

Introduction to Health Care

HLTH025056
Credits: 0.5 units / 5 hours

Course Description

Health care services make up one of the largest industries in the United States. The number of possible careers and jobs in health care is exploding rapidly today, and the need for health care professionals continues to grow. Whether choosing to work directly with patients, or providing support services, all careers in the health care industry are important, rewarding, and provide benefits to others. This course will provide students with the knowledge and tools they can use to determine if a career in health care is for them.

Graded Assessments: 4 Unit Evaluations; 3 Projects; 3 Proctored Progress Tests.

Course Objectives

When you have completed the materials in this course, you should be able to:

1. Describe qualities and skills demonstrated by effective health care professionals.
2. Describe different health care careers, and personal factors, learning styles, and effective study techniques for successful health care careers.
3. Describe the importance of personal values, ethical principles, and patient confidentiality in the practice of health care.
4. Understand the importance of being able to write, read, and communicate using medical terminology, and being able to calculate medical math.
5. Describe the structural organization of the human body, organ systems, and their major functions.
6. Describe the physical, cognitive, and psychosocial development of the human body.
7. Describe the nine life stages and the major changes that occur during each stage.
8. Understand the importance of personal and workplace safety to prevent injury.
9. Understand and explain the importance of infection control practices in maintaining the safety of the health care professional, patients, and others.
10. Identify and describe healthy lifestyle behaviors, including diet, physical activity, sleep, stress-reduction, and prevention.
11. Explain the meaning of professionalism of health care workers, describing components of attitude, behaviors, health care skills, and appearance.
12. Describe what health care workers should know about culture and individual human needs.
13. Describe the relationship between effective communication and quality of patient care.
14. Describe what is done when obtaining a history and physical exam, when measuring vital signs, and what data is obtained.
15. Describe methods of emergency care, including first aid and cardiopulmonary resuscitation.

Course Outline

Unit 1: Health Care Today

- Lesson 1: A Career in Health Care
- Lesson 2: Ethical and Legal Responsibilities in Health Care
- Lesson 3: Medical Terminology and Medical Math
- Unit 1 Evaluation
- Project 1
- Review for Progress Test 1

Unit 2: Organization of the Human Body

- Lesson 4: Structure and Function of the Human Body
- Lesson 5: Human Body Growth and Development
- Unit 2 Evaluation
- Project 2

Unit 3: Behaviors for Personal and Workplace Safety and Success

- Lesson 6: Personal and Workplace Safety in Health Care
- Lesson 7: Professionalism in Health Care
- Unit 3 Evaluation
- Review for Progress Test 2

Unit 4: Health Care Skills and Communication

- Lesson 8: Individual Needs and Communication in Health Care
- Lesson 9: Physical Assessment and Emergency Procedures in Health Care
- Unit 4 Evaluation
- Project 3
- Review for Progress Test 3

Required Textbook

(available through Follett virtual bookstore at <http://highschool.nebraska.bkstr.com>)

Textbook: *Introduction to Health Care, 4th Ed.* Cengage. 2017. ISBN: 9781305574779