

# HEALTH CARE ASSISTANT PROGRAM



## HCA Health Information Bulletin

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Applicant's Name: \_\_\_\_\_

The HCA program provides opportunities for students to work with individuals, families, groups, and communities in a variety of settings. Participation in these experiences is essential. These experiences can be physically and emotionally demanding. Students experiencing illnesses or health conditions may find coping difficult and find it necessary to interrupt their studies.

Listed below are some examples of activities that students will be engaged in and commonly encounter during their educational program and/or when providing care to clients:

- Frequent hand washing
- Physical actions that require:
  - mobility,
  - strength,
  - endurance,
  - manual dexterity and the ability to function in limited spaces,
  - ability to perform repetitive movements, and
  - bending, reaching, walking, and carrying objects.
- Emotionally stressful situations
- Activities that require adequate sensory perception – sight, hearing and touch
- Exposure to environmental smells and noise
- Distractions
- Unpredictable behaviour from those around you

Please be informed that this list is not an exclusive one. If you have any concerns or questions, please contact the HCA program Coordinator or faculty.

**Having read the above with care and attention, your signature will reflect your understanding of the above information and its implication.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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The purpose of this bulletin is to provide information to help you decide if the HCA program is right for you at this time. Please consider the following information very carefully.

The HCA program will be an intense experience for our students.

- You will be required to **attend class** approximately 15-30 hours a week depending on which campus you are attending. There is a considerable amount of pre-reading and several assignments which must be done outside of class time. Our students estimate that there is an additional 2-3 hours per night of homework, as well as several hours on weekends.
- Some students find the pace of the HCA program very taxing and quickly learn the advantage of **academic preparedness**. Familiarity with computers and associated technology is an expectation for students who are entering the health care field.
- A **stable, supportive living environment** and a satisfactory place in which to study are important considerations.
- **Experiential learning and group interaction**. The HCA program engages students in active learning. You will be expected to take part in role plays, especially in lab, class presentations, and to share your experiences.
- **(NEW) Hybrid course offerings**. Courses within the HCA program may be accessible through videoconferencing at various Coast Mountain College campuses. Students are expected to be able to navigate all necessary equipment in order to attend classes. All LAB portions are only offered face-to-face in Terrace, so Students wishing to study outside of Terrace are expected to travel to attend and thus complete the program.
- **Constructive feedback and evaluation**. Although most of us state that we welcome constructive feedback and evaluation, it is common to experience discomfort and defensiveness when receiving it. Please consider your past experiences with feedback and evaluation, and your level of sensitivity to it. Please reflect on your willingness to receive constructive feedback and use it to improve your skills and performance.
- **Confidentiality**. It is our intent to provide a safe environment for students to share their personal growth experiences while in the HCA program; therefore, you will be expected to keep all personal information shared in the classroom and in the clinical setting confidential.
- **Financial resources and support** are also important considerations. Tuition costs are available on the NIC website. Costs related to textbooks and student manuals,

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transportation to and from clinical experiences, student association fees, lab fees, uniforms, etc., are extra. For information about applying for student loans please contact the Financial Aid Advisor at the Campus to which you have applied.

- Students are required to provide their own **transportation** to and from classes and clinical practice sites at health care facilities and in the community. Practice Experience placements may require that the students work **evening and/or weekend shifts**. Practice Experience placements will be in various communities and students will be expected to **commute**.
- The health care field agrees upon strongly held **values** including, but not exclusively, confidentiality, a belief in people's right to self-determination, and a non-judgmental attitude of respect and acceptance including racial, ethnic and cultural diversity, sexual preference, family grouping, handicapping conditions, and others. Students will encounter a variety of clients from diverse social and economic backgrounds, and age groups. For some individuals, **personally held values or beliefs may be in opposition** to those expected in this type of work.
- **Personal issues.** The HCA program deals with issues that can be distressing to most of us (including elder abuse, spousal abuse, divorce, drug and alcohol abuse, communicable diseases, and death and dying). Consider your personal experiences with these situations and reflect on your ability to handle your own feelings. For some students, present life situations or the need to work through **past experiences** may mean that this is not the best time to enter the program.

**Having read the above with care and attention, your signature will reflect your understanding of the above information and its implication.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_