

HE148

Meeting Complex Care Needs

3 Credits

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HE148 Version: 7



Meeting Complex Care Needs

Calendar Description

This course is designed to inform students the importance of their roles within the Health Care disciplines and facilities.

Rationale

This is a required course for students in the Health Care Aide program. As a support worker you are involved with client care at a basic hands-on level.

Prerequisites

HE141, HE142, HE145, and HE146

Co-Requisites

None

Course Learning Outcomes

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

1. Range of Motion (ROM)

Introduction

Abraham Maslow's hierarchy of needs includes the physiological need humans have for exercise and movement. Clients will face challenges when they have limited mobility. When clients are unable to move independently, they will need support and assistance from the health care aide to meet their physical needs. The immobilized client must receive specific types of exercise to prevent excessive muscle atrophy and joint contractures. The health care aide can meet the immobile client's need for movement by assisting with exercising the joints.

In this module, you will learn how to provide range-of-motion exercises to clients who are immobile and how to identify signs of pain and fatigue in the client when performing range-of-motion exercises.

General Learning Outcomes

1. Integrate knowledge of the musculoskeletal system with range of motion (ROM).
2. Examine best practice while assisting with ROM.
3. Examine the HCA role and responsibility when applying the “I CARE” model to ROM.
4. Demonstrate best practice principles of ROM exercises.

2. Assisting With Wound Care

Introduction

The skin is the body’s largest organ and is a dynamic barrier protecting us from both our environment and infectious microorganisms. Care of the client’s skin is one of the most important aspects of physical support. Any injury to the skin can become a portal of entry for pathogens, which can cause infections and illness.

As a member of the health-care team, it is important you learn how to help to prevent wounds as well as observe and report any changes in your client’s skin condition. If a wound develops, you will need to become familiar with the basic principles and guidelines to follow when assisting the nurse with providing wound care.

Always adhere to the agency’s policies and procedures and know what is within your scope as a health care aide before you assist with wound care.

General Learning Outcomes

1. Integrate knowledge of the integumentary system with the goal of safely maintaining client skin integrity.
2. Examine best practices while assisting with wound care.
3. Examine the HCA role and responsibility when applying the “I CARE” model to wound care.
4. Demonstrate best practice principles of wound care.

3. Assisting With Nasogastric and Gastrostomy Care and Tube Feeds

Introduction

Some of the clients you will care for are unable to take food or fluids through the mouth and require nutritional interventions. They can not take food naturally through the mouth due to a medical condition or an injury to the gastrointestinal system. For example, a client with dysphagia who cannot chew or swallow may require enteral nutrition to meet their nutritional needs. In this module, you will become familiar with the types of nasogastric and gastrostomy tube feeds, how to safely prepare the tube feed nutrients and equipment, and how to support the client receiving intermittent or continuous tube feeding.

You must understand your role and know your agency’s policies and procedures before you assist with tube feeding.

General Learning Outcomes

1. Integrate knowledge of the digestive system with client care relating to nasogastric tubes, gastrostomy care, and tube feeding.

2. Examine best practices while assisting with nasogastric and gastrostomy care and tube feeds.
3. Examine the HCA role and responsibility when applying the “I CARE” model to nasogastric, gastrostomy care, and tube feeds.
4. Demonstrate best practice principles of nasogastric, gastrostomy care, and tube feeds.

4. Assisting with Urinary Catheters and Drainage Systems Care

Introduction

A urinary catheter is a drainage system that allows the bladder to drain urine. A urinary catheter may be used to withdraw urine just one time, on a short-term basis, or for long-term duration. One example is withdrawing urine once to obtain a sterile urine specimen. In another instance, a long-term urinary catheter may be required for a client with a spinal cord injury.

There are three different types of urinary catheters. You will need to be familiar with the following: indwelling catheters, suprapubic catheters and condom catheters.

A health-care professional is responsible for the insertion of the urinary catheter. Entering into the urethra with catheter tubing is a sterile procedure and must be conducted carefully to protect the patient from infection, or any potential damage to the urinary tract.

As a health care aide, you will learn about client conditions that require a drainage system, how to collect and measure urine output from a urinary collection bag, and how to care for a client’s urinary system.

Always follow agency policies and procedures and know what is within your scope of practice as a health care aide before you assist with catheter care.

General Learning Outcomes

1. Integrate knowledge of the urinary system with the safe care of clients with urinary catheters.
2. Examine best practices while assisting with urinary catheters and drainage systems.
3. Examine the HCA role and responsibility when applying the “I CARE” model to urinary catheter and drainage systems.
4. Demonstrate best practice principles of urinary catheters and drainage systems.

5. Assisting With Ostomy Care

Introduction

In this module you will learn about the types of ostomies and ostomy care. The need for an ostomy can be the result of a number of conditions. Certain diseases or injuries may require a surgical intervention to remove all or a part of the large intestine, colon, rectum or bladder. An ostomy is created to divert feces or urine outside of the body. The opening of the internal organ coming through the ostomy is called a stoma. The three types of ostomy procedures include colostomy, ileostomy, and urostomy. The type of surgery performed depends on the location and extent of the disease or injury.

Always follow your agency's policies and procedures and know what is within your scope as a health care aide before you assist with ostomy care.

General Learning Outcomes

1. Integrate knowledge of the digestive and urinary systems with the goal of safe care of clients with ostomies.
2. Examine best practices while assisting with ostomy care.
3. Examine the HCA role and responsibility when applying the "I CARE" model to ostomy care.
4. Demonstrate best practice principles of ostomy care.

6. Measuring Vital Signs, Pain, Height, and Weight

Introduction

Vital signs provide essential information about the client's health status. Vital signs indicate body temperature, heart rate, respirations, blood pressure, and oxygen saturation level. These measurements indicate how efficiently the body's systems are functioning. Measuring pain is now included as another significant vital sign. By observing the signs of pain and reporting your findings to the regulated health care professional, you can help to prevent pain from becoming severe.

Vital signs reveal sudden changes in the client's condition, and will indicate how the client is responding to treatments. It can provide a baseline measurement and signal life-threatening events. There are many factors that can cause vital signs to change. These include: illness, changes in external temperature, activity, age, gender, stress, pain, smoking, alcohol, and medications. All of these can alter vital signs. A key responsibility when taking your client's vital signs is to recognize abnormal findings and report objective and subjective data to the regulated health-care professional immediately. You must understand your role and know your agency's policies and procedures before you assist with vital signs. You may not be permitted to measure blood pressure or oxygen saturations in some facilities because of the risks involved for the client.

The client's height and weight are other important measurements to record. Any significant variation in the client's weight can be a sign of illness or disease.

In this module you will learn what vital signs are. You will also become acquainted with equipment used to measure changes in vital signs. You will, additionally, employ measurements of weight and height as indicators of a client's health. Finally, you will learn the importance of recording and reporting any changes in a client's condition to the regulated health-care professional.

General Learning Outcomes

1. Integrate knowledge of the circulatory, respiratory, and nervous systems when measuring clients' vital signs.
2. Examine best practices when measuring vital signs.
3. Examine best practices when observing pain.

4. Examine best practices when measuring height and weight.
5. Examine the HCA role and responsibility when applying the “I CARE” model to measuring vital signs, pain, height, and weight.
6. Demonstrate best practice principles of measuring vital signs, observing pain, and measuring height and weight.

7. Assisting with Specimen Collection

Introduction

A specimen collection may be ordered for a number of reasons. Specimens can help diagnose the health of a client, give evidence that the client is responding to treatment, or provide baseline data for a client prior to surgery or a medical procedure. As a health care aide, you may be assisting the nurse with specimen collection procedures. Specimens a health care aide may be responsible for collecting include urine, sputum, and stool.

The physician and nurse will make decisions based on the results of the laboratory tests. It is imperative that the procedure for collecting the specimen be followed precisely. Mistakes can cause faulty test results and unnecessary expense.

In this module, you will learn the rationale for collecting the various types of specimens, the guidelines to follow when collecting specimens, and the steps to follow when transporting a specimen to the laboratory. You will be handling body fluids; therefore, routine practices must be followed at all times when collecting specimens.

Always follow agency policies and procedures and know what is within your scope as a health care aide before you assist with specimen collection.

General Learning Outcomes

1. Integrate knowledge of IPC with assistance with specimen collection.
2. Examine best practices while assisting with specimen collection.
3. Examine the HCA role and responsibility when applying the “I CARE” model to specimen collection.
4. Demonstrate best practice principles of specimen collection.

8. Assisting with Respiratory Care and Oral Suctioning

Introduction

Abraham Maslow’s hierarchy of needs identifies the essential components people must have to maintain life and personal well-being. Oxygen is the most basic need to sustain life. If a client is struggling to meet his need for oxygen, we know that need must be met before any quality of life can be attained.

As a health care aide you will be providing care and support to clients with respiratory conditions. In this module you will learn the signs and symptoms of someone in respiratory distress, what your role is when assisting clients who have respiratory problems, and the safety precautions to take when assisting with oxygen therapy and oral suctioning.

General Learning Outcomes

1. Integrate knowledge of the respiratory system when caring for the client requiring assistance with respiratory care and oral suctioning.
2. Examine best practices when assisting with respiratory care and oral suctioning.
3. Examine the HCA role and responsibility when applying the “I CARE” model to assisting with respiratory care and oral suctioning.
4. Demonstrate best practice principles of assisting with respiratory care and oral suctioning.

Resource Materials

Required Texts:

Sorrentino, S., Remmert, L, Wilk, M., & Newmaster, R. (2013). *Mosby’s Canadian textbook for the support worker* (3rd Canadian ed.). Toronto, ON: Elsevier Canada.

Kelly, R., Sorrentino, S., Remmert, L, Wilk, M. & Schuh, D. (2013). *Workbook to accompany Mosby’s Canadian textbook for the support worker* (3rd Canadian ed. Revised Reprint). Toronto, ON: Elsevier Canada.

Course Modules

Reference Text:

None

Conduct of Course

This course is based on Alberta Government Provincial Curriculum.

This course is based on a lecture format including guest presenters and videos. Labs provide opportunities for skill development that are necessary for future job performance.

Evaluation Procedures

Lab	30%
Quizzes/Assignments	40%
Final Exam	30%

Grade Equivalents and Course Pass Requirements

A minimum grade of B- (70%) is required to pass this course and an overall G.P.A. of 2.70 to meet graduation requirements.

Letter	F	B-	B	B+	A-	A	A+
Percent Range	0-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	2.70	3.00	3.30	3.70	4.00	4.00

Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. More than four (4) absences per course, per semester, may result in probation. Further absences may result in suspension from the program.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

Instructors have the authority to require attendance in classes.

Course Units/Topics

1. Range of Motion
2. Assisting with Wound Care
3. Assisting with Nasogastvie and Gastrostomy Care and Tube Feeds
4. Assisting with Urinary Catheters and Drainage Systems Care
5. Assisting with Ostomy Care
6. Measuring Vital Signs, Pain, Height and Weight
7. Assisting with Specimen Collection
8. Assisting with Respiratory Care and Oral Suctioning



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