

## OPEN LEARNING

### **Health Care Assistant Certificate Program Requisite Skills and Abilities**

A Health Care Assistant (HCA) works with diverse people in a number of different settings including residential care facilities, hospitals and home support. The HCA provides personal care and assistance to persons that have become medically fragile, cognitively complex and who have a variety of personal care requirements. Certain basic skills and abilities are necessary for successful completion of the HCA Program and to become a competent Health Care Assistant.

Anyone who has questions about whether or not they have the required skills and abilities for admission to or progression through a HCA program should discuss this with the Student Advisor. If appropriate, Thompson Rivers University Disability Services will engage with students to negotiate reasonable accommodation of their needs so that the requisite skills and abilities can be met. For details, please review:

<http://www.tru.ca/student-services/disabilities.html>

Some examples of activities that students may commonly encounter in their educational program and/or when providing care to persons may include, but not be limited to:

- Learn and remember information
- Solve problems
- Learn and use effective verbal and written communication skills
- Work effectively with the health care team
- Work with clients/families who may hold opposing values and beliefs
- Work with clients/families with distressing issues such as elder abuse, death and dying
- Work in situations that are emotionally stressful
- Be exposed to unpleasant environmental sounds, sights and smells
- Work in distracting environments
- Work with clients who have unpredictable behaviours
- Perform work that is physically demanding

This is not an exhaustive list but, examples include:

- Frequent hand washing
- Carrying out complex skill sequences
- Working on your feet for long periods of time
- Performing physical activities that require mobility, strength, endurance, and manual dexterity
- Functioning in limited spaces
- Knowing and using good body mechanics
- Performing repetitive movements, bending, reaching or carrying objects
- Doing activities that require good sight, hearing and sense of touch
- Working shifts

Health Care Assistant applicants are also encouraged to reflect on their personal capacity to maintain their own mental, physical, emotional, social and spiritual well-being throughout the program.

Once you have reviewed the HCA Requisite Skills and Abilities, please print and sign the attached Self-Declaration of Health and return to the address listed below.

Thank you.

**Health Care Assistant Certificate Program  
Self-Declaration of Health**

Please read the following statements and sign the one that applies to you.

I have read and understand the Health Care Assistant Requisite Skills and Abilities and I believe that I can meet the requirements without accommodation.

Name (Please Print) \_\_\_\_\_

\_\_\_\_\_

Signature

\_\_\_\_\_

Date

OR

I have read and understand the Health Care Assistant Requisite Skills and Abilities and I believe that I may need accommodation to meet one or more of requisite skills and abilities. I understand that to receive accommodation for my disability I need to register with and provide additional information as outlined on the disabilities services web page at <http://www.tru.ca/student services/disabilities.html>

While program requirements and standards cannot be altered, the TRU disabilities services and TRU-OL program staff will work with me to accommodate limitations in a supportive and inclusive process as possible.

Name (Please Print) \_\_\_\_\_

\_\_\_\_\_

Signature

\_\_\_\_\_

Date

Email to: [tru\\_ol\\_nursing@tru.ca](mailto:tru_ol_nursing@tru.ca)

Mail to: TRU School of Nursing  
900 McGill Road,  
Kamloops, BC V2C 0C8