heart problems and Alzheimer's Disease
- 4) demonstrate knowledge of commonly used abbreviations
- 5) relate the structure and function of the endocrine, and sensory systems to diabetes and hearing and visual impairment

**III. TOPICS TO BE COVERED:**

**HOURS**

- |                                      |   |
|--------------------------------------|---|
| 1) Unit II Exam Review               | 1 |
| 2) Therapeutic Communication Part II | 3 |
| 3) Specimen Collection               | 1 |
| 4) Hot and Cold Applications         | 2 |
| 5) Special Mouth Care                | 1 |

TOPICS TO BE COVERED:	HOURS
6 Introduction to Chronic Illness	1
7 A & P of the Endocrine System	1
8 Diabetes	1
9 Urine Testing	1
10 A & P of the Sensory System - The Eye	1
11 Care of the Client With Impaired Vision	1
12 A & P of the Sensory System - The Ear	1
13 Care of the Hearing Impaired Client	2
14 Care of the Client With Cancer	1
15 Colostomy Care	1
16 Care of the Client With Arthritis/Osteoporosis	1
17 Care of the Client With Heart Problems/Heart Attack	1
18 Admission, Transfer, Discharge	1,
19 Care of the Client With Alzheimer's Disease	1
20 Care of the Client Who is Confused	1,
<del>Unit III Test (Medical Terminology)</del>	<del>1</del>
<del>Unit III Exam</del>	<del>2</del>
	30

**LEARNING ACTIVITIES/CONTENT**

**REQUIRED RESOURCES**

1. Describe therapeutic communication techniques (2.05)

Print-outs in class  
Filmstrips

a) blocks to therapeutic communication

Identify the principles of obtaining specimens. (7.04, 7.08, 7.03)

Text: pp. 240-248  
pp. 264-265  
pp. 360-361

- a) general rules of collecting specimens
- b) routine, clean-catch, 24-hour, double-voided urine specimens
- c) stool specimens
- d) sputum specimens

Workbook: Ch. 14  
Study Questions: 16-19  
Ch. 15  
Study Questions: 24-26  
Ch. 22  
Study Questions: 11

IV. LEARNING ACTIVITIES/CONTENT

REQUIRED RESOURCES

* Describe the basic principles of heat and cold applications. (4.03, 5.19, 9.08, 9.12, 7.07)	Text: pp. 342-352 Workbook: Ch. 21 Study Projects: 1-2 Study Questions: 1-22
a) heat applications, effects and complications moist and dry applications hot compresses and packs commercially prepared compresses hot soaks sitz baths hot water bottles, heat lamps cold applications, effects and complications ice bags, cold packs, cold compresses cold sponge baths safety measures with heat and cold applications	
Identify the principles of special mouth care.	Text: pp. 195-199 Workbook: Ch. 13 Study Project: 4 Study Questions: 6-15
a) oral hygiene b) mouth care for the unconscious client c) denture care	
5. Define chronic illness.	Class Notes
6. Describe resident responses to chronic illness.	Class Notes
7. Describe the basic structures and functions of the Endocrine System. (1.05)	Text: pp. 75 Workbook: Ch. 5 Study Questions: 47-58
8a. Define diabetes. (7.05)	Text: pp. 75, 275, 409-410 Workbook: Ch. 25
b. Identify factors leading to amputation for some diabetics	Study Project: 5
c. Review safety and care of client with amputations	Study Question: 34

LEARNING ACTIVITIES/CONTENT

REQUIRED RESOURCES

LEARNING ACTIVITIES/CONTENT	REQUIRED RESOURCES	%
9. Describe the principles of testing urine specimens. (7.08)  a) test ape b) clinitest, acitest c) Kito-Diastix d) straining urine	Text: pp. 245-247 Workbook: Ch. 14 Study Questions: 18-21	
10. Describe the basic structures and functions of the Sensory System - The Eye.	Text: pp. 60-61 Workbook: Ch. 5 Study Project: 3A Study Question: 22	
11. Identify the principles in caring for the visually impaired client. (2.09, 7.08)  a) definition of glaucoma, cataracts b) corrective lenses c) contact lenses d) meeting the blind client's special needs i.e. preventing falls/injury	Text: pp. 279-280 403-405 Workbook: Ch. 25  Study Questions: 23-24 40-41	
12. Describe the basic structures and functions of the Sensory System - The Ear. (1.05, 2.07, 2.08)	Text: pp. 60-61 Workbook: Ch. 5 Study Project: 3B Study Questions: 23-24	
13. Identify the principles in caring for the hearing impaired client. (7.08)  a) hearing loss b) effects of hearing loss in the client c) communicating with the hearing impaired d) hearing aids	Text: pp. 99 pp. 402-403 Workbook: Ch. 25  Study Questions: 35-39	

IV. LEARNING ACTIVITIES/CONTENT

REQUIRED RESOURCES

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|---|---|
| 14. Describe the basic care of the client with cancer.<br>(7.08)<br><br>a) definition of cancer<br>b) seven early warning signs of cancer<br>c) treatment of cancer<br>d) meeting the cancer patient't needs  | Text: pp. 392-393<br>Workbook: Ch. 25<br>Study Project: 1<br>Study Questions: 1-7     |
| 15. Describe the care of the client with a colostomy.<br>(7.08)<br><br>a) definition of colostomy (temporary, permanent) and ileostomy<br>b) colostomy and ileostomy care<br>c) define osteoporosis & care of patient with osteoporosis   | Text: pp. 260-264<br>Workboo.: Ch. 15<br>Study Project: .5<br>Study Questions: 18-24  |
| 16. Describe the care of the client with arthritis.<br>(7.08)<br><br>a) definition of arthritis, osteoarthritis, rheumatoid arthritis, osteoporosis<br>b) care of the client with arthritis   | Text: pp. 393-394<br>Workbook: Ch. 25<br>Study Questions: 8                           |
| 17. Describe the care of the client with cardiovascular problems.<br>(7.08)<br><br>a) definition of cardiovascular disorder, hypertension, coronary artery disease, angina pectoris, myocardial infarction, congestive heart failure<br>b) care of clients with heart problems<br>c) review CPR for client having a heart attack. | Text: pp. 406-409<br>Workbook: Ch. 25<br>Study Project: 4<br>Study Questions: 28-33   |
| 18. Describe admission, transfer and discharge procedures.<br><br>a) Admissions<br>- preparing the room<br>- admitting the client<br>- measuring height and weight<br>- dressing and undressing the client<br>b) Transfers<br>c) Discharges   | Text: pp. 322-333<br>Workbook: Ch. 19<br>Study Projects: 1-3<br>Study Questions: 1-12 |

**IV. LEARNING ACTIVITIES/CONTENT**

**REQUIRED RESOURCES**

19. Describe the care of the client with Alzheimer's Disease. (7.08)

Print-outs in Class  
Text: pp. 416-419  
Workbook: Ch. 26  
Study Projects: 1-2  
Study Question: 1-5

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- a) definition of Alzheimer's
- b) care of the client

20. Describe the care of the client who is confused.

Text: pp. 100-101  
Workbook: Ch. 25  
Study Questions: 24-28

- a) reality orientation

21. Demonstrate knowledge of commonly used abbreviations.

Print-outs in Class  
Text

**Note:** 1. Numbers in parenthesis refer to objectives from the Ministry of Education Health Care Aide Program Guide and Performance Objectives.

2. Sequencing of objectives and content, subject to change based on the learning needs of the students.

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

Unit III Test Medical Terminology	20%
Unit III Exam	70%
Attendance	10%
	100%

A = 85-100

B = 75-84

C = 60-74 \* A Pass is a

**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.

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

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Filmstrips

Collecting Urine Samples	FS 154 & FS 155
Testing the Urine for Glucose and Ketones	FS 155
Local Applications of Heat and Cold	FS 22
Oral Hygiene	FS 31
Understanding Diabetes	FS 77
Care of Patient With Diabetes	FS 176
Enemas	FS 219
Colostomy Care	FS 58
<u>VHS Video Cassettes</u> (Health Sciences)	
Family Alzheimer's - Building Up the Strengths	
Techniques of Therapeutic Communication	
Blocks to Therapeutic Communication	

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.

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