



# Health and Healing: Concepts for Practice – HCA 101

## Health Care Assistant Program

### Course Outline

COURSE IMPLEMENTATION DATE: September 2009  
OUTLINE EFFECTIVE DATE: November 2021  
COURSE OUTLINE REVIEW DATE: March 2026

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#### GENERAL COURSE 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.

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**Delivery:** This course is delivered face to face and online (synchronous/asynchronous).

**COTR Credits:** 4

**Hours for this course:** 70 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	70
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	<b>70</b>

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	

Other Contact Hours

- Lecture hours may be offered online.

**Course Outline Author or Contact:**

Cheryl Mackie, RN, BN, MHScN

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Signature

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**APPROVAL SIGNATURES:**

Department Head  
Sandi Hill  
E-mail: [shill@cotr.bc.ca](mailto:shill@cotr.bc.ca)

Dean of Health and Human Services  
Heather Hepworth  
E-mail: [hepworth@cotr.bc.ca](mailto:hepworth@cotr.bc.ca)

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Department Head Signature

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Dean Signature

EDCO

Valid from: November 2021 – March 2026

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Education Council Approval Date

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**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** None

**Corequisites:** HCA 102, 103, 104, 105, 106, 107

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA

Yes  No

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** N/A

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## Textbooks and Required 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*. 4<sup>th</sup> 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 <http://go.cotr.bc.ca/tuition/tCalc.asp> 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.*

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**EVALUATION AND ASSESSMENT Face-to-Face:**

Assignments	% Of Total Grade
Midterm Exam	30%
Assignments	35%
Final Exam	<u>35%</u>
Total	100%

*Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.*

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**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

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**COURSE GRADE:**

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	F
Mark (Percent)	≥ 95	94-90	89-85	84-80	79-75	74-70	< 70

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**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**COURSE CHANGES:**

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.