

	School District/Independent School Authority Number (e.g., SD43, Authority #432): SD73
Developed by : Amrita Ollek	Date Developed : May 15, 2024
School Name: Career Development Department SD73	Principal's Name : Rick Kienlein

Course Synopsis:

This course is designed to provide students with an awareness and knowledge of the careers in the health care system. Using various strategies, students will determine their interests and skills to construct pathways for future exploration in health-related careers. Emphasis will be placed on incorporating violence prevention, health, wellness, safety and Indigenous cultural safety and humility standards. Indigenous Ways of Learning and intercultural awareness are also key components of this course.

The course includes a mandatory Core Module with an additional eight modules, of which at least three are required to be taught. Each module is designed to be covered within 30 hours of instruction. The Core Module includes information that is important to all health-related careers.

Topics covered within the Core Module include:

- Cultural Safety and Humility Standards
- Empathetic Relationship Building
- Safety
- Ethical and Legal issues
- Health and Wellness
- Anatomy and Physiology
- Medical Terminology
- Medical Mathematics
- Pathways and Careers in Healthcare

The other modules contain content specific to a health career occupation. They include:

- Nursing
- Respiratory Therapy
- Health Care Aid
- Laboratory Services
- Diagnostic Medical Imaging
- Mental Health and Addiction
- Pharmacy Services
- Physical and Occupational Therapy

Educators are encouraged to structure the delivery of course content in a manner that best suits students' needs while ensuring students experience at least three health career occupation modules as well as the Core Module.

BIG IDEAS

The health care system can be complex and challenging. Navigating the system often comes with cultural and social barriers.

Health care professionals have foundational knowledge and skills that span all health care careers.

Empathy and cultural understanding are essential skills for safe interactions in

ha5(3 (ac)-8 (t)-13.1 (i)3.1 (o)-12.3 (ns)-8 (i)T34-8 (tl)3.1 (l)-8.9 (he)- 167 >>BDC 0 g 0.

Experience

Investigate and explore a variety of practical exercises performed by various health care workers through:

- Laboratory activities

- Case Studies

- Simulations

- Virtual or in-person job shadowing

Synthesize and evaluate personal knowledge and skills and how they align with various health care professions.

Participate in a variety of learning opportunities that gives exposure to practical applications in health care

Critically analyze and evaluate health career information to identify bias

Share

Reflect on experiences in school and out of school, assess development of the Core Competencies, and share highlights of the learning journey

Outline flexible plans for careers in health care

Career-life planning

Pathways and careers in health care
(choose 3 careers to explore in depth)

- Nursing

- Respiratory Therapy

- Health Care Aid

- Laboratory Services

- Diagnostic Medical Imaging

- Mental Health and Addiction

- Pharmacy Services

- Physical and Occupational Therapy

Big Ideas – Elaborations

Curricular Competencies – Elaborations

Risks and prevention/mitigation skills

Using case studies to understand safety and violence risks in health care

Prevention or mitigation of unsafe or harmful situations through professional training

Practical applications

Measuring physical metrics and vital signs

Understanding of charting, creating patient assessments, moving patients, medication administration, interacting safely and empathetically with patients

CPR and/or First Aid courses, or other certifications

S

Content – Elaborations

Strategies for building empathetic relationships in health care: purpose, skills and outcomes

Safety

Understanding safety of patients, personal safety, type of PPE, tools, and equipment available, ergonomics, protection against infectious diseases and response to emergency situations

Safety issues in health care and workplace injury prevention

Public health strategies for disease prevention

The role of health care in violence prevention

Recognizing signs of abuse

Skills to safely respond to escalating situations

Health and wellness

Important for health care workers as role models in the health care system

Behaviours of health and wellness- exercise, nutrition, relationships, sleep habits, stress management, weight control

Perspectives- contrasting Western idea of health and wellness with the Indigenous perspective of health and wellness- use of the medicine wheel

Social determinants of health <https://thecanadianfacts.org/>

Learning Resources:

- SD73 Health Career Sampler 12 Teacher Resource Guide
- Cultural Safety and Humility
 - Cultural Safety and Humility: Video series. (2024). BCCNM. Retrieved February 15, 2024, from https://www.bccnm.ca/Public/cultural_safety_humility/Pages/standard.aspx
 - Cultural Safety and Humility Standard. (2024). First Nations Health Authority. Retrieved February 16, 2024, from <https://www.fnha.ca/what-we-do/cultural-safety-and-humility>
 - Nickerson, M. (2019, December). Cultural Safety and Humility. First Nations Health Authority. Retrieved February 15, 2024, from <https://www.fnha.ca/Documents/FNHA-BC-Tripartite-Agreement-Case-Study-Cultural-Safety-and-Humility.pdf>
 - REMEMBERING KEEGAN. (2015, September 16). First Nations Health Authority. Retrieved February 23, 2024, from <https://www.fnha.ca/Documents/FNHA-Remembering-Keegan.pdf>
- Building Empathetic Relationships
 - Mercer, S. W., & Reynolds, W. J. (2022, October). Empathy and quality of care. *British Journal of General Practice*, 52, S9-S13. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1316134/pdf/12389763.pdf>
 - Monteiro, I. (2022, December 12). Empathy in Health Care: 11 Tips To Improve This Skill. *Indeed*. Retrieved March 4, 2024, from <https://www.indeed.com/career-advice/career-development/empathy-in-healthcare>
- Safety in Health Care
 - Health care & social services. (2024, May 2). WorkSafeBC. <https://www.worksafebc.com/en/health-safety/industries/health-care-social-services>
 - Patient safety. (2023, September 11). World Health Organization (WHO). Retrieved February 22, 2024, from <https://www.who.int/news-room/fact-sheets/detail/patient-safety>
 - Social Determinants of Health - Global. (2024). World Health Organization (WHO). Retrieved February 23, 2024, from <https://www.who.int/teams/social-determinants-of-health/violence-prevention>
 - The Joint Commission, Division of Healthcare Improvement. (2019, January). De-escalation in health care. *Quick Safety*, (47), 1-5. https://www.jointcommission.org/-/media/tjc/documents/resources/workplace-violence/qs_deescalation_1_28_18_final.pdf
 - When Words Break Bones, Without Sticks and Stones: Lesson Plan. (2018). Global Health Education and Learning Incubator at Harvard University. <http://repository.gheli.harvard.edu/repository/12241>
 - Winger, Dorothy, and Susan Blahnik. (2023). Chapter 2 Safety-A Priority for Health Science Workers. In *Introduction to Health Science*. 2nd ed., Tinley Park, Goodheart-Wilcox Publisher.

- Health and Wellness
 - Bearhead, C., & Bearhead, W. (2022, March 25). Siha Tooskin Knows - book series. BC Teachers' Federation. Retrieved March 5, 2024, from

Additional Information:

- Charging a fee for the course provides funds for interactive learning software, field trips and/or CPR and First Aid training. Contact local Canadian Red Cross office for further information about training and certification.