



EFFECTIVE: SEPTEMBER 2006
CURRICULUM GUIDELINES

A. Division: **Instructional** Effective Date: **September 2006**

B. Department / Program Area: **Health Care Support Worker** Revision New Course

If Revision, Section(s) Revised:
 Date of Previous Revision:
 Date of Current Revision:

C: **HCSW 1130** **D:** **Personal Care Skills I** **E:** **6**

	Subject & Course No.	Descriptive Title	Semester Credits
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F: Calendar Description:

This practical course focuses on the acquisition and application of care-giving skills aimed at maintaining and promoting comfort, safety and independence for individui

M: Course Objectives / Learning Outcomes

This course is based on the competencies as outlined in the Provincial Curriculum Guide for Home Support and Resident Care Attendant Programs, 1992.

In this course, students will have opportunities to:

1. Develop an understanding of the principles and rationale underlying care-giving and personal assistance skills.
2. Demonstrate the ability to perform care-giving skills in an organized manner, ensuring resident/client safety and comfort.
3. Demonstrate the application of a creative and flexible problem-solving process in the provision of care.
4. Demonstrate responsible and accountable behaviour in the classroom, practice lab, clinical, and home settings.

Course Content Continued

6. Personal care activities promoting movement and ambulation
 - positioning in bed, chair or wheelchair
 - range of motion exercises (active)
 - walk, sit and stand
 - correct lifting and transfer techniques
 - transporting by wheelchair and stretcher
 - safety in transportation in cars/taxis
7. Personal care activities promoting nutrition in continuing care facilities
 - preparing and serving foods
 - clean-up, safe handling, and food storage
 - safe techniques when assisting with eating
 - maintaining dietary and/or fluid intake
8. Assessment skills
 - monitoring temperature, pulse and respiration
 - measuring and recording height and weight
 - measuring and recording intake and output
9. Personal care skills promoting elimination
 - toileting
 - administering suppositories, enemas**2
 - care of established ostomies
 - catheter care
 - emptying urinary drainage bags
 - application of external catheter
 - bowel care **2
 - change and clean a catheter drainage

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Q: Means of Assessment

Students are evaluated in both the laboratory and practical components of this course. Course evaluation is consistent with Douglas College course evaluation policy. An evaluation schedule is presented at the beginning of the course.

This is a MASTERY course.

Students will receive a detailed outline of the performance expectation at the beginning of the course.

Evaluation of skill mastery in lab practice will include:

1. A demonstrated ability to carry out the skill safely and knowledgeably.
2. An ability to answer questions related to the rationale for actions within skills, either verbally or by pencil/paper quiz.

Evaluation of mastery in the clinical setting will include:

1. The demonstration of required psychomotor skills.