

Health Care Aide

26 Weeks

As Canada's baby boomers begin to contribute to the country's growing population of elderly people, the demand for health care aides is increasing. Our program prepares students for a rewarding career working with a range of patients, including the elderly, disabled and injured. Students in the program are trained in several ways to support patient care.

Careers

Health Care Aide

Home Care Attendant

Personal Support Worker

Flexibility

Multiple intakes throughout the year.

Practicum

Completion includes a compulsory six-week full-time practicum where students work alongside industry professionals.

Program Courses

Abuse/Caring for the Individual

Introduces students to the concepts of family violence and abuse. Students learn to recognize possible signs of abuse and the actions to take (including legal requirements) if abuse is suspected.

Assisting with Personal Care

Explores what's involved in daily personal practices such as bathing, toileting, grooming and dressing. Students learn about urinary & fecal elimination, monitoring/observations, complications, as well as assistive devices. Further topics include measuring height, weight and vital signs as well as the preparation and care required for a patient awaiting surgery.

Basic Medical Terminology/Anatomy & Physiology/Medical Conditions

Explores basic medical terms by combining medical prefixes, roots and suffixes. Students also

study body structure and the functions of the 11 major organ systems. As students move on to medical conditions, they learn about common diseases and disorders of the 11 organ systems.

Community Home Management/Meal Preparation

Develop the skills needed to assist the patient/client with their nutritional needs, dietary requirements/special diets as well as learn proper feeding techniques, household management and household activities. Students have the opportunity to prepare different dietary meals. Enteral Nutrition (tube feeding) and Intravenous Therapy is discussed along with guidelines for assisting patient/client with medications.

Computer Fundamentals

Provides a basic understanding of common computer applications, helps develop keyboarding skills as well as introduces students to the Windows operating system, including Microsoft Word, Excel, PowerPoint and Outlook. Students also learn to use the Internet and how to manage files and folders.

First Aid/CPR/NVCI

Positions a person to perform chest compressions and the exact process for properly administering the technique, as well as mouth-to-mouth rescue breathing and how to use an AED. The emphasis in Non-Violent Crisis Intervention (NVCI) training is on early intervention and non-physical methods for preventing or managing disruptive behavior. Personal Safety Techniques for staff are also demonstrated and practiced.

Ethics & Legalities of the Support Worker

Explores the goal and main responsibilities of the support worker. Students are introduced to the Canadian health care system and how to manage the stress, time and other challenges faced by healthcare professionals. Students identify the principles of health care ethics and legislation including understanding the patient's/client's rights.

Interpersonal Communication Skills

Explores the importance of communication and interpersonal skills in establishing and maintaining effective relationships with the patients/clients. Familiarizes students with different workplace settings, the individuals that you work with, the care plan process and confidentiality in the workplace.

Mental Health/Cognitive Impairment

Introduces students to common psychiatric and mental health disorders, substance abuse and the various ways that Health Care Aides can support patients or clients living with these disorders. Students learn the differences between confusion, delirium and dementia (e.g. Alzheimer's Disease) and the mental changes that are associated with them. Other related topics include speech, language, hearing, vision disorders, developmental disabilities and the impact these conditions have on the patient and their families.

Palliative Care/Promoting Client Well-Being

Introduces students to the concepts and techniques for promoting overall health and wellness. Topics include pain management, sleep disorders and their impact on the overall health of the patient. Students learn about the various types of wounds as well as possible complications, preventative measures and treatment options. Heat and cold therapy and the guidelines for their use and application will also be discussed. In Palliative Care, students explore ideas and theories that help better assist patients who are dying while providing support to their families.

Safety/Mobility/Infection

Explores best practices for patient/client safety and measures needed to protect the people in an aide's care. Students learn proper transfer and mobility techniques used in today's healthcare system. Time is spent in the lab practicing transfers and mobilization with the use of specialized equipment. Students learn common aseptic practices, chain of infection, personal protective equipment and how the procedures can be applied in clinical practice.

Employment and Career Management

Prepares students to conduct a thorough employment search strategy that incorporates personal marketing, assessment of skill inventories and an understanding of the job market in the relevant industry/sector. Throughout this course, students create or improve their resume, practice interview techniques, learn networking skills and how to successfully search for career-related employment.

Highlights

- Recognize abuse and care for the mental, emotional and physical well-being of clients
- Assist with the personal care and hygiene of clients
- Prepare meals and manage household activities
- Help clients dealing with mental health or cognitive impairment
- Recognize and assist with developmental disabilities, confusion, delirium, dementia and mental health illnesses
- Promote client well-being in a palliative care setting
- Transfer clients by using proper transfer and mobility techniques
- Care for and prevent various types of wounds, infections, and complications
- Effectively communicate with clients and their family members
- Navigate the healthcare system and become familiar with different workplace settings