



ORIGINAL COURSE IMPLEMENTATION DATE: September 2011  
 REVISED COURSE IMPLEMENTATION DATE: September 2024  
 COURSE TO BE REVIEWED (six years after UEC approval): August 2030  
 Course outline form version: 28/10/2022

## OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

**Note: The University reserves the right to amend course outlines as needed without notice.**

<b>Course Code and Number:</b> HCA 112	<b>Number of Credits:</b> 7 <a href="#">Course credit policy (105)</a>										
<b>Course Full Title:</b> Common Health Challenges <b>Course Short Title:</b> Common Health Challenges											
<b>Faculty:</b> Faculty of Health Sciences	<b>Department/School:</b> School of Health Studies										
<b>Calendar Description:</b> This course introduces students to the normal structure and function of the human body and normal bodily changes with associated with aging. Students will explore common challenges to health and healing in relation to each body system. Students will also be encouraged to explore person-centered practice as it relates to the common challenges to health and, in particular, to end-of-life care.											
<b>Prerequisites (or NONE):</b>	Admission to the Health Care Assistant certificate.										
<b>Corequisites (if applicable, or NONE):</b>											
<b>Pre/corequisites (if applicable, or NONE):</b>											
<b>Antirequisite Courses</b> <i>(Cannot be taken for additional credit.)</i> Former course code/number: Cross-listed with: Equivalent course(s): <i>(If offered in the previous five years, antirequisite course(s) will be included in the calendar description as a note that students with credit for the antirequisite course(s) cannot take this course for further credit.)</i>	<b>Course Details</b> Special Topics course: <b>No</b> <i>(If yes, the course will be offered under different letter designations representing different topics.)</i> Directed Study course: <b>No</b> <i>(See <a href="#">policy 207</a> for more information.)</i> Grading System: <b>Letter grades</b> Delivery Mode: <b>Face-to-face only</b> Expected frequency: <b>Twice per year</b> Maximum enrolment (for information only): <b>36</b>										
<b>Typical Structure of Instructional Hours</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Lecture/seminar</td> <td style="width: 20%; text-align: center;">115</td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td style="text-align: right;"><b>Total hours</b></td> <td style="text-align: center;"><b>115</b></td> </tr> </table>	Lecture/seminar	115							<b>Total hours</b>	<b>115</b>	<b>Prior Learning Assessment and Recognition (PLAR)</b> PLAR is available for this course.
Lecture/seminar	115										
<b>Total hours</b>	<b>115</b>										
<b>Scheduled Laboratory Hours</b> Labs to be scheduled independent of lecture hours: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes	<b>Transfer Credit</b> <i>(See <a href="#">bctransferguide.ca</a>.)</i> Transfer credit already exists: <b>No</b> Submit outline for (re)articulation: <b>No</b> <i>(If yes, fill in <a href="#">transfer credit form</a>.)</i>										
<b>Department approval</b>	<b>Date of meeting:</b> January 15, 2024										
<b>Faculty Council approval</b>	<b>Date of meeting:</b> April 5, 2024										
<b>Undergraduate Education Committee (UEC) approval</b>	<b>Date of meeting:</b> August 29, 2024										

**Learning Outcomes** *(These should contribute to students' ability to meet program outcomes and thus Institutional Learning Outcomes.)*

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

1. Explain the structure and function of the human body and normal changes associated with aging.
2. Discuss common challenges to health and healing.
3. Discuss nutrition as it relates to managing common health challenges.
4. Discuss the components of person-centered end-of-life care for clients and families.

**Recommended Evaluation Methods and Weighting** *(Evaluation should align to learning outcomes.)*

Quizzes/tests:	30%	Assignments:	20%	%
Final exam:	50%		%	%

**Details:**

**NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.**

**Typical Instructional Methods** *(Guest lecturers, presentations, online instruction, field trips, etc.)*

Lecture, guest lecturers.

**Texts and Resource Materials** *(Include online resources and Indigenous knowledge sources. [Open Educational Resources](#) (OER) should be included whenever possible. If more space is required, use the [Supplemental Texts and Resource Materials form](#).)*

Type	Author or description	Title and publication/access details	Year
1. Textbook	Sorrentino, S.A.	Mosby's Canadian textbook for the support worker (5th Canadian ed.). Toronto: Elsevier Mosby.	2022
2.			
3.			
4.			
5.			

**Required Additional Supplies and Materials** *(Software, hardware, tools, specialized clothing, etc.)***Course Content and Topics**

Medical terminology:

- Word elements: prefixes, roots and suffixes, and abbreviations.

Structure and function of the human body:

- Organization of the human body: cells, tissues, and organs.
- Major body systems:
  - Integumentary
  - Musculoskeletal
  - Cardiovascular
  - Respiratory
  - Digestive
  - Urinary
  - Reproductive
  - Endocrine
  - Nervous
  - Immune
- Natural changes associated with aging.

Challenges to health and healing:

- The experience of illness and disability.
- Common challenges to healing:
  - Transitions
  - Loss
  - Pain
  - Illness
  - Death
- Broad effects of health challenges on the individual and family (e.g., changes in physical health can be expected to also affect psychological, cognitive, social, and spiritual health).
- Common disorders related to each body system (relevant examples in parenthesis):

- Integumentary (common skin disorders, pressure ulcers, pain).
- Musculoskeletal (falls, fractures, contractures, arthritis, osteoporosis, pain).
- Cardiovascular (hypertension, hypotension, edema, coronary artery disease, blood clots, myocardial infarction, congestive heart failure).
- Respiratory (cyanosis, dyspnea, apnea, orthopnea, hyperventilation, hypoventilation, COPD, asthma, pneumonia).
- Digestive (vomiting, diarrhea, dysphagia, lack of appetite, dehydration, constipation, obesity, hiatal hernia, diverticular disease, irritable bowel syndrome, celiac disease).
- Urinary (urinary tract infections, renal failure).
- Reproductive (benign prostatic hyperplasia (BPH), sexually transmitted infections (STIs), erectile dysfunction).
- Endocrine (diabetes, hyperthyroidism, hypothyroidism).
- Neurological (CVA/stroke, Parkinson's disease, multiple sclerosis, ALS, acquired brain injuries, spinal cord injuries).
- Sensory challenges:
  - Normal sensory changes of aging.
  - Speech and language challenges (aphasia, apraxia, dysarthria).
  - Hearing and visual challenges.
- Cancer.
- Common communicable diseases (including, but not limited to, MRSA, VRE, C. difficile infections, influenza, coronaviruses, HIV/AIDS, hepatitis, and tuberculosis).
- Neurodevelopmental disorders (Down syndrome, autism spectrum, cerebral palsy, fetal alcohol syndrome, fragile X syndrome, phenylketonuria (PKU)).
- Chronic illness:
  - Basic definition and concepts.
  - Implications for care.
  - Focus on self-care.
  - Community and consumer resources related to various health challenges.

#### Nutrition and common health challenges:

- Special diets:
  - Texture-modified diets
  - Restricted diets
  - Diabetic diet
  - High protein diet
  - Liquid and pureed diets
  - Food allergies and intolerances
- Diversity and nutrition:
  - Vegetarian diets
  - Belief-based diets
  - Cultural differences
- Community resources to support clients' dietary intake.

#### 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 and ethical practice and safety in palliative care.
- Quality of life issues — honouring the individual, family, and rituals.
- Common reactions and experiences as people approach death.
- Physical, psychological, cognitive, social, 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 caregiver:
  - Personal and professional boundaries.
  - Recognizing the impact of loss on the caregiver.
  - Recognizing signs of and preventing stress and burnout.