



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

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

1. Display a sound understanding of common challenges to health and healing.
2. Discuss the experience of chronic illness and implications for care.
3. Demonstrate an understanding of the components of person-centered end-of-life care for clients/residents and families.
4. Apply critical thinking and problem-solving when caring for individuals experiencing health challenges in the community and assisted living settings:
5. Demonstrate an understanding of nutrition and healing in the non-residential client:
6. Discuss safety in home and community settings:

**N:** Course Content:

## Challenges to Health and Healing

- The experience of chronic illness and disability
- Death
- Multi-organ diseases (cancer, AIDS)

Critical thinking and problem-solving when caring for individuals experiencing common health challenges in community and assisted living settings

- Sources and methods of gathering information.
- Observing client changes.
- Care planning in non-residential settings.
- Evaluation of care.
- Reporting and recording.

Nutrition and healing in the non-residential client

- Preparation of special diets in the home setting.
- Involving the client in meal preparation in the home.
- Cultural aspects of diet.
- Community resources.

Safety in the home setting

- Potential safety risks for care giver and client.
- Observing for infestations of vermin in the home environment and appropriate actions to prevent spread.

End-of-Life Care

- Hospice and palliative care – philosophy and principles of care.
- The Journey of dying – understanding and coming to terms with death and dying.
- Caring and problem-solving as related to palliative care in facilities and in community settings.
- Legal/ethical practice and safety in palliative care.
- Quality of life issues – honouring the individual and family/rituals.
- Common reactions/experiences as people approach death.
- Physical, emotional, cognitive and spiritual needs and appropriate interventions.
- Comfort measures for:
  - Pain.
  - Breathing challenges.
  - Challenges with eating and drinking.
  - Dehydration.
  - Bowel function.
  - Restlessness.
  - Delirium.
- Common reactions of family members and ways to support the family.
- The moment of death and care of the body after death.
- Grief and grieving.
- Self-care for the care-giver:
  - Personal and professional boundaries.
  - Recognizing the impact of loss on the care-giver.
  - Recognizing signs of and preventing stress and burnout.

<b>O:</b>	<p>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>
<b>P:</b>	<p>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>
<b>Q:</b>	<p>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>
<b>R:</b>	<p>Prior Learning Assessment and Recognition: specify whether course is open for PLAR</p> <p>No</p>

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 Course Designer(s)

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 Education Council / Curriculum Committee Representative

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 Dean / Director

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 Registrar