MEDICAL CAREERS AND HEALTH SYSTEMS

INDUSTRY SECTOR: Health Science and Medical Technology Sector
PATHWAY: Patient Care
CALPADS TITLE: Introduction to Patient Care
CALPADS CODE: 7920

HOURS:

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Classroom</th>
<th>Laboratory/CC/CVE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>180</td>
<td>147</td>
<td>33</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>JOB TITLE</th>
<th>O*NET CODE</th>
<th>JOB TITLE</th>
<th>O*NET CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician Assistants</td>
<td>29-1071.00</td>
<td>Nursing Assistants</td>
<td>31-1014.00</td>
</tr>
<tr>
<td>Orderlies</td>
<td>31-1015.00</td>
<td>Medical Assistants</td>
<td>31-9092.00</td>
</tr>
</tbody>
</table>

COURSE DESCRIPTION:

This course builds on the basic principles of medical science, terminology, and vocabulary needed to work in the healthcare field. Students will focus on ethical and legal responsibilities of the health care worker, safety, medical terminology, human anatomy and physiology, body systems and mechanics, standard precautions and health and fitness. Also included are health care delivery systems, regulatory agencies, research, current technology, and socio-economic issues affecting health care. Students explore career opportunities in therapeutic, diagnostic, and supportive areas. Students gain practical hands-on experience in vital signs, emergency medical care, first aid, and will obtain their Basic Life Support for Healthcare Provider (CPR and AED) certification.

A-G APPROVAL: G
ARTICULATION: None
DUAL ENROLLMENT: None
PREREQUISITES:

<table>
<thead>
<tr>
<th>Prerequisite</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
</tr>
</tbody>
</table>
METHODS OF INSTRUCTION
- Direct instruction
- Group and individual applied projects
- Multimedia
- Demonstration
- Field trips
- Guest speakers

STUDENT EVALUATION:
- Student projects
- Written work
- Exams
- Observation record of student performance
- Completion of assignment

INDUSTRY CERTIFICATION:
- AHA Basic Life Support for Healthcare Provider (CPR and AED) Certification

RECOMMENDED TEXTS:

PROGRAM OF STUDY:
- None identified
## I. INTRODUCTION AND ORIENTATION

- Demonstrate awareness of course objectives and competencies
- Demonstrate an understanding of course requirements and student expectations
- Demonstrate awareness of the industry standards and career opportunities

<table>
<thead>
<tr>
<th>CR</th>
<th>Academic Standards</th>
<th>CTE Anchor</th>
<th>CTE Pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>LS: 11-12.1, 11-12.2</td>
<td>Responsibility and Flexibility: 7.4, 7.7</td>
<td>B12.4</td>
</tr>
</tbody>
</table>

## II. HEALTH CARE SYSTEMS

- List the different types of healthcare delivery systems (public, private, government, non-profit) and identify their facilities and services
- Compare healthcare facilities in terms of their impact on patient care
- Describe the role of regulatory agencies in regulation and accreditation
- Discuss common methods of payment for healthcare
- Compare and contrast the main elements of common health insurance plans
- Explain the importance of organizational structure in health care facilities
- Discuss current trends in health care

<table>
<thead>
<tr>
<th>CR</th>
<th>Academic Standards</th>
<th>CTE Anchor</th>
<th>CTE Pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>LS: 11-12.2, WHSSST: 11-12.8</td>
<td>Responsibility and Flexibility: 7.1, 7.2, Technical Knowledge and Skills: 10.1</td>
<td>B1.1</td>
</tr>
</tbody>
</table>

## III. HEALTHCARE PROFESSIONALS

- Explain the intent and importance of the National Health Care Skill Standards (NHCSS)
- Identify the core knowledge and skills necessary for all health care workers
- Describe the personal and professional characteristics and attitudes required in health occupations

<table>
<thead>
<tr>
<th>CR</th>
<th>Academic Standards</th>
<th>CTE Anchor</th>
<th>CTE Pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>LS: 11-12.1, 11-12.2</td>
<td>Communications: 2.4, 2.5, Career Planning and Management: 3.1, 3.4, Responsibility and Flexibility: 7.2</td>
<td>B12.2</td>
</tr>
</tbody>
</table>

## IV. ETHICS AND LAW FOR HEALTHCARE PROFESSIONALS

- Understand what is meant by “ethical behavior” and its implications and practices in the health care industry
- Explain the Health Insurance Portability and Accountability Act (HIPAA) and what it means for healthcare professionals in relation to:
  - Patient Safety & Security
  - Privacy
- Define and discuss sexual harassment in the workplace and as it applies to health care workers, including reporting and resolution
- Summarize the right of the patient in relation to receiving health care
- Demonstrate professional standards for dealing with patients in an ethnically diverse society
- Identify the signs of elder and child abuse and describe current reporting procedures

<table>
<thead>
<tr>
<th>CR</th>
<th>Academic Standards</th>
<th>CTE Anchor</th>
<th>CTE Pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>LS: 11-12.1, 11-12.2, RSIT: 11-12.4</td>
<td>Ethics and Legal Responsibilities: 8.3, 8.4, 8.7</td>
<td>B5.1, B6.4, B6.6</td>
</tr>
</tbody>
</table>

## V. MEDICAL TERMINOLOGY

<table>
<thead>
<tr>
<th>CR</th>
<th>Academic Standards</th>
<th>CTE Anchor</th>
<th>CTE Pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
- Define prefixes, suffixes, word roots and combining forms
- Create the adjective or noun form of commonly used medical terms
- Create the plural form of commonly used medical terms
- Recognize, identify and use approved medical abbreviations
- Spell and pronounce medical terms correctly
- Spell and define terms related to body structure and body systems
- Use a medical dictionary
- Select and apply correct medical terminology in workplace situations

### VI. ANATOMY AND PHYSIOLOGY

<table>
<thead>
<tr>
<th>CR</th>
<th>Lab/CC</th>
<th>Standards</th>
</tr>
</thead>
</table>

- List and describe the main functions of the following body systems:
  - skeletal system
  - muscular system
  - cardiovascular system
  - respiratory system
  - digestive system
  - urinary system
  - nervous system
  - eyes and ears
  - integumentary system
  - genitourinary system
  - immune system
  - endocrine system
  - reproductive system
  - body structure
- Identify and diagram the organs within each body system
- Describe the function of the organs within each body system and explain their relationship to the organism as a whole
- Classify and describe the basic structural and functional elements and organization of the human body (tissue, organ, systems)
- Demonstrate knowledge of how body systems are integrated and function together in a healthy body
- Recognize and use body planes and directional terms
- Describe the physiology of each of the body systems and explain common diseases and disorders.
- Label and describe the basic function of each cell component and the relationship of cells to tissues, organs, and systems

### VII. BIO-SAFETY/STANDARD PRECAUTIONS

<table>
<thead>
<tr>
<th>CR</th>
<th>Lab/CC</th>
<th>Standards</th>
</tr>
</thead>
</table>

- Identify the different types of microbes and describe their effects
- Explain the difference between pathogenic and non-pathogenic microbes
- Describe the basic principles of infection control
- Explain the meaning of asepsis and describe medical asepsis measures
- Understand and apply the CDC recommended Standard Precautions
- Describe the chain of infection
- Recognize hand washing as the first defense in the chain of infection
- Differentiate between antisepsis, disinfection, and sterilization
- Demonstrate the use of appropriate procedures, equipment, and supplies in accordance with Standard Precautions for infection control
- Explain what is meant by isolation, describe the conditions that require these measures, and identify transmission-based precautions
- Describe what is meant by hazardous waste and the appropriate disposal procedures
**IX. HEALTH AND FITNESS**

- Define health and disease
- Describe strategies for positive health and the prevention of disease including:
  - A balanced diet with an adequate caloric intake
  - Efficient elimination
  - Regular exercise
  - Adequate sleep, rest periods, and relaxation periods
  - Regular medical checkups
  - Regular dental checkups
  - Maintenance of good posture
  - Good grooming habits
- Differentiate between health and fitness
- Discuss complementary (alternative) health practices as they relate to wellness and disease prevention
- Define nutrition and list elements of good nutrition and a balanced diet
- Identify common conditions and diseases with nutritional implications and/or causes
- Construct specialty diets for special needs patients
- Describe the long term effects of the diet on health maintenance

**X. VITAL SIGNS**

- Explain and demonstrate how to accurately record and assess vital signs using a variety of manual and electronic devices:
  - temperature
  - pulse
  - respiration
  - blood pressure (systole, diastole)
- Differentiate between normal and abnormal ranges for:
  - Adult
  - Child
  - Infant
- Explain the importance of reporting abnormal readings
- Identify environmental and emotional factors that could affect vital signs

**XI. EMERGENCY MEDICAL CARE AND CPR**

- Explain the importance of fire safety in a healthcare setting and demonstrate knowledge of evacuation policies and procedures
- Describe the principles, elements, and agencies of basic emergency service (EMS) and response systems
- Explain the Good Samaritan Law
- Describe and demonstrate basic first aid procedures for:
  - Bleeding and wounds
  - Shock
  - Poisoning
  - Burns
  - Heat exposure

---

**Academic:**
- LS: LS1.A, LS1

**CTE Anchor:**
- Problem Solving and Critical Thinking: 5.4, 5.5
- Health and Safety: 6.4, 6.5, 6.6

**CTE Pathway:**
- B8.1, B8.2, B8.3, B8.4, B8.5
### XII. GROWTH AND DEVELOPMENT

**CR** | **Lab/CC** | **Standards**
---|---|---
10 | 0 | **Academic:**  
LS: 11-12.1, 11-12.2  
WS: 11-12.2  
LS: LS1, LS1.B  
**CTE Anchor:**  
Communications: 2.4, 2.5  
Technical Knowledge and Skills: 10.1  
**CTE Pathway:** B2.2

- Describe the physical, mental, emotional and social developments that occur in the seven main stages of life
- Explain Maslow’s Hierarchy of Needs and its implications for human behaviors
- Identify the physical changes of aging on each body system
- Identify the stages of death and dying and the role of the health care worker in each stage
- Justify the importance of respecting cultural and religious difference in the death process

### XIII. WEIGHTS AND MEASURES

**CR** | **Lab/CC** | **Standards**
---|---|---
3 | 2 | **Academic:**  
A-SSE: 2b, 2  
**CTE Anchor:**  
Problem Solving and Critical Thinking: 5.2  
Technical Knowledge and Skills: 10.1  
**CTE Pathway:** B3.1, B3.2, B3.3

- Recognize and identify the symbols of the different weight and measurement systems used in healthcare
- Use appropriate tools/instruments to accurately measure weight, length, liquid volume and time including standard and metric systems
- Convert common measurements within and between metric and standard systems
- Use military/international time

### XIV. EMPLOYMENT LITERACY

**CR** | **Lab/CC** | **Standards**
---|---|---
10 | 0 | **Academic:**  
LS: 11-12.1, 11-12.2  
**CTE Anchor:**  
Communications: 2.5  
Career Planning and Management: 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.9  
Demonstration and Application: 11.2, 11.5  
**CTE Pathway:** B12.1, B12.2

- Identify available positions in the industry through the use of the internet and other industry-specific means.
- Complete an application form correctly
- Prepare a written resume
- Participate in a simulated employment interview
- Prepare a portfolio

### XV. PERSONAL SKILLS RELATED TO EMPLOYMENT

**CR** | **Lab/CC** | **Standards**
---|---|---

Coastline ROP
- Demonstrate promptness, attend class regularly, and follow absence notification procedures
- Develop and maintain acceptable working relations
- Demonstrate the ability to manage time wisely
- Demonstrate a positive and cooperative attitude
- Demonstrate values of honesty and integrity
- Demonstrate respect for others
- Dress in a professional manner according to industry standards
- Demonstrate appropriate personal hygiene/grooming, and dress
- Demonstrate responsibility by exerting a high level of effort and working toward a goal

### Relevant Academic Standards
- **Academic:**
  - LS: 11-12.1, 11-12.2

### CTE Anchor
- **Ethics and Legal Responsibilities:**
  - 8.2, 8.3, 8.4
  - Demonstration and Application: 11.1, 11.2, 11.4, 11.5

### CTE Pathway
- B12.2, B12.1

### XVI. INTERPERSONAL SKILLS AND GROUP DYNAMICS

- Recognize defense mechanisms
- Identify socio-cultural factors that affect healthcare
- State the attitudes of the elderly toward illness and healthcare
- Discuss the importance of family interaction
- Demonstrate the ability to work as a member of a team
- Identify proper procedures for handling harassment
- Demonstrate leadership skills by working independently, making appropriate decisions, working well with others, and accepting constructive criticism

### Relevant Academic Standards
- **Academic:**
  - LS: 11-12.1, 11-12.2

### CTE Anchor
- **Responsibility and Flexibility:**
  - 7.2, 7.3, 7.7, 7.8

### CTE Pathway
- B6.2, B13.1, B13.3

### XVII. THINKING AND PROBLEM SOLVING SKILLS

- Utilize problem-solving techniques
- Understand logical reasoning
- Demonstrate creative thinking
- Participate in decision making
- Demonstrate the ability to interpret information correctly

### Relevant Academic Standards
- **Academic:**
  - LS: 11-12.1, 11-12.2

### CTE Anchor
- **Problem Solving and Critical Thinking:**
  - 5.2, 5.3, 5.4, 5.6

### CTE Pathway
- B9.6, B12.1, B13.5

### XVIII. COMMUNICATION SKILLS

- Demonstrate effective verbal and written skills
- Read technical journals and write technical reports using appropriate terminology
- Listen attentively, follow directions, and relay directions to others
- Demonstrate the ability to research and retrieve information

### Relevant Academic Standards
- **Academic:**
  - LS: 11-12.1, 11-12.2

### CTE Anchor
- **Communications:**
  - 2.1, 2.4, 2.5, 2.6
  - Technology: 4.2

### CTE Pathway
- B5.1, B5.2, B5.4, B7.3