

# PERSONAL SUPPORT WORKER

---

## Program Outline

<b>Major:</b>	PSWR
<b>Length:</b>	1 Year
<b>Delivery:</b>	2 Semesters
<b>Credential:</b>	Ontario College Certificate
<b>Effective:</b>	2012-2013
<b>Location:</b>	Barrie, Midland, Muskoka, Orangeville, Owen Sound, South Georgian Bay
<b>Start:</b>	Fall (Barrie, Midland, Muskoka, Orangeville, Owen Sound, South Georgian Bay), Winter (Barrie, Muskoka, Orangeville), Summer (Owen Sound, South Georgian Bay)

---

### Description

This program is designed to prepare students with the knowledge and skills needed to provide support services to people living at home and in long term care facilities and to function as integral members of the health care team. Upon graduation from this program, the graduate will have demonstrated the ability to effectively communicate with clients, families and members of the health care team. They will also have demonstrated their ability to provide safe and competent care for individual clients who are experiencing physical, cognitive, emotional and behavioural challenges.

Personal Support Workers are unregulated health care providers who work under the supervision of a regulated health care professional or in the supported independent living environment under the direction of the client.

### Career Opportunities

Graduates of the Personal Support Worker program find employment in retirement homes, nursing homes, homes for the aged, various community agencies (private and public) as well as in independent practice. They provide clearly identified personal care and they facilitate routine activities of daily living in order to assist their clients in being as healthy and as independent as possible.

## Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

- work effectively as a team member and demonstrate an understanding of the roles and responsibilities of the other members of the health care team;
- provide supportive services for individuals and families from a variety of cultures and diverse backgrounds fostering trust, respect and individual choice;
- practice under the supervision/direction of the employer, client or family caregiver within their role and the legislation governing the setting in which they work;
- provide professional, safe and effective support to individuals and their families in all activities of daily living;
- support the application of the concepts of health promotion, maintenance and rehabilitation;
- recognize own strengths and limitations and seek out guidance appropriately;
- recognize and report changes in the client's condition, health state, situation, and/or routine activities of living and report these changes to the appropriate member of the health care team;
- recognize indicators of abuse and respond appropriately.

## The Program Progression:

Fall Intake - Barrie, Midland, Muskoka, Orangeville, Owen Sound, South Georgian Bay

Sem 1 | Sem 2

-----

Fall | Winter  
2012 | 2013

Winter Intake - Barrie, Muskoka, Orangeville

Sem 1 | Sem 2

-----

Winter | Summer  
2013 | 2013

Summer Intake - Owen Sound, South Georgian Bay

Sem 1 | Sem 2

-----

Summer | Fall  
2013 | 2013

## Admission Requirements:

Applicants must meet ONE of the following requirements to be eligible for admission to this program:

- OSS Curriculum: OSSD or equivalent with Grade 12 English ( C ) or ( U ) (ENG4C, ENG4U) is strongly recommended and will be used in selection. Also recommended: Grade 11 College Biology (SBI3C).
- Academic and Career Entrance Certificate (ACE) program with: Communications
- Ontario High School Equivalency Certificate (GED)
- Mature applicant with standing in the required courses and/or mature student testing that meets the minimum standards for admission

Applicants who are 19 years of age or over by the first day of classes, and who lack the academic entrance qualifications, may be considered for entrance to an appropriate post-secondary diploma or certificate program as mature applicants. Each applicant will be considered on an individual basis and acceptance will be determined by counseling, Communication Placement Assessment (CPA), previous post-secondary education and evaluation of experience. Some programs also have specific prerequisite requirements that must be met prior to admission. Mature applicants must meet all program specific prerequisites. Those applying as mature students and having no documentation of Grade 12 education must supply, if required, proof of age, such as a copy of an official birth certificate or driver's licence. Refer to Section 2.5 and 2.6 of the Academic Calendar for further details.

#### **Additional Information:**

##### **Clinical Placement Requirements:**

In order to provide quality practicum placements, students will be placed in a variety of agencies in the region serviced by the campus. Students are required to provide their own transportation to and from all clinical placements. Student practicum placements will involve working the same shifts as the PSWs in the practicum agency. For example, day shifts may start as early as 6:00 a.m. and evening shifts may finish at 11:00 p.m.

To be eligible for all practicum placements, students must have:

- \*a completed Clinical Preparedness Permit
- \*current (within 1 year) Level HCP CPR and Standard First Aid on admission to the program. Level HCP CPR must be renewed annually while in the program.
- \*a current police check including a vulnerable sector screen. Please note: an unpardoned criminal record may result in inability to participate in clinical courses and prevent the student from graduating.
- \*a record of mask fit test (will be done at the college in Semester One). Mask fit testing must be renewed every 2 years.

**Graduation Requirements:**

- 6 Mandatory Courses
  - 1 Communications Course
  - 2 Practicums
  - 1 General Education Course

**Graduation Eligibility:**

To graduate from this program, the passing weighted average for promotion through each semester, and to graduate is 60%. Additionally, a student must attain a minimum of 50% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester unless otherwise stated on the course outline.

**Mandatory Courses**

- PSWR1013 Foundations of Personal Support
- PSWR1014 Body Structure and Function
- PSWR1015 Supportive Care
- PSWR1017 Health Challenges
- PSWR1018 Human Development and Family Dynamics
- PSWR1019 Cognitive Impairment and Mental Health

**Communications Course**

To be selected at time of registration from the College list, as determined by testing.

**Practicums**

- PSWR1023 PSW Practice 1
- PSWR1024 PSW Practice 2

**General Education Course**

To be selected from College list

**Course Descriptions:**

PSWR1013 Foundations of Personal Support 42.0 Hours

This course introduces students to the role and professional expectations of the Personal Support Worker, including their specific role on the health care team. Content will include interpersonal and team building skills, legal responsibilities and legislation,

and documentation. This course also introduces the concept of individuality and diversity of all persons.

#### PSWR1014 Body Structure and Function 42.0 Hours

This course examines the normal anatomy and physiology of the human body using a body systems approach and how the body maintains homeostatic balance. The physical changes associated with the normal aging process are also discussed.

#### PSWR1015 Supportive Care 42.0 Hours

This course presents the principles behind meeting the needs of clients in order to facilitate success in activities of daily living. This course addresses care planning in terms of personal hygiene, mobility, nutritional and safety needs (household, physical, psychosocial) with a focus on the autonomy of the client and on preserving the dignity, privacy and support of the client's health care choices. Proper body mechanics and the specialized equipment used for these activities are discussed. The course also introduces the student to infection control principles and specialized adaptations needed in the home in order to provide effective supportive care.

#### PSWR1017 Health Challenges 42.0 Hours

This course explores common health challenges and discusses specific disease processes, long term health problems of clients of all ages and disability issues. The concepts of health maintenance, rehabilitation and restoration are explored. Students will identify the purposes of medication, required instruction/information about medications to be administered, and cautions with regard to medications. Students will develop and demonstrate skill in reading and interpreting information on prescription containers, and demonstrate assistance with oral/topical medications as well as eye, ear, and nose drops.

P- PSWR1014 Body Structure and Function

#### PSWR1018 Human Development and Family Dynamics 42.0 Hours

This course is designed to provide the student with a basic understanding of the changes in physical and psychosocial development from infancy to late maturity (elderly). Issues such as abusive behaviours and their impact, sexuality issues and long term disability are also addressed. The student examines his/her values, beliefs and biases in relation to cultural diversity. Through examination of the role and make up of families the student gains an understanding of the effects of illness, stress and disability on relationships. Students examine the rights and choices made by individuals and their families and they will analyze their personal feelings about death and dying and their role in providing support.

P- PSWR1014 Body Structure and Function

#### PSWR1019 Cognitive Impairment and Mental Health 42.0 Hours

This course introduces the student to common psychiatric conditions, substance abuse issues and cognitive impairment and sensory deficit concerns. The implications of

concurrent conditions such as Alzheimer's Disease and depression are discussed. Students learn about behavioural changes, what these changes mean, the impact of the changes on the client and on those who are supporting the client. They also learn about when to report these changes to other members of the health care team.

P- PSWR1014 Body Structure and Function

PSWR1023 PSW Practice 1 165.0 Hours

Students are provided with the opportunity to practice the "hands on" skills needed to assist their clients in their activities of daily living. The focus for the lab portion of this course is on building the required psychomotor skills. In the clinical setting, students are provided with opportunities to demonstrate knowledge, skill and competence to provide safe and effective care to clients in a community living situation. The student is under the guidance and supervision of the Agency or Client and College during this practicum experience.

PSWR1024 PSW Practice 2 210.0 Hours

For the first 95 hours of this clinical placement, students are provided with supervised opportunities to demonstrate knowledge, skill and ability (competency level) to provide safe and effective care to clients in a community living situation. The student is under the guidance and supervision of the Agency or Client and College during this practicum experience. During the last 115 hours of this clinical placement, students continue to hone their care planning, execution of care and analysis of care under the direct supervision of a preceptor within the community facility/agency who communicates with a college mentor regarding student progress.

P- PSWR1023 PSW Practice 1 and P- PSWR1013 Foundations of Personal Support and P- PSWR1015 Supportive Care

### **Course Description Legend**

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

*Information contained in College documents respecting programs is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.*