

M: Course Objectives / Learning Outcomes:

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

1. Display a sound understanding of common challenges to health and healing.
2. Discuss the experience of chronic illness and implications for care.
3. Demonstrate an understanding of the components of person-centered end-of-life care for clients/residents and families.
4. Apply critical thinking and problem-solving when caring for individuals experiencing health challenges in the community and assisted living settings.
5. Demonstrate an understanding of nutrition and healing in the non-residential client.
6. Discuss safety in home and community settings.

N: Course Content:

Challenges to Health and Healing

- The experience of chronic illness and disability
- Death
- Multi-organ diseases (cancer, AIDS)

Critical thinking and problem-solving when caring for individuals experiencing common health challenges in community and assisted living settings

- Sources and methods of gathering information.
- Observing client changes.
- Care planning in non-residential settings.
- Evaluation of care.
- Reporting and recording.

Nutrition and healing in the non-residential client

- Preparation of special diets in the home setting.
- Involving the client in meal preparation in the home.
- Cultural aspects of diet.
- Community resources.

Safety in the home setting

- Potential safety risks for care giver and client.
- Observing for infestations of vermin in the home environment and appropriate actions to prevent spread.

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

O: Methods of Instruction: Lecture Group discussion/group activities Audio-visual materials Case studies May include other methods (e.g. guest speakers, role play, etc.)
P: Textbooks and Materials to be Purchased by Students: A list of recommended textbooks and materials is provided to students at the beginning of the semester.
Q: Means of Assessment: Course evaluation is consistent with Douglas College course evaluation policy. An evaluation schedule is presented at the beginning of the course. This is a graded course. A minimum mark of 65% is necessary to be successful in the course.
R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR No

Course Designer(s)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar