



**M:** Course Objectives / Learning Outcomes:

Upon successful completion of this course, students will be able to:

1. Display and understanding of the structure and function of the human body and normal changes associated with aging.
2. Display a sound understanding of common challenges to health and healing.
3. Discuss nutrition as it relates to healing.
4. Describe ways to organize, administer and evaluate person-centered care and service for clients/residents experiencing common health challenges.

**N:** Course Content:

Medical Terminology

- Word elements.
- Abbreviations.

Structure and function of the human body

- Organization of the human body: cells, tissues and organs.
- Major body systems.
- Natural changes associated with aging.

Challenges to health and healing

- The experience of illness and disability
- Common challenges to healing:
  - Transitions/Loss.
  - Pain.
  - Illness.
- Broad effects on the individual and family of health challenges.
- Common disorders related to each body system:
- Integumentary (pressure ulcers, pain).
- Musculo-skeletal (Falls, fractures, contractures, Arthritis, Osteoporosis, pain).
- Cardiovascular (hypertension, hypotension, edema, coronary artery disease, blood clots, heart failure, CVA-stroke).
- Respiratory (cyanosis, dyspnea, apnea, orthopnea, hyperventilation, hypoventilation, COPD, asthma, pneumonia, TB).
- Digestive (vomiting, diarrhea, dysphagia, lack of appetite, dehydration, constipation, hemorrhoids, obesity, hiatus hernia, diverticular disease, IBS, Celiac disease, hepatitis).
- Urinary (urinary tract infections, renal failure).
- Reproductive (STIs).
- Endocrine (Diabetes).
- Neurological (stroke, Parkinson's Disease, Multiple Sclerosis, ALS, Huntington's disease, brain or spinal cord injuries).
- Sensory Challenges:
  - Normal sensory changes of aging.
  - Speech and Language Challenges (Aphasia, apraxia, dysarthria).
  - Hearing and Visual challenges.
- Chronic Illness:
  - basic definition and concepts
  - implications for care
  - focus on self-care
- Applying critical thinking and problem-solving when caring for individuals experiencing common health challenges in facilities and in the community
  - Gathering information.
  - Sources of information (e.g. care plan, healthcare team, client/resident).
  - Observing changes in the client/resident.
  - Establishing priorities for care.
  - Carrying out plan of care.
  - Evaluating effectiveness of care.
  - Reporting and recording.

<p>Preventing Infection</p> <ul style="list-style-type: none"> <li>• Microorganisms and the spread of infection.</li> <li>• Principles and practice of medical asepsis in facilities and in community settings.</li> <li>• Dealing with “super bugs.”</li> <li>• Standard precautions.</li> <li>• Isolation guidelines.</li> </ul> <p>Nutrition and Healing</p> <ul style="list-style-type: none"> <li>• Nutrition in relation to health challenges.</li> <li>• Cultural differences.</li> <li>• Special diets: <ul style="list-style-type: none"> <li>○ Modified diets.</li> <li>○ Restricted diets.</li> <li>○ Diabetic diet.</li> <li>○ High protein diet.</li> <li>○ Liquid and pureed diets.</li> </ul> </li> </ul>
<p><b>O:</b> Methods of Instruction:</p> <p>Lecture  Group discussion/group activities  Audio-visual materials  Case studies  May include other methods (e.g. guest speakers, role play, etc.)</p>
<p><b>P:</b> Textbooks and Materials to be Purchased by Students:</p> <p>A list of recommended textbooks and materials is provided to students at the beginning of the semester.</p>
<p><b>Q:</b> Means of Assessment:</p> <p>Course evaluation is consistent with Douglas College course evaluation policy. An evaluation schedule is presented at the beginning of the course.</p> <p>This is a graded course. A minimum mark of 65% is necessary to be successful in the course.</p>
<p><b>R:</b> Prior Learning Assessment and Recognition: specify whether course is open for PLAR</p> <p>No</p>

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Course Designer(s)

\_\_\_\_\_  
Education Council / Curriculum Committee Representative

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Dean / Director

\_\_\_\_\_  
Registrar