

**School of Nursing – Health Care Assistant Program**

Dual Credit On-Campus Program Option for Secondary School students in **Grade 11** (as of Sept. 2011)

Contact Person: Anne MacDonald (office phone: 250-828-5186; email: [amacdonald@tru.ca](mailto:amacdonald@tru.ca))

Note: Post-secondary training begins September 2012 or January 2013 at the TRU Kamloops campus

Program	Description	Schedule/Seats
<p><b>Health Care Assistant Certificate</b></p>	<p>This 24 week program is designed to prepare the graduate to function, under supervision, as a Health Care Assistant. Learned skills will be applied in the community utilizing local personal care settings, residential care facilities and in private homes. The focus will be on training the health care workers to assist the client in meeting his/her basic physical, emotional, environmental and social needs. Students learn to provide practical assistance to help maintain the client's maximum independence within the limits of his/her ability.</p> <p>The first 12 weeks of this program are spent in the classroom, nursing lab, and facilities days. The last 12 weeks are spent in the clinical setting with several class days. We do not return to class when the practicum is completed.</p> <p><b>Professional Communication and Professional Conduct is an expectation at all times, in and out of the classroom.</b></p> <p align="center"><b>How to Apply for this Program:</b></p> <p>TRU invites grade 11 students to submit a TRU-Start Application to their school counsellor (Trades and Transitions Coordinator for SD#73) by November 25, 2011. Students will include with their application their grade 10 transcript and the TRU application processing fee (currently \$25.50), specifying whether they wish to attend the September 2012 or the January 2013 Health Care Assistant program. <b><u>5 seats per intake will be available for these applicants.</u></b> To be offered a program seat, applicants must successfully pass the Accuplacer exam within 2 months of applying to the program. The remaining requirements (shown below) must be completed and submitted to TRU Admissions <b>as soon as possible</b>, but not later than 10 weeks prior to program start date. <b>Note: program seats are assigned when all of the application requirements are completed.</b></p> <p>The TRU Admissions Department will mail a Health Care Assistant program package to these applicants. The program package will explain the remaining program entrance requirements (and the order in which they should be completed), such as:</p> <ul style="list-style-type: none"> <li>• Red Cross Emergency First Aid (or equivalent eg 1<sup>st</sup> aid with CPR Level C)</li> <li>• Food Safe Level 1 certification</li> <li>• attend a TRU orientation session and a tour of a care facility (both organized by TRU faculty)</li> <li>• up to date immunizations and criminal record check</li> <li>• Transcript showing completion of grade 11 and 12 core courses</li> </ul> <p align="center">(Program description continued on next page)</p>	<p><b><u>Two intakes:</u></b> September 2012 – March 2013</p> <p align="center"><b>- or -</b></p> <p>January 2013 – June 2013</p> <p><b>5 seats / intake</b></p> <p>Monday – Friday</p> <p><b>Class days:</b> 8:30/9:00am – 3:00/3:30pm</p> <p><b>Lab days:</b> 8:30/9:00am – 3:00/3:30pm</p> <p><b>Clinical days:</b> 7:00/7:30am – 2:30/3:00pm (there are some 3:00 – 11:00pm Evening shifts)</p> <p><b>Home support practicum:</b> -split shifts, students work 6-8 hrs/day between 6:30am – 6:30pm (students are responsible for their own transportation)</p>

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Program	Description (continued)
	<p>It is very important that you complete these entrance requirements <b>as soon as possible</b>, but not later than 10 weeks prior to the start-date of your program, at which time you will be assigned a program seat.</p> <p>It is suggested that the students should be in good physical health. It is important that the prospective Health Care Assistant demonstrate a caring and interested attitude toward the elderly and physically challenged and be willing to work with these clients and their families to encourage independence.</p> <p>Flexibility, maturity and a sense of humour are very desirable. The prospective student is strongly advised to volunteer in a Continuing Care facility and to talk to a Home Support Worker before registering for the program.</p> <p>The Health Care Assistant certificate can be used for the following TRU Programs: Bachelor, Science of Nursing: Students with the Health Care Assistant certificate will receive credit for NURS 1170: Relational Practice 1: Self and Others.</p> <p>Licensed Practical Nursing programs vary throughout the province in granting credit for the Health Care Assistant certificate. The credit possibilities can be theory courses; practice experience; a combination of both; or no credit granted.</p> <p>If you have any questions, please contact the TRU Health Care Assistant Coordinator: Anne MacDonald, at: (250) 828-5186; email: <a href="mailto:amacdonald@tru.ca">amacdonald@tru.ca</a>.</p> <p align="center"><b>Costs:</b></p> <ul style="list-style-type: none"> <li>• <b>TRU Tuition:</b> Presently, the approximate cost is \$2,070 <b>which SD#73 will pay for SD#73 students!</b></li> <li>• <b>Student Costs: Are the responsibility of the student/parent, and cost approximately:</b> <ul style="list-style-type: none"> <li>- \$25.50 TRU application processing fee</li> <li>- \$35 TRU Accuplacer exam fee</li> <li>- \$730 TRU ancillary fees and U-Pass (bus pass)</li> <li>- \$1,200 books, shoes, uniform, parking, First Aid course, Food Safe course, etc.</li> </ul> <p>Please see a detailed list of costs on the web page: <a href="http://www.tru.ca/nursing/hs_rcarequire/hrsca_program_info/costs.html">http://www.tru.ca/nursing/hs_rcarequire/hrsca_program_info/costs.html</a></p> </li> </ul> <p align="center">The Health Care Assistant Program consists of the following nine courses: (note: courses can not be taken individually: all nine courses must be taken as one program)</p>

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Contact Person: Anne MacDonald (office phone: 250-828-5186; email: [amacdonald@tru.ca](mailto:amacdonald@tru.ca))

Course	Description
HEAL 1000 Health 2: Lifestyle and Choices (40 hours) 3 credits	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.
HEAL 1010 Health and Healing: Concepts for Practice (35 hours) 2 credits	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-centered care, basic human needs, human growth and development; and 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.
HEAL 1050 Health 1: Interpersonal Communications (60 hours) 3 credits	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-centered care, basic human needs, human growth and development; and 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.
HEAL 1100 Health Care Assistant: Introduction to Practice (55 hours) 3 credits	This course provides an introduction to the role of the HCA within the British Columbia health care system. Students will be introduced to the healthcare team and the roles and functions of the HCA within the team. Students will also have opportunities to develop self-reflective skills required for competent practice
HEAL 1150 Healing 3: Personal Care and Assistance (85 hours) 4 credits	<p>This practical course offers students the opportunity to acquire personal care and assistance skills within the parameters of the HCA role. The course is comprised of class and supervised laboratory experiences which assist eh student to integrate theory from other courses to develop care-giver skills that maintain and promote the comfort, safety and independence of individuals I community and facility contexts.</p> <p>This course will include viewing A/V materials; group activities, seminars. Students will actively participate in lab demonstrations and lab practise. Students will practice skills in facility settings.</p>

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Course	Description
HEAL 1200 Healing 1: Caring for Individuals experiencing common health challenges (50 hours) 3 credits	This course introduces students to the normal structure and function of the human body and normal bodily changes with aging. Students will explore common challenges to health and healing in relation to each body system. Students will also explore person-centered practice as it relates to the common challenges to health and, in particular to end of life care.
HEAL 1250 Practice Experience in Home Support and/or Assisted Living (90 hours) 4 credits	This practice 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 HCA within a Home Support Agency gaining abilities that will prepare graduates to assume the role of Community Health Worker.
HEAL 1300 Practice Experience in Multi-Level and/or Complex Care (200 hours) 6 credits	This supervised practice experience provides students with an opportunity to apply knowledge and skills from all other courses in the program with individuals in a multi-level or complex care setting. A portion of this clinical experience will be devoted to working with individual's experiencing cognitive challenges. Opportunity will be provided for students to gain expertise and confidence with the role of the HCA within a continuing care facility.
HEAL 1350 Healing2: Caring for Individuals Experiencing Cognitive or Mental Challenges (45 hours) 3 credits	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 or mental challenges. Emphasis is on recognizing the behaviours and identifying person-centered intervention strategies.

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<p><b>Health Care Assistant Certificate</b></p>	<p>This 24 week program is designed to prepare the graduate to function, under supervision, as a Health Care Assistant. Learned skills will be applied in the community utilizing local personal care settings, residential care facilities and in private homes. The focus will be on training the health care workers to assist the client in meeting his/her basic physical, emotional, environmental and social needs. Students learn to provide practical assistance to help maintain the client's maximum independence within the limits of his/her ability.</p> <p>The first 12 weeks of this certificate program are spent in the classroom, nursing lab, and facilities days.                      The last 12 weeks are spent in the clinical setting with several class days. We do not return to class when the practicum is completed.</p> <p><b>Professional Communication and Professional Conduct is an expectation at all times, in and out of the classroom.</b></p> <p style="text-align: center;"><b>How to Apply for this Program:</b></p> <p>TRU invites grade 11 students to submit a TRU-Start Application to their school counsellor (Trades and Transitions Coordinator for SD#73) by November 26, 2010. Students will include with their application their grade 10 transcript and the TRU application processing fee (currently \$25), specifying whether they wish to attend the September 2010 or the January 2011 Health Care Assistant program. <b><u>5 seats per program intake will be reserved for these applicants</u></b> to allow them time to complete the remaining entrance requirements. To maintain a reserved program seat, TRU-Start applicants will submit successful Accuplacer exam results to TRU Admissions prior to the end of March 2011. Then the remaining requirements (shown below) must be completed and submitted to TRU Admissions 10 weeks prior to program start date to retain reserved seat.</p> <p>The TRU Admissions Department will mail a Health Care Assistant program package to these applicants. The program package will explain the remaining program entrance requirements (and the order in which they should be completed), such as:</p> <ul style="list-style-type: none"> <li>• Red Cross Emergency First Aid (or equivalent)</li> <li>• Food Safe Level 1 certification</li> <li>• attend a TRU orientation session and a tour of care facility (both organized by TRU faculty)</li> <li>• personal health questionnaire (good health is recommended for this program)</li> <li>• up to date immunizations and criminal record check</li> <li>• Transcript showing completion of grade 11 and 12 core courses</li> </ul>	<p><b><u>Two intakes:</u></b>                      September 2011 –                      March 2012</p> <p style="text-align: center;">- or -</p> <p>January 2012 –                      June 2012</p> <p><b>5 seats / intake</b></p> <p>Monday – Friday</p> <p><b>Class days:</b>                      8:30/9:00am –                      2:30/3:00pm</p> <p><b>Lab days:</b>                      8:30/9:00am –                      2:30/3:00pm</p> <p><b>Clinical days:</b>                      7:00/7:30am –                      2:30/3:00pm                      (there are some                      3:00 – 11:00pm                      Evening shifts)</p> <p><b>Home support practicum:</b>                      -split shifts,                      students work                      6-8 hrs/day                      between                      6:30am – 6:30pm                      (students are                      responsible for                      their own                      transportation)</p>

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	<p>It is very important that these entrance requirements are completed and submitted to TRU Admissions 10 weeks prior to the start-date of your program in order to maintain your reserved program seat.</p> <p>It is suggested that the students should be in good physical health.</p> <p>It is important that the prospective Health Care Assistant demonstrate a caring and interested attitude toward the elderly and physically challenged and be willing to work with these clients and their families to encourage independence.</p> <p>Flexibility, maturity and a sense of humour are very desirable.</p> <p>The prospective student is strongly advised to volunteer in a Continuing Care facility and to talk to a Home Support Worker before registering for the program.</p> <p>The Health Care Assistant certificate can be used for the following TRU Programs:            Bachelor, Science of Nursing: Students with the Health Care Assistant certificate will receive credit for NURS 117: Relational Practice 1: Self and Others.</p> <p>Licensed Practical Nursing programs vary throughout the province in granting credit for the Health Care Assistant certificate. The credit possibilities can be theory courses; practice experience; a combination of both; or no credit granted.</p> <p>If you have any questions, please contact the TRU Health Care Assistant Coordinator:            Anne MacDonald, at: (250) 828-5186; email: <a href="mailto:amacdonald@tru.ca">amacdonald@tru.ca</a>.</p> <p align="center"><b>Costs:</b></p> <ul style="list-style-type: none"> <li>• <b>TRU Tuition:</b>                Presently, the approximate cost is \$2,040 <b>which SD#73 will pay for SD#73 students!</b></li> <li>• <b>TRU Ancillary fees and TRU U-Pass:</b>                TRU is currently seeking a funding extension from the Southern Interior Development Initiative Trust (SIDIT), which if granted, will pay for your TRU student ancillary fees and U-Pass for this program. If SIDIT does not grant TRU a funding extension, you or your parent/guardian will be responsible for the approximate cost of \$660 for these fees, and if you live in a rural area, you will not be able to submit a request for SIDIT funding to assist with your travel or relocation costs. TRU will advise your school district, and your school district will advise you, once SIDIT has decided whether they will grant this funding extension to TRU.</li> <li>• <b>Student Costs: Are the responsibility of the student/parent, and cost approximately:</b> <ul style="list-style-type: none"> <li>- \$25 TRU application processing fee</li> <li>- \$35 TRU Accuplacer exam fee</li> <li>- \$1,200 books, shoes, uniform, parking, First Aid course, Food Safe course, etc.</li> </ul>               Please see a detailed list of costs on the web page:  <a href="http://www.tru.ca/nursing/hs_rcarequire/hrsca_program_info/costs.html">http://www.tru.ca/nursing/hs_rcarequire/hrsca_program_info/costs.html</a> </li> </ul> <p align="center">The Health Care Assistant Program consists of the following nine courses:            (note: courses can not be taken individually: all nine courses must be taken as one program):</p>

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