

HEALTH CARE ASSISTANT (HCA)

Program Outline



HERITAGE COMMUNITY COLLEGE
VESTRI POSTERUS SATUS HIC

Brief Program Description and Goals

Heritage Community College's Health Care Assistant program prepares students to be a part of a health-care team in a variety of different settings, providing a high level of frontline care to clients in need of assistance. This program focuses on developing the core skills needed to care for clients in the health care field. Topics include personal care, assisting with mobility and feeding needs, communication, assisting with medication delivery, and clinical skills.

The Health Care Assistant program will prepare students to work in a variety of health-related work environments. Graduates of our Health Care Aide program can work in a variety of health care environments such as: acute care hospitals, long-term care facilities, group homes, assisted living facilities and in the community providing home care.

HCA's assist with promoting and maintaining the health, safety, independence, comfort, and well-being of their clients and their families. HCA's provide personal care assistance and services in a caring manner that recognizes and supports the unique care needs, abilities, and backgrounds of clients and their families. They work as members of a health care interdisciplinary team in a variety of settings with direction and supervision from regulated health care professionals. This program prepares students to meet these objectives.

The BC Care Aide & Community Health Worker Registry reviews and recognizes Health Care Assistant (HCA) programs in B.C. to ensure that they are following the provincial curriculum, implementing a common set of training standards and graduating competent front-line health care providers. Confirming that HCA's meet registration requirements is integral to the Registry's mandate of patient protection and improved standards of care.

Upon successful completion of the Health Care Assistant Program, under the supervision of a nurse, the graduate will show evidence of a beginning ability to:

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HCA Program Objectives

- Provide person-centred care and assistance that recognizes and respects the uniqueness of each individual client.
- Use an informed problem-solving approach to provide care and assistance that promotes the physical, psychological, social, cognitive and spiritual well-being of clients and families.
- Provide care and assistance for clients experiencing complex health challenges.
- Provide care and assistance for clients experiencing cognitive and/or mental health challenges.
- Interact with other members of the health care team in ways that contribute to effective working relationships and the achievement of goals.
- Communicate clearly, accurately and in sensitive ways with clients and families within a variety of community and facility contexts.
- Provide personal care and assistance in a safe, competent and organized manner.
- Recognize and respond to own self-development, learning and health enhancement needs.
- Perform the care provider role in a reflective, responsible, accountable and professional manner

Career Occupation (if applicable)

Upon completion of the program, graduates are qualified to work in any of the following health care areas:

- Complex Care
- Acute Care
- Home Support
- Assisted Living
- Group Homes
- Adult Day Care

Campus Location

Surrey

Students must meet all of the admissions requirements as listed below.

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Admission Requirements

- B.C. secondary school graduation or equivalent, or or mature student status 19 years of age
- Criminal record check (in accordance with the Criminal Records Review Act)

English Requirements:

English as First Language Speakers

- Evidence of one of the following: Proof of completion of Grade 10 English; or
- College courses determined to be equivalent to completion of Grade 10 English (or higher) by post-secondary institutions. Applicants must produce transcripts as evidence of completion. A minimum of a C grade is acceptable.
- Canadian Adult Achievement Test (CAAT): Reading Comprehension 35/50, Spelling 23/32
- Language Placement Index (LPI): The three individual scores (Sentence Structure, English Usage, and Reading Comprehension) must total a minimum of 20, out of a maximum possible score of 40. Essay level of 4, with a minimum essay score of 24/40
- Accuplacer: Grade 10 level or higher Cut Scores*: Reading Comprehension 60, Sentences Skill 55, Writeplacer 4

English as Second Language Speakers

****Either of the following assessments must have been completed within the last two years or last year:**

- Evidence of one of the following test scores: 1. The Test of English as a Foreign Language (TOEFL): test must be within the last two years, IBT only -- Overall score of 76 with no score lower than 20 in Speaking and Listening and no score lower than 18 in Reading and Writing
- International English Language Testing System (IELTS): Academic or General -- test must be within the last two years: Overall score of 6 with a minimum of 6 in Speaking and Listening and no score lower than 5.5 in Reading and Writing
- Canadian Language Benchmark Placement Test (CLB PT): test must be within the last year : Listening 7, Speaking 7, Reading 6 and Writing 6 - Note: a CLB Report Card from a LINC Program may also be accepted.

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- Canadian English Language Proficiency Index Program (CELPIP): Academic or General -- Academic: Aggregate score of 4L or better, with 4L or better in Speaking and Listening and 3H or better in Reading and Writing. General: CELPIP 7 or better in Speaking and Listening and CELPIP 6 in Reading and Writing
- Canadian Academic English Language Assessment (CAEL): Overall Score of 60, with no section less than 50 Passing

Pre-Practice Experience Requirements:

- A clear criminal record check (**Criminal Record Review Program**)
- Immunizations as per Practice Education Guidelines
 - Provide proof of a negative reaction to a TB skin test or a chest x-ray with a note from a physician stating that you are not contagious.
 - A note from a physician stating that you are mentally and physically able to perform duties normally associated with your chosen field.
 - It is strongly recommended that student immunizations remain current for **Hepatitis B., Measles, Mumps, Rubella, Tetanus, Polio and Diphtheria.**
 - **Minimum two doses of the Covid-19 Vaccine**
- Completion of Student Practice Education Core Orientation modules
- Completion of First Aid and CPR 'C' Certification
- Completion of Food Safe
- Completion of Workplace Violence Prevention Modules
- Completion of Student Practice Education Core Orientation Modules (SPECO)
- Successful completion of all theoretical courses with a minimum 70% grade in each course
- Successful demonstration of skills testing in preparation for practice experiences

Intake Model

Cohort-Based

Maximum number of students

16 students per cohort

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Method(s) of Evaluation

Evaluation of the students will be based on:

- Class participation (Group Discussion & Attendance)
- Projects: reports, presentations
- Quizzes and Assignments
- Final examination
- Lab Skills Competency Assessment
- Practicum assessment

Attendance Expectation: The FT students are required to attend the classes regularly from Monday to Friday for 5 hours a day and 25 hours a week for 20 weeks. The PT students are expected to attend on the weekends, for 6 hours each on Saturday and Sunday over 42 weeks.

Language of instruction

English

Completion Requirements

An overall average of 70% is required for the successful completion of all courses. Standard CPR (Level C), First Aid, FoodSafe, Health Authority required Student Practice Education Core Orientation and the Provincial Violence Prevention Modules will be completed during the program.

Program Duration

FT Instructional and Lab Application hours & weeks:
535 hours over 21 weeks.

There are 40 hours of external training in the program.

Practicum hours & weeks: 290 hours over 8 weeks

PT Instructional and Lab Application hours (SAT/SUN)

12 hours week over 46 weeks. There are 25 hours dedicated towards job preparation at the end of the program. See the program organization table on the last page.

Total Program: 890 hours inclusive theoretical content, external training, practice experiences, and job preparation, over 32 weeks.

Program Offering

Full-time and Part –time

Homework Hours

At minimum 5 hours of homework per week

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Delivery Method(s)

The courses are delivered:

- On-site delivery.
 - Distance delivery.
 - Combined delivery (on-site and distance.)
 - **Onsite theory and lab practice hours:**
 - HCA-COM: 50 hours
 - HCA-PCA: 160 hours
 - **Distance Delivery (synchronous) hours; Facilitated by Instructor**
 - HCA-IP: 30 hours
 - HCA-CP: 70 hours
 - HCA-LC: 30 hours
 - HCA-CHC: 95 hours
 - HCA-MHC: 60 hours
 - HCA-PALL: 40 hours
 - HCA-JP: 25 hours
 - SPECO Modules: 8 hours
 - Workplace Violence Prevention: 8 hours
 - **External Training (Third Party Vendor)**
 - Food Safe Certification: 8 hours
 - First Aid and CPR Certification: 16 hours
- Clinical Experience: 210 hours (5.5 weeks)
- Practicum Experience: 80 hours (2 weeks)

Work Experience

Third Party Agreement

Affiliation Agreements and/or Host Agreements for practicum placements are in place.

Required Course Materials

Required Textbooks:

1. Adler, Ronald B. and Proctor II, Russell F. (2014) *Looking Out, Looking In*, 14th Edition. Cengage Learning.
2. Jenkins, C. (2016). *Dementia Care at a Glance*. John Wiley & Sons Ltd.
3. Sorrentino S. A., Remmert, L., Wilk M. J., & R. Newmaster. *Mosby's Canadian Textbook for the Support Worker*. 5th Canadian Edition. Elsevier/Mosby Inc, 2022. Type: Textbook, ISBN: 978-1-926648-39-2
4. Sorrentino S. A., Remmert, L., Kelly, R.T., Wilk M. J., & Schuh, D. *Workbook to accompany Mosby's Canadian Textbook for the Support Worker*. 5th Canadian Edition. Elsevier/Mosby Inc, 2022. Type: Workbook, ISBN: 978-1-927406-58-8

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5. Integrating a Palliative Approach: Essentials for Personal Support Workers. ISBN: 9781926923048
6. Integrating a Palliative Approach: Essentials for Personal Support Workers – Workbook ISBN: 9781926923055

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Phase I Theoretical and Lab Application Courses	Hours
HCA-IP: Introduction to HCA Practice	30
HCA-CP: Concepts of Practice	70
HCA-COM: Health 1 Interpersonal Communication	50
HCA-LC: Health 2 Lifestyles and Choices	30
HCA-CHC: Healing 1: Common Health Challenges	95
HCA-MHC: Healing 2: Caring for Individuals Experiencing Cognitive and Mental Health Challenges	60
HCA-PALL: Palliative Care	40
HCA-PCA : Healing 3: Personal Care and Assistance	160
Phase II External Training Courses	
FoodSafe™ Level I	8
Standard First Aid with CPR C	16
Student Practice Education Core Orientation	8
Provincial Violence Prevention for Health Care Workers Modules	8
Phase III Practice Experience Courses	
HCA-CPE 400: Clinical Placement in Multi-Level and/or Complex Care	210
HCA-CPE 401 Practicum Experience in Home Support and/or Assisted Living	80
HCA-JP: Job Preparation for Health Care Workers	25
Total Hours	890