



## **PROGRAM OUTLINE**

### **HEALTH CARE ASSISTANT PROGRAM**

PREPARED BY: Kim Diamond, Instructor/Coordinator

DATE: February 6, 2025

APPROVED BY: Andrew Richardson, Dean Applied Arts

DATE: Click or tap to enter a date

APPROVED BY SENATE: 2009

RENEWED BY SENATE: Click or tap to enter a date



This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/>.

**PLEASE NOTE:** It is strongly recommended that you save your course outline to help establish credit for further study in other institutions.

---

## HEALTH CARE ASSISTANT PROGRAM

---

### PROGRAM DESCRIPTION

The Health Care Assistant (HCA) is a one-year certificate program that offers the theory and practice associated with providing personal care and support to individuals within the community and in residential facilities. Personal care and support includes; emotional support, assistance with personal hygiene and other activities of daily living, upkeep of home, food preparation and family care. Theory and practice are planned to prepare graduates to work as caring individuals who assist clients/residents to achieve maximum independence in daily living.

The overarching, primary concept is **CARING** and is supported by the foundational concepts of **SAFETY, CRITICAL THINKING & DECISION MAKING, and PROFESSIONAL APPROACHES TO PRACTICE**. These provide the underpinnings for the knowledge and skills that learners gain within the program

Some courses are shared (cored) with other programs in the University to increase options for students who wish to further their education. This multidisciplinary approach promotes readiness for employment in the community by developing the ability to function effectively within teams.

Practical application of learning is basic to the program and students will be learning and working in the community throughout the program. Classroom learning and sharing will prepare students for work experience while work experience will enhance learning in the classroom.

### DURATION

- This certificate program consists of 14 courses (39 credits) plus other mandatory workshops (HCA orientation, and various other workshops)
- The program has an orientation at the end of August and runs from September to end of April/ mid May, with a short break in December.

*FOR 2025-26 the program may be extended into May/ June due to staffing shortages in practicum facilities and possibly as a result of COVID-19 outbreaks in practicum facilities*

## ADMISSION REQUIREMENTS

English 11 (min 65%) and Math 10 (Applications, Principles, or Foundations and Pre-Calculus) (min. 65%)

**OR**

Mature Student Status with acceptable scores on College Assessment Tests (writing, reading & Math) or the GED test

**AND**

- Current Standard First Aid/CPR-C
- Current Food Safe Level 1 certificate
- Current Adult Immunization
- Current acceptable Criminal Records Check (vulnerable sector)
- WHMIS 2024 compliant
- *Plus* attend an HCA information session

*It is Advantageous to have basic computing skills-as this is a program expectation. The University will not assess this for entry into the HCA program.*

## GRADUATION REQUIREMENTS

All program courses must be completed satisfactorily, meaning all evaluative components, for each course, must have a passing grade (usually minimum 50%). Students must successfully complete all the courses with a minimum grade point average of 2.0 in order to graduate.

Yukon University recognizes that a greater understanding and awareness of Yukon First Nations history, culture and journey towards self-determination will help to build positive relationships among all Yukon citizens. As a result, all Yukon University graduates must achieve core competency in knowledge of Yukon First Nations (YFNCC).

Students in the HCA program are required to **complete the YFN 101 course AND attend various workshops** with indigenous knowledge/perspectives related to Health Care.

## EMPLOYMENT

Upon completion of the program, graduates are prepared to work in a variety of practice settings including home support, assisted living, residential/complex care, special care units, other home and community care settings and acute care.

---

## LEARNING OUTCOMES for HCA Program

Upon completion of the HCA Program, graduates will be able to:

1. Provide person-centered care and assistance that recognizes and respects the uniqueness of each individual client.
2. 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.
3. Provide care and assistance for clients experiencing complex health challenges.
4. Provide care and assistance for clients experiencing cognitive and/or mental health challenges.
5. Interact with other members of the health care team in ways that contribute to effective working relationships and the achievement of goals.
6. Communicate clearly, accurately and in sensitive ways with clients and families within a variety of community and facility contexts.
7. Provide personal care and assistance in a safe, competent and organized manner.
8. Recognize and respond to own self-development, learning and health enhancement needs.
9. Perform the care provider role in a reflective, responsible, accountable and professional manner.

## INSTRUCTOR CREDENTIALS & EXPERIENCE

Theory & Lab courses will be taught by Registered Nurses with experience in nursing and education or by content experts with experience in education. Practicum instructors will be Registered Nurses or possibly Licensed Practical Nurses with appropriate experience and knowledge of nursing and education. Faculty will provide coordination amongst theory and practicum instructors to ensure integration of knowledge and practice

## PROGRAM DELIVERY

The HCA program is delivered in person at Ayamdigut. *The program **does not provide online/blended delivery** – students must be in class face to face. Having access to computer equipment/set up at home is beneficial for meetings that may occur outside of class time.*

**PROGRAM COSTS**

	Fall Semester (2025)	Winter Semester (2026)
	Aug. 25 to Dec. 20, 2025	Jan. 6 to May 31, 2026
Tuition	\$3,278	\$2,533
Student Union Fee	55	55
Technology Fee	105	105
Activity Fee	37	37
HCA Program Activity Fee	90	n/a
<b>Total</b>	<b>\$3,565</b>	<b>\$2,730</b>

PLUS: Textbooks and supplies will cost approximately \$1,200 per semester. Additional ancillary fees for specific courses may apply.

**COURSE WORK OUTLINE**

Workshop A	Critical Thinking/Decision Making	4 hours
Workshop B	Safety	4 hours
HCA 100	Health & Healing A - Concepts for Practice	30 hours
HCA 101	Health & Healing B - Concepts for Practice	45 hours
COMM 125	Interpersonal Relationships & Communication Skills	45 hours
HCA 111	Health 2 - Lifestyle & Choices	45 hours
HCA 102	Introduction to Practice	45 hours
HCA 120	Healing 1A - Common Health Challenges	45 hours
HCA 121	Healing 1B - Common Health Challenges	45 hours
HCA 122	Healing 1C - Common Health Challenges	30 hours
HCA 130	Healing 2A - Cognitive or Mental Health Changes	30 hours
HCA 131	Healing 2B - Cognitive or Mental Health Changes	30 hours
HCA 140	Healing 3A - Personal Care & Assistance	60 hours
HCA 141	Healing 3B - Personal Care & Assistance	60 hours
HCA 150	Practicum: Home Care & Assisted Living	60 hours
HCA 160	Practicum: Multi-Level, Complex & Dementia	210 hours

TERM 1 courses. HCA 101, 111, 120, 121, 130, 140, 160

Term 2 courses: HCA 122, 131, 141, 102, 141, 150, COMM 125 & HCA 160(continued)

**PLUS: Various Workshops:**

*Residential Schools and Caregiver workshop, Blanket exercise workshop, Lift Inservice,*

---

*Documentation Inservice, HIPMA Inservice, Dementia Toolkit, Foot Care workshop. etc.*  
HCA students are expected to treat each other with respect and abide by the Yukon University Code of Conduct while they are learning in class, lab and at practicum.

### **PRACTICUM CHALLENGE**

The practicum challenge enables students who are working as nursing home attendants or home support workers to receive recognition for current skills by challenging the practicum component of the program which relates to their work situation. The challenge will be developed when requested to meet the needs of appropriate candidates.

#### ***Important INFORMATION for Students:***

- You must have appropriate working apparel (details will be provided in class)
  - Provide their own transportation to & from work experiences.
- 

#### **NOTE:**

The work of a Health Care Assistant requires physical and emotional readiness. Students need to be able to:

- maintain effective communication with residents/clients, families and staff;
- provide personal care;
- lift and move residents;
- work with a variety of equipment;
- spend long periods of time on their feet while engaged in physically active work;
- be prepared to work; day, evening and night shifts.

As well, they may be exposed to diseases in the course of the work with patients in continuing care and in the community. Working with people requires that a student is able to remain effective in stressful situations.

### **PROGRAM TRANSFER/EQUIVALENCY**

- Transfer/Equivalency/Accreditation not yet formalised.
- The Health Care Assistant program follows the British Columbia's HCA provincial curriculum with some additions and adaptations to enhance relevancy to a Northern context
- Some courses are cored with other Yukon University programs
- Student graduating from YU with HCA certificate who then move to another jurisdiction will have to meet requirements of that province/territory to work [as each jurisdiction may have differing requirements to practice]

## COURSE DESCRIPTIONS

### HCA 100 Health & Healing A 30/0/0 (2)

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 HCA. The course focuses on concepts of caring and person-centred care as they relate to health and healing. Students will also be introduced to a problem-solving model that will be critical to their practice.

### HCA 101 Health & Healing B 45/0/0 (3)

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 HCA. The course focuses on concepts of basic human needs and human development; family, culture and diversity as they relate to health and healing.

### COMM 125 Interpersonal Communications Skills 45/0/0 (3)

Through guided reflection students are invited to analyze the ways they currently use communication, considering the contextual factors that impact professional relationships. Continuous analysis supports further development of their communication skills. Practice and feedback encourage students to become active, intentional and self-aware communicators. This course fosters a foundation for relational practice in northern workplaces.

### HCA 111 Health 2 - Lifestyle & Choices 45/0/0 (3)

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.

### HCA 102 Introduction to Practice 45/0/0 (3)

This course provides an introduction to the role of the HCA within the Yukon health care system. Students will be introduced to the ethical and legal issues in health care, the healthcare team and the roles and functions of HCA 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



**HCA 120 Healing 1 A - Common Health Challenges 45/0/0 (3)**

This course introduces students to the normal structure and function of the human body and normal bodily changes associated with aging, prevention of infection, and nutrition and healing.

**HCA 121 Healing 1 B - Common Health Challenges 45/0/0 (3)**

Students will explore common challenges to health and healing in relation to each body system. Students will also be encouraged to explore person-centred practice as it relates to the common challenges to health.

**HCA 122 Healing 1 C - Common Health Challenges 30/0/0 (2)**

This course focuses on to end-of-life care and the role of the HCA in Hospice and Palliative Care.

**HCA 130 Healing 2 A - Cognitive Challenges 30/0/0 (2)**

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 challenges, specifically dementias and elder abuse. Emphasis is on recognizing behaviours and identifying person-centred intervention strategies.

**HCA 131 Healing 2 B - Mental Challenges 30/0/0 (2)**

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 mental challenges, specifically common disorders and suicide. Emphasis is on recognizing behaviours and identifying person-centred intervention strategies.

**HCA 140 Healing 3 A - Personal Care and Assistance 60/0/0 (4)**

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 in-class theory 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. This course will focus on basic knowledge and skills.

**HCA 141 Healing 3 B - Personal Care and Assistance 60/0/0 (4)**

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 in-class theory 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. This course will focus on basic knowledge and skills.

**HCA 150 Clinical Placement/Practicum: Home Care & Assisted Living 0/0/60 (1)**

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 and gain abilities that will prepare graduates to assume the role of a Home Support Worker.

**HCA 160 Clinical Placement/Practicum: Multi-Level, Complex & Dementia 0/0/210 (4)**

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 individuals 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.

**APPENDIX: Completion Schedule N/A**

---