

HE 162

The Human Body, Health and Chronic Illness

3 Credits

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HE 162 Version: 2



The Human Body, Health and Chronic Illness

Calendar Description

This course focuses on the study of the systems that make up the human body and discusses the milestones of growth and development across the lifespan. It is an introduction to foundational knowledge of the most common of the chronic illnesses that a health care aide may encounter.

Rationale

This is a required course for a Health Care Aide. The learner describes ways to provide safe care based on evidence-informed practices according to the clients' diagnoses, needs, and care plans. The information learned in this course provides you with care strategies to support the client, the client's family, and yourself through the process of a client's dying and death.

Prerequisites

None

Co-Requisites

HE 161, HE 163, HE 164

Course Learning Outcomes

1. describe knowledge of basic anatomy and physiology (the structure and function of the body systems) with the purpose of having the foundational knowledge to describe common chronic illnesses.
2. demonstrate the use of appropriate terminology related to the human body and the HCA role.
3. describe knowledge of the basic principles of growth and development across the lifespan.
4. discuss the aging process (effects on the body systems) and implications for the psychosocial dimension of health.
5. analyze personal feelings and experiences as they relate to the aging process, death, and healthy dying.
6. describe characteristics of healthy aging and its relationship to client independence.
7. demonstrate knowledge of common chronic illnesses, including dementia, affecting the aging population.

8. describe the effects of acute and chronic health conditions to diverse clients of various cultural backgrounds.
9. examine chronic pain in relation to chronic conditions.
10. examine the HCA role and responsibilities in providing person-centred care to clients with chronic conditions across acute and continuing care (home care, long-term care, and supportive living) settings.

Resource Materials

Required Text(s):

A Place for Mom Inc. (2018). *Elderly urinary tract infection*. Retrieved from <http://nursing-homes.aplaceformom.com/articles/elderly-urinary-tract-infection/>

Alzheimer's Society of Canada. (2018). *About dementia*. Retrieved from <https://alzheimer.ca/en/Home/About-dementia>

Canadian Dental Hygienists Association. (2018). *Your oral health – A public health issue*. Retrieved from

https://www.dentalhygienecanada.ca/DHCanada/Your%20Oral%20Health/DHCanada/Information/Oral_health_you.aspx

Canadian Dental Hygienists Association (2018). *Seniors' oral health*. Retrieved from

https://www.dentalhygienecanada.ca/DHCanada/Seniors/Denture_and_Mouth_Care/DHCanada/Seniors/seniorsOralHealth.aspx

Government of Alberta (2013). *Health care aide provincial curriculum: Course 3 Module 2 Human growth and development*. Author.

Government of Alberta. (2013). *Health care aide provincial curriculum: Course 3 Module 3 Healthy aging and independence*. Author.

Government of Alberta. (2013). *Health care aide provincial curriculum: Course 3 Module 4: Chronic Conditions*. Author.

Government of Alberta. (2013). *Health care aide provincial curriculum: Course 7 Module 3: Caring for clients with a diagnosis of dementia*. Author.

Government of Alberta. (2018). *Alberta Health Care Aide Competency Profile*. Retrieved from <https://open.alberta.ca/dataset/e1fbd562-1571-40b8-bc17-71687dab444c/resource/9e34d246-c389-4753-bda4-f53a77e02f80/download/ah-hca-core-competency-profile-2018.pdf>

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- Government of Alberta. (2018). *End PJ paralysis*. Retrieved December from <https://www.albertahealthservices.ca/info/Page15971.aspx>
- Government of Canada & Statistics Canada (2018). *Framework on palliative care in Canada*. Retrieved from <https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/framework-palliative-care-canada.html#p1.1>
- Health Canada. (2011). *Physical activity*. Retrieved from <https://www.canada.ca/en/health-canada/services/healthy-living/physical-activity.html>
- Health Canada. (2014). *Seniors*. Retrieved from <http://www.hc-sc.gc.ca/hl-vs/seniors-aines/index-eng.php>
- Health Canada. (2015). *Injury prevention for seniors*. Retrieved from <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/injury-prevention-seniors.html>
- Health Canada. (2018). *Framework on palliative care in Canada*. Retrieved from <https://www.canada.ca/en/health-canada/services/health-care-system/reports-publications/palliative-care/framework-palliative-care-canada.html#p1.1>
- Health Canada (2018). *Quit smoking*. Retrieved from <https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/quit-smoking.html>
- Khan Academy. (2018). *Human anatomy and physiology introductory Videos*. Retrieved from <https://www.khanacademy.org/science/health-and-medicine/human-anatomy-and-physiology>
- McLeod, S. A. (2018). *Erik Erikson's stages of psychosocial development*. Retrieved from <https://www.simplypsychology.org/Erik-Erikson.html>
- Murray, K. (2014). *Integrating a palliative approach: Essentials for person support workers*. Life and Death Matters.
- Provincial Palliative and End-of-Life Care, Alberta Health Services. (2015). *Final days*. Retrieved from <https://myhealth.alberta.ca/palliative-care/resources/final-days>
- Sorrentino, S.A., Remmert, L., & Wilk, M.J. (2018). *Evolve resources for Mosby's Canadian textbook for the support worker* (4th ed.). (2018). Retrieved from <https://evolve.elsevier.com/>
- Sorrentino, S.A., Remmert, L., & Wilk, M.J. (2018). *Mosby's Canadian textbook for the support worker* (4th ed.). Elsevier Canada.

Sorrentino, S.A., Remmert, L., Kelly, R. T., & Wilk, M. J. (2018). *Workbook to accompany Mosby's Canadian textbook for the support worker* (4th ed.). Elsevier Canada.

The Wellness Institute. (2018). *Healthy aging*. Retrieved from

<https://wellnessinstitute.ca/healthy-aging/>

United States National Library of Medicine & National Institutes of Health. (2018). *Aging changes in the nervous system*. Retrieved from

<https://medlineplus.gov/ency/article/004023.htm>

United States National Library of Medicine & National Institutes of Health. (2018). *Aging changes in the senses*. Retrieved from

<http://www.nlm.nih.gov/medlineplus/ency/article/004013.htm>

World Health Organization. (2018). *WHO definition of palliative care*. Retrieved from

<https://www.who.int/cancer/palliative/definition/en/>

Reference Text(s):

None

Conduct of Course

The course material follows Alberta Government Provincial Curriculum.

This course consists of 45 hours of lecture.

This course is based on a lecture format including guest presenters and videos.

Evaluation Procedures

Final Exam	100%
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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

HCA students **must achieve** a minimum final grade of **70%** in each course and **pass** the provincial HCA Examination to graduate from the HCA Program and receive the Government of Alberta HCA Provincial Curriculum Certificate.

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. Absence of more than 10% per course, 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. Body Systems and Function
2. Human Growth, Development, and Death
3. Healthy Aging and Independence
4. Chronic Conditions



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