



## HCA-101 – Health and Healing: Concepts for Practice

### Health and Human Services

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2026-03-01

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**Program Area:** Health

**Description:**

This course provides students with the opportunity to develop a theoretical framework for practice. Students will be introduced to the philosophical values and theoretical understandings that provide a foundation for competent practice as an HCA. The course focuses on concepts of caring and person-centered care; basic human needs and human development; family, culture and diversity as they relate to health and healing. Students will also be introduced to a problem-solving model that will be critical to their practice.

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**Program Information:**

This course is one of the seven courses offered in the first semester of the Health Care Assistant Program. Satisfactory completion of this course is required to progress into Semester 2 of the program.

**Delivery Methods:** On-campus (Face-to-Face), Online

**Credit Type:** College of the Rockies Credits

**Credits:** 4

**Instructional Activity and Hours:**

Activity	Hours
Classroom, Directed Studies or Online Instruction	70
Seminar/Tutorials	
Laboratory/Studio	

Practicum/Field Experience

Co-op/Work Experience

Other

Total

70

### Course Requisites:

- Completed or concurrently enrolled in:
  - **HCA102** – Health Care Assistance: Introduction to Practice (3)
  - **HCA103** – Health 1: Interpersonal Communications (3)
  - **HCA104** – Health 2: Lifestyle and Choices (3)
  - **HCA105** – Healing 1: Caring for Individuals Experiencing Common Health Challenges (4)
  - **HCA106** – Healing 2: Caring for Individuals Experiencing Cognitive Or Mental Challenges (4)
  - **HCA107** – Healing 3: Personal Care and Assistance (4)

**Flexible Assessment:** No

### Course Transfer Credit:

For information about receiving transfer credit for courses taken at other BC institutions, please see <http://www.bctransferguide.ca>. All requests for course transfer credit from institutions in BC or elsewhere should go to the College of the Rockies Enrollment Services office.

### Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Sorrentino, S.A., Remmert, L., & Wilk, M.J. (2018). *Mosby's Canadian Textbook for the Support Worker*. 4th Canadian Edition. Toronto, Canada: Elsevier

Health Care Assistant Student Guide – *Health and Healing: Concepts for Practice – HCA 101*

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

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## Learning Outcomes:

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

- display an understanding of person-centered care that recognizes the uniqueness of each individual;
- explain the importance of respecting the individuality, independence, autonomy and diverse values of the client/resident and family;
- describe Maslow's hierarchy of needs in relation to person-centered care;
- discuss the principles of human development in relation to person centered care;
- describe the common characteristics and changes in the older adult;
- describe care planning as a problem solving process;
- utilize the steps of the problem solving process;
- discuss ways of promoting and maintaining a safe environment;
- discuss living at risk;
- identify different family structures;
- understand the impact of stress on family care providers;
- identify ways that the care provider can support the family;
- display an understanding of the role of the family, culture, diversity and life experiences related to health and healing;
- describe common practices for reporting and recording in various healthcare settings (Long Term Care, community, and acute care);
- recognize emergency and critical incidents and describe appropriate steps to take during and after the incident; and
- appreciate the potential value of traditional medicines and alternate forms of healthcare to the client and family.

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## Course Topics:

- Caring
- Person-Centered Care
- Basic Human Needs
- Human Development
- Family in Health and Healing
- Multiculturalism and Diversity
- Critical Thinking and Problem Solving
- Care Planning
- Reporting and Recording
- Protection and Safety
- Living at Risk

*See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.*

## Evaluation and Assessments

### Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Midterm Exam	30%
Assignments	35%
Final Exam	35%
Total	100%

### Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=95	94-90	89-85	84-80	79-75	74-70					<70

**Pass requirements:** None

#### Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

#### Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

#### Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.

