

## CATEGORY E

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### SUBJECT:

### FAMILY HEALTH CARE

### OBJECTIVE(S)

To have the knowledge of and ability to care for an ill person at home; health maintenance, illness prevention, health promotion.

### PREREQUISITES

First Aid Course.

### INSTRUCTORS/EVALUATORS

- Nurses
- Professional Homemakers
- Physicians

### REFERENCES AND MATERIALS

- *Being a Homemaker/Home Health Aide*, by Elana Zucker, Brady Publishing.
- *Caring for the Sick*, by St. John Ambulance (UK) St. Andrew's Ambulance Association, and the British Red Cross Society, Dorling Kindersley. Available through St. John Ambulance UK.
- *The Complete Handbook of Family Health Care*, by St. John Ambulance.
- Health Canada Publications (such as *Canada's Food Guide*).
- Public Health Units.
- Community Health Agencies/Centres.

### CONTENT

Candidates should have an understanding of the following areas:

#### 1. *Health*

- Nutrition
- Physical Fitness
- Sleep
- Emotional (Mental) Health (eg. suicide awareness)

#### 2. *Nutrition*

- The basic food groups
- Planning a daily menu
- Food plans for the elderly/children/adolescents/pregnant and breastfeeding women
- Special diets (eg. clear fluid, full fluid diet, soft diet, bland diet and high residue diet)
- Feeding techniques

3. *Illness and its effects*
    - Childhood/adolescence/adulthood/aging
    - Diversions
    - Rehabilitation
  
  4. *Preventing illness and injury*
    - Immunization
    - Universal precautions
    - Handwashing
    - Home safety / home hazards
    - (eg. falls, fires, burns, firearms, carbon monoxide poisoning, smoke detectors, poisons, corrosives, flammables and explosives; location of the electrical box and how and when to turn off the gas - if applicable)
  
  5. *Body Mechanics*
    - Transferring techniques
  
  6. *Vital signs*
    - Listening and observing
    - Temperature, pulse, respiration
    - Recording
  
  7. *Basic Personal Care*
    - Toileting
    - Bath care (tub bath, shower, bed bath)
    - Pericare
    - Footcare
    - Mouthcare
    - Hair care
  
  8. *Bedmaking, Exercises and Positioning*
    - Making an unoccupied / occupied bed
    - Exercises for the head, neck, arms, legs and lungs
    - Positioning (upright, back-lying, side-lying, stomach-lying)
    - Preventing pressure sores
  
  9. *Medications*
    - The “five rights” of giving medication
    - Administering various kinds of medications (tablets, liquids, ear drops, nose drops, nasal sprays, eye drops, ointments, rectal medications)
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*10. Treatments*

- Use of heat (hot water bottles, electric heating pads, hot compresses, hot soaks, steam inhalation)
- Use of cold (ice bags, cold compresses, cold steam inhalation)
- Sponge baths
- Dressings (types, securing dressings)
- Care of the cast (arm, leg, body, spine)

**DURATION**

As required.

**CERTIFICATION**

Written/oral test and practical test.

**CATEGORY E - HEALTH AND SAFETY**

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**CERTIFICATION OF SUCCESSFUL COMPLETION OF PROFICIENCY SUBJECT**

**FAMILY HEALTH CARE**

Instructors/Evaluators should carefully consider the age, ability and accessibility to resource materials of each candidate.

The candidate has completed the above content and meets the requirements to the satisfaction of the Instructor/Evaluator.

Name of Instructor/Evaluator: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_ Tel #: \_\_\_\_\_

Instructor qualifications: \_\_\_\_\_

I certify that

\_\_\_\_\_ of \_\_\_\_\_  
(candidate's name) (Division #)

meets the criteria of this proficiency subject, as laid out on the previous page(s).

\_\_\_\_\_  
Instructor/Evaluator (signature) Date

\_\_\_\_\_  
Divisional Superintendent (signature) Date