



School of Health Education and Human Services

HCA 122

Health 1C: Health Challenges

Term: Winter, 2023

Number of Credits: 2

Course Outline

INSTRUCTOR: Alexa Loukras RN

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Class Dates: Wednesdays: Jan 11-Mar 8 (0900-1200) PLUS Fridays: Jan 13 & Feb 10 (1300-1600)

COURSE DESCRIPTION

This course introduces students to person-centred practice related to palliative and end-of-life care. Issues faced by individuals and families while receiving palliative care and during the final stage of life will be explored as well as effective approaches to caring for these individuals and their families. Student self-reflection and increased awareness of their own experiences and thoughts on dying will also be encouraged to foster empathy, enhanced end-of-life care and the development of self-care strategies.

COURSE REQUIREMENTS

Prerequisite(s): None

Corequisite(s): Full-time enrollment in HCA program unless special permission provided by HCA Coordinator

EQUIVALENCY OR TRANSFERABILITY

Transfers not yet formalized through BCCAT, due to recent changes in BC Curriculum. Receiving institutions determine course transferability. Find further information at:

<https://www.yukonu.ca/admissions/transfer-credit>

YUKON FIRST NATIONS CORE COMPETENCY

Students who successfully complete this course will have achieved core competency in knowledge of Yukon First Nations. By the end of this course, students will have greater understanding and awareness of Yukon First Nations history, culture and journey towards self-determination. For details, please see www.yukonu.ca/yfnccr

LEARNING OUTCOMES

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

- Explore the philosophy and principles of practice used in palliative care and hospice care settings
- Understand the holistic nature of palliative and end-of-life care, the process of dying and grieving and common reactions of individuals and families during this time
- Discuss the elements of legal/ethical practice in palliative and end-of-life care
- Understand the effects of a client's/resident's death and dying on their health care providers and methods to provide self-care to 'grieving' caregivers
- Explore caring and problem solving as they relate to end-of-life care for individuals/families.

COURSE FORMAT

This course will consist of lectures, group work, learning activities, and may include guest speakers and other methods to optimise learning. The format for each class will include:

- Opportunity for questions on previous material
- Introduction and integration of new material
- Assignments & preparation for next class

Each class will have 3 hours of direct instruction time over the total of 9 classes, plus the exam date (10th class). It is expected that this course will require 2-4 hours/week of homework and additional reading. The time required will vary by individual.

Delivery format

This course will be delivered through face-to-face sessions on-campus. Students will be required to adhere to public health guidelines. Zoom may serve as an alternative delivery format if needed.

EVALUATION

Participation	10%
Assignments	35%
Quizzes	20%
Final Exam	35%
Total	100%

ASSESSMENTS

Attendance & Participation

10%

This course is part of the HCA program which is experiential; therefore attendance is essential. Attendance means being at class on time every day, prepared for the class and participating to the end of the class. If you cannot be at class, you must notify the instructor in advance and you must arrange to get the class notes and information from your classmates. You are responsible for the information and materials of every class.

Participation includes your active involvement in the activities of the classroom and completion of assignments, reading, quizzes, etc. Coming to class regularly, being on time, being prepared for the class, speaking up in class and handing in your assignments when due will contribute greatly to your success.

Quizzes: Regular quizzes on course content will be written throughout the course.

20%

End of Life Care giving Assignment:

35%

In this assignment students will:

- Assess their current; knowledge, skills and attitudes related to palliative and end-of-life care and identify areas they need to further develop
- Develop Learning Goals related to a Case Study Scenario (Palliative Care related) & associated Care plan in the HCA 100 course
- Evaluate their learning goals in relation to the Case Study Scenario
- Explore how this assignment will enhance their practice in the future

Final Exam: March 8, 2023 (0900-1200)

35%

NOTE: *There is No re-write/supplemental written exam.*

Late Assignments/Work: For every day an assignment is late (after assigned due date) 5% will be deducted from the original paper grade.

- No assignment will be accepted more than one week (7 calendar days) following the due date unless arrangements are made with instructor of that specific course in advance of due date. Assignments not handed in one week after due date will receive a 0 (failing) grade.

All evaluative components for this course are mandatory and must have a passing grade of minimum 50%

Missing or incomplete assignments will result in a course grade of 'Incomplete' or 'Fail' at discretion of the instructor based on overall course work completed

COURSE WITHDRAWAL INFORMATION

Refer to the YukonU website for important dates. <https://www.yukonu.ca/admissions/important-dates>

Thursday, March 9th last day to withdraw or change to audit from credit courses without academic penalty.

TEXTBOOKS & LEARNING MATERIALS

Murray, K. (2020) "Integrating a Palliative Care approach: Essentials for Personal Support workers 2nd ed. Life and Death Matters, Saanichton, B.C

A Caregivers Guide: A Handbook about end-of-life Care **download online** at:
https://hospicetoronto.ca/PDF/Acaregivershandbook_CHPCA.pdf
(link on HCA 122 Moodle page)

RELATED COURSE REQUIREMENTS

It is highly recommended that all students have access to a computer or other device and reliable Internet to do their studies. The minimum specifications for a student device are as follows:

Requirement	Windows-based PC	Apple Mac/macOS-based PC
Operating System	Windows 10	macOS X
Web Browser	Firefox, Edge or Google Chrome	Firefox, Edge or Google Chrome
RAM/Memory	4 GB	4 GB
Storage	5 GB of available space	5 GB of available space

ACADEMIC INTEGRITY

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

ACCESSIBILITY AND ACADEMIC ACCOMMODATION

Yukon University is committed to providing a positive, supportive, and barrier-free academic environment for all its students. Students experiencing barriers to full participation due to a visible or hidden disability (including hearing, vision, mobility, learning disability, mental health, chronic or temporary medical condition), should contact Accessibility Services for resources or to arrange academic accommodations:

access@yukonu.ca.

TOPIC OUTLINE

Introduction to Palliative Care

- Self-Awareness/Reflection on the student's own experiences/thoughts on death and dying
 - Explore attitudes, fear related to death & dying
- Hospice & Palliative Care
 - Philosophy & principle
 - Hospice Palliative Care in Canada
 - Caring and problem solving as related to end-of-life care in facilities and in community settings

Person Centred End of Life Care

- Cultural Issues
 - Understanding different cultural, religious, family rituals and honouring these
- Understanding the Dying Person's Experience
 - The Journey of Dying understanding and coming to terms with dying
 - Common reactions as people approach death
 - Loss, Grief, Anticipatory Grief
 - Quality of Life Issues/Dying with Dignity
- Caring for the Family of the Dying
 - Reactions of family members and ways to support them
 - Grief and bereavement
- Communicating with the Dying
 - Communication needs of the Dying
 - Effective ways/approaches to communicate with the Dying

Meeting the Needs of the Dying

- Physical needs of the dying
 - Anticipated changes in the Body
 - General Personal Care of the Dying
 - Comfort Measures for:
 - Pain
 - Breathing challenges
 - Challenges with eating and drinking
 - Dehydration
 - Bowel function
 - Restlessness
 - Delirium
 - Nutritional needs of the Dying
 - The final hours of care/ what you may expect the final days/hours
 - Care of the body after death

- Spiritual Needs of the Dying and appropriate interventions
- Emotional Needs of the Dying and appropriate interventions
- Cognitive Needs of the Dying and appropriate interventions
- Social Needs of the Dying and appropriate interventions

Legal and Ethical Issues

- Ethical/legal practice and safety in palliative care
- Advanced Directives & Living Wills
- Medical Assistance in Dying
 - What it is – new Canadian legislation
 - Responsibilities for Health professionals (MD, RN Nurse Practitioners, RN's and other caregivers including what might mean for HCA's)
- Financial/legal responsibilities for families after death of loved one

Self-Care for the Caregiver

- Personal and professional boundaries
- Recognizing the effect of loss on the caregiver; *the support workers' grief*
- Preventing and recognizing signs of stress, compassion fatigue/empathic strain, burnout

Indigenous Knowledge/Perspectives

- Cultural Safety in Palliative Care
- Implications for safe compassionate care at end of life
- Compound/Cumulative grief: an impact of the Residential School experience
- The importance of Ceremony at End of Life
- Respecting cultural protocols at End of Life Add