

HLC 121L Course Outline as of Fall 2016**CATALOG INFORMATION**

Dept and Nbr: HLC 121L Title: HEALTH CAREERS LAB I

Full Title: Health Careers Academy Lab I

Last Reviewed: 2/22/2016

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0.75	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	0.75	Lab Scheduled	0	8	Lab Scheduled	0
		Contact DHR	2.50		Contact DHR	43.75
		Contact Total	2.50		Contact Total	43.75
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 43.75

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

Catalog Description:

This course is designed to introduce students to health care and healthcare careers through laboratory and fieldwork experiences. Career exploration will focus on the following health career profiles: medical-surgical, laboratory, pharmacy services, diagnostic imaging, and health information. Performance oriented self-regulation skills will be taught using the Heart Math curriculum.

Prerequisites/Corequisites:

Course Completion or Current Enrollment in HLC 121

Recommended Preparation:

Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Due to hospital requirements students must be 16 years of age or older and meet the following immunizations and vaccination requirements; MMR, Varicella-Zoster, Hepatitis B, Tdap, seasonal influenza, and current TB clearance.

Schedule of Classes Information:

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health career profiles: medical-surgical, laboratory, pharmacy services, diagnostic imaging, and health information. Performance oriented self-regulation skills will be taught using the Heart Math curriculum. (Grade Only)

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Recommended: Eligibility for ENGL 100 or ESL 100

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Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Effective:	Inactive:	
UC Transfer:	Effective:	Inactive:	

CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Explore focused health career profiles: medical-surgical, laboratory, pharmacy services, diagnostic and imaging, and health information.
2. Utilize Heart Math curriculum to participate in community clinics teaching stress management techniques and cardiac disease prevention.

Objectives:

Upon completion of this course, the student will be able to:

1. Implement techniques of current infection control precautions in a clinical setting.
2. Demonstrate understanding of focused health career profiles: medical-surgical, laboratory, pharmacy services, diagnostic and imaging, and health information.
3. Explain the makeup and function of a healthcare team and discuss the importance of teamwork and communication.
4. Perform vital signs' measurements.
5. Demonstrate understanding and skill in self-regulation techniques using the Heart Math curriculum.

Topics and Scope:

- I. Overview of healthcare facilities and agencies:
 - A. Hospitals

- B. Subacute care
 - C. Extended care
 - D. Outpatient clinic
 - E. Home health
 - F. Rehabilitation centers
 - G. Mental health
 - H. Hospice
 - I. Volunteer
- II. Healthcare professionals in:
- A. Patient care
 - B. Laboratory and pharmacy
 - C. Diagnostic imaging
 - D. Therapy and rehabilitation
 - E. Health information and administration
- III. Health care teams:
- A. Team members
 - B. Collaboration
 - C. Clinical significance
- IV. Procedures and skills:
- A. Techniques to control spread of infection:
 - 1. Current infection control precautions
 - 2. Medical asepsis and gloving
 - B. Principles of body mechanics
 - C. Vital sign measurement:
 - 1. Blood pressure.
 - 2. Pulse.
 - 3. Temperature.
 - 4. Respiration.
 - D. Heart Math assessment and skills:
 - 1. Physiology of stress.
 - 2. Application of self-regulation techniques.
 - E. Communication skills-AIDET (Acknowledge, Introduce, Duration, Explanation, Thanking).

Assignment:

1. Health careers fieldwork: job shadowing at local hospitals, clinics, community outreach 20-30 hours.
2. Lab competencies in infection control precautions, vital signs, and Heart Math.
3. Write 5-10 medical taxonomy worksheets based on student shadow experiences recorded in journals.
4. Fieldwork: students co-lead Heart Math mobile clinics with healthcare providers using the Heart Math curriculum to teach physiology of stress, stress management techniques, and heart disease prevention.
5. Complete 2-5 quizzes.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Medical taxonomy worksheets, student shadow journals.

Writing
10 - 20%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Apply stress-management techniques appropriately to simulated scenarios.

Problem solving
5 - 20%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Vital signs measurements, infection control skills, Heart Math self-regulation techniques, AIDET (Acknowledge, Introduce, Duration, Explanation, Thanking).

Skill Demonstrations
10 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes, exams.

Exams
15 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Class participation in fieldwork experiences (mandatory), attendance.

Other Category
10 - 25%

Representative Textbooks and Materials:

The College De-Stress Handbook, Goelitz, J. and Rees, R., 2011
Instructor prepared materials