

Course: AH 111

Also Listed As:

Term Effective: 200970, INACTIVE COURSE

Short Title: HEALTH OCCUP/ADV

Full Title: Survey of Health Occupations/Advanced

<u>Contact Hours/Week</u>	<u>Units</u>	<u>Number of Weeks</u>	<u>Total Contact Hours</u>
Lecture: 4	6	17.34	Lecture: 69.36
Lab: 6			Lab: 104.04
Other: 0			Other: 0
Total: 10			Total: 173.4

Credit Status: D - Credit - Degree Applicable

Grading Modes: L - Standard Letter Grade

Repeatability: N

Schedule Types: 02 Lecture and/or discussion  
 03 Lecture/Laboratory  
 04 Laboratory/Studio/Activity

Course Description:

Course provides advanced theory and skills necessary to enter health related occupations. Emphasis will be on learning to take temperature, pulse, respiration and blood pressure, medical asepsis, isolation technique, body mechanics, first aid, fire safety, patient charting, psychological changes in ill clients, job finding skills and cardiopulmonary resuscitation of the adult, infant, and child. At the completion of this course students will receive an American Red Cross CPR card and a certificate of completion for Survey of Health Occupations/Advanced. PREREQUISITE: Successful completion of Allied Health 110 with a grade of C or better or equivalent. Equivalency determined by written and performance exams.

## ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199030

UC TRANSFER:

Not Transferable

## PREREQUISITES:

Completion of AH 110, as UG, with a grade of C or better.

## COREQUISITES:

## STUDENT LEARNING OUTCOMES:

Upon completion of this course, students will:  
acquire basic skills and knowledge for entry level health care occupations.

## COURSE OBJECTIVES:

WEEK 1 1. Define vital signs

2. List 14 factors that influence body temperature.

3. Match the normal temperature to the site where it is taken.

4. Demonstrate how to take an oral, rectal, and axillary temperature.

5. Convert temperatures from Centigrade to Fahrenheit and Fahrenheit to Centigrade.

6. Name the temperature site that is most accurate and least accurate.

7. Name the most common site to take a temperature.

8. Define pulse.

9. Identify sites where pulse may be taken.

10. Identify a normal adult pulse rate and common method of taking a pulse.

11. List six factors which influence pulse rate.

12. Demonstrate taking and recording a radial pulse accurately.

13. Recognize the two parts of respiration.

14. Relate four types of abnormal respiration to their correct names.

15. Select 8 factors that affect respiration.

16. Demonstrate how to take and record respirations accurately.

17. Explain the importance of not being obvious when counting respirations.

WEEK 2 1. Define blood pressure.

2. Match descriptions of systolic & diastolic blood pressures.

3. List four factors that increase blood pressure.

4. List four factors that reduce blood pressure.

5. Demonstrate how to take a blood pressure accurately.

6. State the normal range for blood pressure.

WEEK 3 1. Match terms related to microorganisms with their definitions.

2. List two ways microorganisms are spread and examples of each.

3. List three ways microorganisms cause illness.

4. List five ways to prevent the spread of microorganisms.

5. Define medical asepsis.

6. Match terms related to medical asepsis with their meanings.

7. List five aseptic techniques.

8. Differentiate between bacterial and bacteriostatic.
  9. Demonstrate appropriate handwashing technique.
- WEEK 4
1. List five types of isolation precautions.
  2. Differentiate between regular isolation and protective isolation.
  3. Demonstrate the correct procedure for entering and leaving an isolation unit.
- WEEK 5
1. Identify 13 general safety rules.
  2. Explain how ambulation devices, transportation devices, postural supports, and side rails are used.
  3. Match descriptions and principles associated with ambulation devices, transportation devices, postural supports and side rails.
  4. List the three elements required to start a fire.
  5. Explain four ways to prevent a fire.
  6. List the steps to follow in case of fire.
- WEEK 6
1. Define body mechanics.
  2. List six rules of correct body mechanics.
  3. List six principles of body mechanics.
  4. Demonstrate correct lifting and moving of objects.
- WEEK 7
1. Mouth-to-mouth breathing.
  2. Obstructed airway.
  3. Serious wounds.
  4. Bandaging, splints, and slings.
- WEEK 8
1. Identify steps of CPR
  2. Describe Code/No Code
  3. State provisions of the Good Samaritan Law.
- WEEK 9
1. Define holistic health
  2. List three parts of holistic health.
  3. List four psychological needs that must be met to maintain stability.
  4. Name four physical needs that must be met to maintain stability.
  5. Match six defense mechanisms with the correct description.
- WEEK 10
1. List three elements necessary for communication to take place.
  2. Name four elements that influence our relationship with others.
  3. List two examples of non-verbal communication.
  4. Define communication.
  5. List three barriers of communication.
  6. List information that must be on all health care records.
  7. List five general guidelines for charting.
  8. State and explain the two types of observations done in the health care setting.
- WEEK 11
1. Identify three stages of development between conception and birth.
  2. List four common developments of growth in the first year of life and the age they usually occur.
  3. List three characteristics of adolescent development.
  4. Interview an individual between the ages of 50 and 70.
  5. Define health.
  6. List eight birth defects.
  7. List ten debilitating illnesses.
  8. Identify seven common changes that occur following the

loss of body functions.

9. State the goal of rehabilitation.

WEEK 12 1. Match six body systems with the common physical changes that occur during the aging process.

2. Match the basic human needs that are met through work, environment, socialization, and family relationship roles.

3. Identify true and false statements concerning changing roles in the aging.

WEEK 13 1. Identify true and false statements regarding the terminally ill.

2. Match each psychological stage of a long-term illness with its description.

3. Explain the philosophy of hospice care.

WEEK 14 1. List four places to seek employment opportunities.

2. List six items required on a resume.

3. List eight items generally requested on a job application form.

4. Name three occasions a cover letter is used.

5. List five "do's" and five "don'ts" of job interviewing.

6. Write a resume and a cover letter.

7. List six responsibilities that are important in a relationship with other employees.

WEEK 15 1. Name the four main benefits of being a member of a student health vocational organization.

2. Name five benefits of being a member of a professional organization.

3. Identify ways to find a professional organization.

WEEK 16 FINAL EXAM

#### TOPICS AND SCOPE:

Inactive Date: 05/11/2009

Inactive Term: Fall 2009

- 1 10 I. Temperature, Pulse and Respiration
- 2 10 II. Blood Pressure
- 3 10 III. Nature of Microorganisms
- IV. Asepsis
- 4 10 V. Isolation Technique
- 5 10 VI. General Safety
- VII. Patient Safety
- VIII. Fire Safety
- 6 10 IX. Principles of Body Mechanics
- 7 10 X. First Aid
- 8 10 XI. Cardiopulmonary Resuscitation (CPR--Adult, Child, Infant)
- 9 10 XII. Holistic Health
- XIII. Understanding Human Needs
- 10 10 XIV. Communication and Charting
- 11 10 XV. Development and Behavior
- XVI. Disabilities and Role Changes
- 12 10 XVII. Aging and Role Change
- 13 10 XVIII. Psychological States in the Terminally Ill
- 14 10 XIX. Job-seeking Skills
- XX. Keeping a Job
- 15 10 XXI. Student Organizations and Professional Organizations

16 FINAL EXAM

ASSIGNMENTS:

Each week the students are to read the appropriate chapters in the text and do the worksheet exercises in the workbook.

METHODS OF INSTRUCTION:

Lecture, Discussion, Demonstration/Return Demonstration, Skills Competency Testing

METHODS OF EVALUATION:

The types of writing assignments required:

Other: SKILLS COMPETENCY

The problem-solving assignments required:

None

The types of skill demonstrations required:

None

The types of objective examinations used in the course:

None

Other category:

None

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 0% - 0%

Objective examinations: 0% - 0%

Other methods of evaluation: 0% - 0%

REPRESENTATIVE TEXTBOOKS:

Recommended Text:

Badasch/Chesebro: The Health Care Worker: An Introduction to Health Occupations, Prentice-Hall, Inc., Current edition  
Workbook for above listed text.

Reading Level: determined to be 15th grade level by LRC

Other Materials Required to be Purchased by the Student: None

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: I

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: AH

CSU Crosswalk Course Number: 111

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: B

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000456042

Sports/Physical Education Course: N

Taxonomy of Program: 123030