



COURSE OUTLINE
SCHOOL OF NURSING
Personal Support Worker Program

COURSE NAME: ASSISTING A PERSON WITH MOBILITY
COURSE CODE: CARE 1043
CREDIT HOURS: 28
PREREQUISITES: NONE
COREQUISITES: NONE
EFFECTIVE DATE: January 2010
PROFESSOR: Cynthia McNairn Room: 614
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PLAR ELIGIBLE: YES () NO (X)

NOTE TO STUDENTS: Academic Departments at George Brown College will **NOT** retain historical copies of Course Outlines. We urge you to retain this Course Outline for your future reference.

FOR OFFICE USE ONLY	
ORIGINATOR: <u>Cindy McNairn</u>	<u>September 1997</u>
SIGNATURE	DATE
CHAIR: _____	_____
SIGNATURE	DATE
DATE OF REVISION: <u>September 2008</u>	_____

EQUITY STATEMENT: George Brown College values the talents and contributions of its students, staff and community partners and seeks to create a welcoming environment where equity, diversity and safety of all groups are fundamental. Language or activities which are inconsistent with this philosophy violate the College policy on the Prevention of Discrimination and Harassment and will not be tolerated. The commitment and cooperation of all students and staff are required to maintain this environment. Information and assistance are available through your Chair, Student Affairs, the Student Association or the Human Rights Advisor.

STUDENT RESPONSIBILITIES: Students should obtain a copy of the Student Handbook and refer to it for additional information regarding the grading system, withdrawals, exemptions, class assignments, missed tests and exams, supplemental privileges, and academic dishonesty. Students are required to apply themselves diligently to the course of study, and to prepare class and homework assignments as given. Regular attendance, though not a requirement, is strongly advised. Past student performance shows a strong relationship between regular attendance and success.

COURSE DESCRIPTION:

In this course the student learns the importance of practicing good body mechanics in all aspects of the work of a Personal Support Worker. Practicing good body mechanics ensures the safety and comfort of both client and worker. In order to reduce client anxiety, confusion and dependency, proper transfer, lifting techniques, positioning techniques, care and use of equipment are taught and practiced. Students also learn how to assist clients with ambulation, walking aids and assistive devices.

ESSENTIAL EMPLOYABILITY SKILLS:

As mandated by the Ministry of Training, Colleges and Universities essential employability skills (EES) will be addressed throughout all programs of study. Students will have the opportunity to **learn (L)** specific skills, to **practice (P)** these skills, and/or **be evaluated (E)** on the EES outcomes in a variety of courses. The EES include communication, numeracy, critical thinking & problem solving, information management, interpersonal and personal skills. The faculty for this course has indicated which of the EES are either Learned (L), Practiced (P) or Evaluated (E) in this course:

Skill	L	P	E	Skill	L	P	E
1. to communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience	X	X		7. to locate, select, organize and document information using appropriate technology and information sources	X	X	X
2. to respond to written, spoken or visual messages in a manner that ensures effective communication	X	X		8. to show respect for the diverse opinions, values, belief systems, and contributions of others	X	X	
3. to execute mathematical operations accurately				9. to interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals	X	X	X
4. to apply a systematic approach to solve problems	X	X	X	10. to manage the use of time and other resources to complete projects			
5. to use a variety of thinking skills to anticipate and solve problems.	X	X	X	11. to take responsibility for my actions, decisions and consequences	X	X	X
6. to analyze, evaluate, and apply relevant information from a variety of sources	X	X	X				

COURSE OUTCOMES:

Upon completion of this course, the student will have demonstrated ability to:

1. Demonstrate knowledge of how the musculo-skeletal system works, including normal aging, changes in function and responses to common conditions.
2. Identify use and care for equipment, common accessory or assistive devices as identified by the client or in the support/care plan.
3. Identify common prosthetic devices, their use and care.
4. Demonstrate how to assist the client to move from one place to another using the appropriate transfer techniques and equipment.
5. Demonstrate proper positioning and repositioning in bed and chair for comfort and safety of the client.
6. Demonstrate range of motion exercises.
7. Demonstrate ambulation techniques in keeping with the client's wishes and/or the support/care plan.
8. Identify and demonstrate good body mechanics to prevent injury to both self and the client.

DELIVERY METHODS:

The methods of instruction will be based on a variety of methodologies appropriate to adult education, which include: lecture, large and small group discussion, supported with videos and films, and independent learning. Lab work will be used to practice the new skills learned.

LIST OF TEXTBOOKS AND OTHER TEACHING AIDS:

1. Text: Sorrentino, S., Mosby's Canadian Textbook for the Support Worker. (2nd Ed). Elsevier: 2008.
2. Handouts on blackboard/webct

TESTING AND ASSIGNMENT POLICY:

E-mailed assignments will not be accepted.

Students are expected to write all tests, quizzes and the final examination when scheduled. If a particular test, quiz or final examination cannot be written because of **documented medical reasons, students must notify the professor immediately**, and a make-up may be written; otherwise, a mark of zero will be recorded.

Assignments should be type written unless otherwise directed by the professor.

Assignments handed in late will follow the policies of the School of Nursing. **Students must ask for an extension prior to the due date**, if no extension is granted and the assignment is late 5% of the mark will be deducted per day up to 5 days late after that students will be given a grade of zero.

Students are advised to keep all marked assignments, course work , and course outlines. In cases of disagreement over marks or work completion, the assignments must be produced by the student. Except in exceptional and documented circumstances, work performed in class cannot be made up.

EVALUATION SYSTEM:

Attendance at all scheduled classes is imperative. Students missing 2 consecutive classes or 50% of the course material may be asked to complete a make up assignment; repeat the classes missed or repeat the entire course, as determined by the teacher in consultation with the promotions committee.

Students who do not attend the lab will not be eligible for field practice. Students must be able to demonstrate acceptable ability in mobility skills learned.

The course grade will consist of the following:

Assessment Tool:	Description:	Outcome(s) assessed:	EES assessed:	Date / Week:	% of Final Grade:
Test	Short answer; multiple choice covering material from wk 1-2	1,2,3	1,2	3	40%
Test	Short answers applying theory from weeks 3-5	1,2,3	1,2	7	45%
Assignment					15%
Demonstration lab	Compulsory Attendance and Satisfactory performance				P/NP
Total				TOTAL:	100%

GRADING SYSTEM

The passing grade for this course is: C- or 60%

A+	90-100	4.0	B+	77-79	3.3	C+	67-69	2.3	Below 60	F	0.0
A	86-89	4.0	B	73-76	3.0	C	63-66	2.0			
A-	80-85	3.7	B-	70-72	2.7	C-	60-62	1.7			

Excerpt from the College Policy on Academic Dishonesty:

The *minimal* consequence for submitting a plagiarized, purchased, contracted, or in any manner inappropriately negotiated or falsified assignment, test, essay, project, or any evaluated material will be a grade of zero on that material.

To view George Brown College policies please go to www.georgebrown.ca/policies

TOPICAL OUTLINE:

Week	Topic	Out-come	Content	Chapter/Reference
Class 1	Musculoskeletal System and Diseases	#1	Age related changes Conditions of the Musculoskeletal System	Text Pages: 184-187 242, 256-265 Handouts from blackboard/webct Video: Osteoporosis
Class 2 2 hour class 2 hour lab	Exercise and Activity Range of Motion Purposes; theory; Range of Motion exercises	#1 #6 #7	Complications of immobility Pressure ulcers and skin care Terminology Range of Motion *Mandatory*	429-430 795-803 395-397 434 – 437 438 – 445 Video: Range of Motion, Handouts from WebCT
Class 3	Quiz #1 Rehabilitation Process	#2, #3	Accessory and Adaptive Devices Prosthetic devices	632 -634 423-424
Class 4	Body Mechanics Transfer Techniques	#4, 5, 6, 7, 8	Body Mechanics Ambulation Care of equipment Group work	394 Videos: Back Care, Transfer techniques
Class 5 4	Transfer Techniques Range of Motion exercises	#4, 5, 6, 7, 8	use of Hoyer/ Mechanical Lift demonstration and practice *Mandatory* Students sign up for testing times with their assigned partner.	
Class 6	Redemonstration Lab/Testing		It is the student's responsibility to make sure they have signed up	
Week 7	Final Test		Test	