

# HOME SUPPORT/RCA (HRCA)

## HRCA 1103 Credits: 1.5

### Lifestyle & Choices Total Hours: 30

This course introduces students to a holistic concept of health and the components of health-enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

**Co-requisite(s):** ELSK 0701, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1130, HRCA 1140

## HRCA 1105 Credits: 3

### Interpersonal Communications Total Hours: 60

This course focuses on the development of self-awareness, increased understanding of others and development of effective interpersonal communication skills that can be used in a variety of care-giving contexts. Students will be encouraged to become more aware of the impact of their own communication choices and patterns. They will have the opportunity to develop and use communication techniques that demonstrate personal awareness, respect and active listening skills.

**Co-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1120, HRCA 1122, HRCA 1130, HRCA 1140

## HRCA 1120 Credits: 1.5

### Introduction to Practice Total Hours: 30

This course provides an introduction to the role of the Health Care Assistant within the British Columbia health care system. Students will be introduced to the health care team and the roles and functions of Health Care Assistants within the team. Students will also have opportunities to develop self-reflective skills required for competent practice and will be introduced to effective job-finding approaches.

**Co-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1122, HRCA 1130, HRCA 1140

## HRCA 1122 Credits: 2.5

### Personal Care & Assistance 1 Total Hours: 60

This practical course offers students the opportunity to acquire personal care and assistance skills within the parameters of the Health Care Assistant role. The course is comprised of class and supervised laboratory experiences which assist the student to integrate theory from other courses to develop introductory care-giver skills that maintain and promote the comfort, safety and independence of individuals in community and facility contexts.

**Co-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1130, HRCA 1140

## HRCA 1130 Credits: 3

### Health & Healing 1 Total Hours: 60

This course provides students with the opportunity to develop a theoretical framework for practice. Students will explore the philosophical values and theoretical understandings that provide a foundation for competent practice as a Health Care Assistant. The course focuses on concepts of caring and person-centred care and students will gain understanding of basic human needs, culture and diversity as they relate to health and healing. Students will begin to explore a problem-solving model that will be critical to their practice.

**Co-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1140

## HRCA 1135 Credits: 2

### Clinical 1 Total Hours: 60

This supervised practical experience provides students with an opportunity to apply knowledge and skills learned in the other level one courses in the Health Care Assistant/ESL program with individuals in a multi-level or complex care setting. Opportunity will be provided for students to gain expertise and confidence with the role of the Health Care Assistant within a residential care facility. During this course students' skills and application of knowledge will be assessed.

**Pre-requisite(s):** HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1130, HRCA 1140

**Co-requisite(s):** ELSK 0701

## HRCA 1140 Credits: 1.5

### Common Health Challenges 1 Total Hours: 30

This course introduces students to the normal structure and function of the human body and normal bodily changes associated with aging. Students will also be encouraged to explore person-centred practice as it relates to the normal body changes associated with aging.

**Co-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1130

## HRCA 1161 Credits: 3

### Communications for HCA 1 Total Hours: 60

Students receive professional communication and study skills instruction as they acquire the skills of a Health Care Assistant. Professional communication and study skills are developed in conjunction with topics in the Health Care Assistant Term 1 curriculum through real-world communication tasks relevant to the healthcare setting. Students develop their intercultural competence, understanding of expectations, and professional communication skills to support success in their studies and the workplace in a Canadian setting.

## HRCA 1162 Credits: 2

### Info Tech for Health Sciences Total Hours: 40

This course is designed to provide students with a solid foundation in computer and digital literacy, and an overview of health information technologies used in the Canadian healthcare system. Students will receive a comprehensive introduction to the learning management system and associated software that will be used during the program. Students will also explore basic concepts related to digital literacy, the use of information technologies in the health care sector and the associated ethical and legal principles.

## HRCA 1163 Credits: 1.5

### Impacts of Colonization Total Hours: 30

This course introduces the culture and history of Indigenous peoples of Canada. Students will review the direct impact that history and policy, past and present, have on Indigenous peoples, their health and healthcare.

## HRCA 1181 Credits: 4

### Personal Care & Assistance 1 Total Hours: 70

This practical course offers students the opportunity to acquire personal care and assistance skills within the parameters of the Health Care Assistant role. The course is comprised of class and supervised laboratory experiences which assist the student to integrate theory from other courses to develop care-giver skills that maintain and promote the comfort, safety and independence of individuals in community and facility contexts.

**HRCA 1182 Credits: 3****Common Health Challenges 1 Total Hours: 60**

This course introduces students to the normal structure and function of the human body and normal bodily changes associated with aging. Students will explore common challenges to health and healing in relation to body systems. Students will also be encouraged to explore person-centred practice as it relates to the common challenges to health.

**HRCA 1183 Credits: 3.5****Concepts for Practice Total Hours: 70**

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 a Health Care Assistant. The course focuses on concepts of caring and person-centred 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.

**HRCA 1184 Credits: 3****Clinical 1 Total Hours: 90**

This supervised practice experience provides students with an opportunity to apply knowledge and skills learned in the other level one courses in the Health Care Assistant program with individuals in a complex care setting. Opportunity will be provided for students to gain expertise and confidence with the role of the Health Care Assistant within a complex care facility. During this course students' skills and application of knowledge will be assessed.

**Pre-requisite(s):** HRCA 1190, HRCA 1191, HRCA 1192, HRCA 1181, HRCA 1182, HRCA 1183, HRCA 1197

**HRCA 1190 Credits: 1.5****Lifestyle and Choices Total Hours: 30**

This course introduces students to a holistic concept of health and the components of a health-enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

**HRCA 1191 Credits: 3****Interpersonal Communications Total Hours: 60**

This course focuses on the development of self-awareness, increased understanding of others and development of effective interpersonal communication skills that can be used in a variety of care-giving contexts. Students will be encouraged to become more aware of the impact of their own communication choices and patterns. They will have opportunity to develop and use communication techniques that demonstrate personal awareness, respect and active listening skills.

**HRCA 1192 Credits: 1.5****Introduction to Practice Total Hours: 30**

This course provides an introduction to the role of the Health Care Assistant within the British Columbia health care system. Students will be introduced to the health care team and the roles and functions of Health Care Assistants within the team. Students will also have opportunities to develop self-reflective skills required for competent practice and will be introduced to effective job-finding approaches.

**HRCA 1197 Credits: 1****Foundations Total Hours: 18**

This course provides students with an introduction to the Health Care Assistant Program and assists students to understand the expectations and requirements of the program based on the policies and procedures of the Department of Continuing Care, School of Health Sciences and the BC Care Aide and Community Health Worker Registry. Students will receive information regarding the program delivery schedule, practice education experiences and online learning platform. Students will also receive guidance regarding the completion of their practice education requirements and the various student services available at VCC.

**Co-requisite(s):** HRCA 1190, HRCA 1191, HRCA 1192, HRCA 1181, HRCA 1182, HRCA 1183, HRCA 1184

Prior Learning Assessment is available.

**HRCA 1224 Credits: 3****Cognitive or Mental Challenges Total Hours: 60**

This course builds on content from other courses to assist students to explore concepts and care-giving approaches that allow them to work effectively with individuals experiencing cognitive or mental challenges. The emphasis in this course is on supporting clients with dementia, recognizing responsive behaviours and identifying person-centred intervention strategies.

**Pre-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1130, HRCA 1140, HRCA 1135

**Co-requisite(s):** ELSK 0702, HRCA 1230, HRCA 1240, HRCA 1232

**HRCA 1227 Credits: 2****Clinical 2 Total Hours: 60**

This supervised practical experience provides students with an opportunity to apply knowledge and skills from all other courses in the Health Care Assistant/ESL program and work with individuals experiencing cognitive challenges in a multi-level or complex care setting.

**Pre-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1130, HRCA 1140, HRCA 1135, HRCA 1224, HRCA 1230, HRCA 1240, HRCA 1232

**Co-requisite(s):** ELSK 0702

**HRCA 1230 Credits: 1.5****Health & Healing 2 Total Hours: 30**

This course focuses on human development and family as they relate to health and healing. Students will deepen their understanding of the critical thinking and problem-solving that will be critical to their Health Care Assistant practice.

**Pre-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1135, HRCA 1130, HRCA 1140

**Co-requisite(s):** ELSK 0702, HRCA 1224, HRCA 1232, HRCA 1240

**HRCA 1232 Credits: 3.5****Personal Care & Assistance 2 Total Hours: 90**

This practical course offers students the opportunity to acquire additional personal care and assistance skills within the parameters of the Health Care Assistant role. The course is comprised of class and supervised laboratory experiences which assist the student to integrate theory from other courses to further develop care-givers skills that maintain and promote the comfort, safety and independence of individuals in acute care and diverse contexts.

**Pre-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1130, HRCA 1140, HRCA 1135

**Co-requisite(s):** ELSK 0702, HRCA 1224, HRCA 1230, HRCA 1240

**HRCA 1240 Credits: 4.5****Common Health Challenges 2 Total Hours: 90**

This course explores common challenges to health and healing in relation to each body system. Students will explore the role of nutrition in common health challenges and developmental disabilities will be examined. Students will deepen their understanding of person-centred practice as it relates to the common challenges to health and, in particular, to end-of-life care.

**Pre-requisite(s):** ELSK 0701, HRCA 1103, HRCA 1105, HRCA 1120, HRCA 1122, HRCA 1135, HRCA 1130, HRCA 1140

**Co-requisite(s):** ELSK 0702, HRCA 1224, HRCA 1232, HRCA 1230

**HRCA 1261 Credits: 3****Communications for HCA 2 Total Hours: 60**

Students continue to receive professional communication and study skills instruction as they build on the skills of a Health Care Assistant. Professional communication and study skills are developed in conjunction with topics in the Health Care Assistant Term 2 curriculum through real-world communication tasks relevant to the healthcare setting including clinical. Students' professional communication skills are enhanced in class and in clinical while providing care for clients in a complex care setting. Students continue to develop their intercultural competence to support success in their studies and the workplace in a Canadian setting. Upon completion of HRCA 1133, students have the fundamental communication skills required to provide personal care for clients in a complex care setting and begin to interact professionally and appropriately with clients and health team members.

**Pre-requisite(s):** HRCA 1161

**HRCA 1291 Credits: 3****Cognitive & Mental Challenges Total Hours: 60**

This course builds on content from other courses to assist students to explore concepts and care-giving approaches that will allow them to work effectively with individuals experiencing cognitive and/or mental health challenges. The emphasis in this course is on supporting clients with dementia, recognizing responsive behaviours and identifying person-centred intervention strategies.

**HRCA 1292 Credits: 3****Common Health Challenges 2 Total Hours: 60**

This course continues the introduction from Common Health Challenges 1 to the structure and function of the human body and common challenges to health and healing. Students will explore the role of nutrition in common health challenges. Students will deepen their understanding of person-centered practice as it relates to common health challenges, with a focus on end-of-life care.

**Pre-requisite(s):** HRCA 1190, HRCA 1191, HRCA 1192, HRCA 1182, HRCA 1183, HRCA 1197

**HRCA 1293 Credits: 4****Personal Care & Assistance 2 Total Hours: 72**

This practical course offers students the opportunity to acquire personal care and assistance skills within the parameters of the Health Care Assistant role. The course is comprised of class and supervised laboratory experiences which assist the student to integrate theory from other courses to further develop care-giver skills that maintain and promote the comfort, safety and independence of individuals in acute care and diverse contexts.

**Pre-requisite(s):** HRCA 1181

**HRCA 1294 Credits: 6****Clinical 2 Total Hours: 180**

This supervised practice experience provides students with further opportunity to apply knowledge and skills learned in the other courses in the Health Care Assistant program with individuals in a multi-level or complex care setting. A portion of this clinical experience will be devoted to working with individuals with dementia. Opportunity will be provided for students to increase their expertise and confidence with the role of the Health Care Assistant within a complex care facility. During this course students' skills and application of knowledge will be assessed.

**Pre-requisite(s):** HRCA 1190, HRCA 1191, HRCA 1192, HRCA 1181, HRCA 1182, HRCA 1183, HRCA 1184, HRCA 1197, HRCA 1293, HRCA 1291, HRCA 1292

**HRCA 1320 Credits: 4.5****Working in Acute Care Total Hours: 90**

This course builds on the knowledge and skills developed as a Health Care Assistant. It introduces learners to a hospital environment and provides them with the additional information that they will be required to know in order to assist nurses who are working with clients that are acutely ill but stable. This course will enhance the learner's awareness of the changes in the health status of patients and become more confident working with acutely ill patients.

**Co-requisite(s):** HRCA 1325

**HRCA 1325 Credits: 1.5****Acute Personal Care & Assistan Total Hours: 30**

This practical course provides students with the opportunity to upgrade their personal care and assistance skills that are required in a hospital setting. Students will learn the care skills that are expected of them within the parameters of the Health Care Assistant role in the acute care setting. In a supervised laboratory environment, students learn to build on previously acquired basic care principles and learn to refine their care-giver skills in order to maintain and promote the comfort, safety, independence, and well-being of clients in an acute care setting.

**Co-requisite(s):** HRCA 1320

**HRCA 1328 Credits: 2****Community Practicum Total Hours: 60**

This practical course provides students with an opportunity to apply knowledge and skills from all other courses with individuals and families in a community setting. Opportunity will be provided for students to become more familiar with the role of the Health Care Assistant within a Home Support Agency and gain abilities that will prepare graduates to assume the role of a Community Health Worker.

**HRCA 1329 Credits: 5****Clinical 3 Total Hours: 150**

This supervised practical experience provides students with further opportunity to apply knowledge and skills learned in the other courses in the Health Care Assistant/ESL program with individuals in a multi-level or complex care setting. Opportunity will be provided for students to increase their expertise in organizational ability and confidence with the role of the Health Care Assistant within a complex care facility. During this course students' skills and application of knowledge will be assessed.

**Pre-requisite(s):** ELSK 0702, HRCA 1224, HRCA 1227, HRCA 1230, HRCA 1232, HRCA 1240

**Co-requisite(s):** ELSK 0703

**HRCA 1331 Credits: 2****Acute Care Clinical Total Hours: 60**

This course is a clinical experience that provides learners with the opportunity to apply the knowledge and skills learned and practiced in the classroom and nursing lab. Students will work in a hospital as a member of the nursing team, under the direct supervision of a clinical instructor from Vancouver Community College. Focus is placed on the role and skills of Health Care Assistant and the scope of practice in a hospital setting.

**Pre-requisite(s):** HRCA 1320, HRCA 1325

**HRCA 1391 Credits: 2****Community Practicum Total Hours: 60**

This practical course provides students with an opportunity to apply knowledge and skills from all other courses in the Health Care Assistant program with individuals and families in a community setting. Opportunity will be provided for students to become more familiar with the role of the Health Care Assistant within a Home Support Agency, Assisted Living facility or a Group Home, and gain abilities that will prepare graduates for employment in these settings. It is important that students understand the philosophy of community care settings and its emphasis on client choice and independence.

**Pre-requisite(s):** HRCA 1294

**HRCA 2135 Credits: 3****Clinical 2 Total Hours: 90**

This supervised practical experience provides students with an opportunity to apply knowledge and skills from all other courses in the Health Care Assistant Diploma and work with individuals experiencing cognitive challenges in a multi-level or complex care setting.

**Pre-requisite(s):** HRCA 1135, HRCA 2161, HRCA 2160, HRCA 1292, HRCA 1293

**HRCA 2140 Credits: 3****Common Health Challenges 3 Total Hours: 60**

This course continues the introduction to the structure and function of the human body and common challenges to health and healing from Common Health Challenges 1 and 2. The course focuses on the continuum of care and the development of knowledge related to health challenges associated with aging and disabilities. Building on knowledge from Term 1 and 2, the role of the Health Care Assistant in the managing of chronic and acute conditions will be further investigated. Cultural diversity in healing approaches will be explored as well as the importance of evidence informed research and practice.

**Pre-requisite(s):** HRCA 1140, HRCA 1240, HRCA 1135

**HRCA 2161 Credits: 3****Communications for HCA 3 Total Hours: 60**

Students continue to receive professional communication instruction as they build on the skills developed in HRCA 1133. Professional communication skills are further developed in conjunction with topics in the Health Care Assistant Term 3 curriculum through real-world communication tasks relevant to the healthcare setting including clinical. Students' professional communication skills are further enhanced in class and in clinical. Students continue to develop their intercultural competence to support success in their studies and the workplace in a Canadian setting. Upon completion of HRCA 1200, students have many of the communication skills required to provide personal care for clients in a special care setting and to interact professionally and appropriately with clients and health team members.

**Pre-requisite(s):** HRCA 1161, HRCA 1261

**HRCA 2235 Credits: 6****Clinical 3 Total Hours: 180**

This supervised practice experience provides students with further opportunity to apply knowledge and skills learned in the other courses in the Health Care Assistant program with individuals in a multi-level or complex care setting. A portion of this clinical experience will be devoted to working with individuals with dementia. Opportunity will be provided for students to increase their expertise and confidence with the role of the Health Care Assistant within a complex care facility. During this course students' skills and application of knowledge will be assessed. This course is part of the Health Care Assistant Diploma Program (International Cohort)

**Pre-requisite(s):** HRCA 2135, HRCA 2261, HRCA 2240, HRCA 2291

**HRCA 2240 Credits: 2****Common Health Challenges 4 Total Hours: 30**

This course is designed to discuss the Canadian cultural contexts in which HCAs work with clients experiencing common health challenges. The course focuses on the role of the HCA in supporting clients with common health challenges in a variety of cultural and societal contexts. The Health Care Assistant's ethical and legal responsibility in advocating for clients and families will be discussed. Students will explore their understanding of cultural safety and humility.

**HRCA 2261 Credits: 2****Communications for HCA 4 Total Hours: 40**

Students continue to receive professional communication skills instruction as they build on the skills developed in HRCA 1200. Professional communication skills are refined and applied in conjunction with topics in the Health Care Assistant Term 4 curriculum through real-world communication tasks relevant to the healthcare setting, including clinical. Students' professional communication skills continue to be enhanced in class and in clinical while providing care for extended care clients in a complex care setting. Students also continue to develop their intercultural competence to support success in their studies and in the workplace in a Canadian setting. Upon completion of HRCA 1300, students have the communication skills to provide personal care for clients in a complex care setting and to interact professionally and appropriately with clients and health team members.

**Pre-requisite(s):** HRCA 1161, HRCA 1261, HRCA 2161

**HRCA 2265 Credits: 3****Community Practicum Total Hours: 90**

This practical course provides students with an opportunity to apply knowledge and skills from all other courses in the Health Care Assistant program with individuals and families in a community setting. Opportunity will be provided for students to become more familiar with the role of the Health Care Assistant within a Home Support Agency, Assisted Living facility or a Group Home, and gain abilities that will prepare graduates for employment in these settings. It is important that students understand the philosophy of community care settings and its emphasis on client choice and independence.

**Pre-requisite(s):** HRCA 1135, HRCA 2135, HRCA 2235

**HRCA 2291 Credits: 3****Advanced Comm Skills for CMC Total Hours: 60**

This course builds on concepts from other courses to assist with advanced approaches and strategies to communicate effectively with individuals experiencing cognitive or mental health challenges. The emphasis is on supporting clients by applying interpersonal communication strategies and trauma informed-practice to prevent and de-escalate responsive behaviors.

**Pre-requisite(s):** HRCA 1191, HRCA 1291, and either HRCA 2135 OR HRCA 1294