

Program Information

Health Care Aide and Personal Support Worker

2024/2025

Program Overview	The Health Care Aide and Personal Support Worker program equips students with essential skills to provide patient-centered care and support complex care needs as part of an interdisciplinary team. The curriculum aligns with current health care practices, offering practical skills training through two preceptor-led work practicum placements.
Area of Study	Health & Human Services
Credential	Certificate
Program Length	1 Year Full time (8 months)
Delivery	Hybrid (online and in-classroom)
Work-Integrated Learning	8-week practicum
Open to International Students	No
CIP Code	51.2601

Career Outcomes

- Health Care Aide
- Personal Support Worker
- Health Care Support Worker

- Patient Care Aide

All Courses

Course Name	Description	Hours
Introduction to the Health Care Environment (HCA-200)	This course introduces students to the role of unregulated health care aides and personal support workers in various practice settings in Manitoba. The course explores the patient-centred care model, as well as the therapeutic relationship between the client and members of the healthcare team. The course will define crucial ethical, legal and professional expectations. Topics will include workplace safety, client rights, holistic care practices, and cultural competency. The course will also examine how different specialties, units, and teams fit within the healthcare structure.	42 hours
Anatomy, Physiology, and Medical Terminology I (RH-240)	This is the first of a two-part series of courses. This course reviews the basics of building medical words, anatomy and physiology of the various body systems and medical abbreviations. The course also explores common disease conditions of the body and some associated pharmacological interventions.	84 hours
Effective Communication for Collaborative Care Practice (HCA-210)	Through this course, students will learn the 5 C's of Effective Communication as a framework for developing the essential communication skills required by healthcare professionals. The course builds critical thinking, problem solving, and conflict resolution skills. By learning	84 hours

	essential elements of effective collaboration, students will develop strategies to contribute positively to the healthcare team. Through the process of self-reflection and role-play, this course explores the power of and impediments to effective communication and the impact on quality care outcomes.	
Human Development Across the Lifespan (HCA-220)	This course examines fundamental principles and important milestones of human growth and development throughout the lifespan and through a culture and diversity perspective. Guided discussions will explore current theories, emerging trends and approaches to normal and abnormal human development. The course will also consider the physiological, cognitive, psychosocial, and environmental factors influencing development.	84 hours
Anatomy, Physiology, and Medical Terminology II (RH-250)	This course will build on the content of Anatomy, Physiology, and Medical Terminology I and will explore the remaining body systems. This exploration includes common diseases, conditions, and some associated pharmacological interventions.	84 hours
Supporting Mental Health and Cognitive Challenges (HCA-230)	This course explores cognitive and mental health challenges from a situational health and illness management perspective. The course examines diagnostic criteria and the common symptoms, causes, and treatments of various conditions. Class discussions will explore the root causes of accessibility	42 hours

	barriers and challenges, as well as the available services and supports.	
Supporting Complex Care Needs I (HCA-240)	Supporting patients with complex care needs is the primary role of health care aides and personal support workers. In the first of two courses, Supporting Complex Care Needs I introduces students to critical practical skills required to work safely and effectively in continuing, situational and acute care environments. Key topics will include standard practices and infection control, workflow, delegation of tasks, treatments, and interventions. Clinical skills and simulation laboratories include patient care scenarios and return demonstration assessments with zero tolerance criteria.	84 hours
Supporting Complex Care Needs II (HCA-250)	This course expands on Complex Care Needs I and introduces students to advanced level skills such as medication assistance, urinary and bowel elimination support, fluid balance, and respiratory care. Clinical skills and simulation laboratories include patient care scenarios and return demonstration components with zero tolerance criteria.	84 hours
Health Care Aide Training Seminars (HCA-260)	This seminar is comprised of a series of sessions designed to provide students with foundational skills and knowledge for a career in health care. Students receive certification in emergency first aid and CPR, Violence Protection Program, Workplace Hazardous Materials Information System, and the Personal Health Information Act and are fitted for N95 masks.	12 hours

Health Care Aide Work Practicum I (HCAUC-130)	Through this course, students will apply and expand the skills and knowledge developed in this program to support patient care needs in a clinical practice experience. Through this first practicum, students will have the opportunity to work in a long-term care environment. Health Care Aide practicum experiences are preceptor-led placements where students work under the direction of a supervising nurse or designated preceptor. Practicums offer students the opportunity to gain industry-relevant experience building entry-to-practice competence. Practicums are unpaid, work-integrated learning experiences.	160 hours
Health Care Aide Work Practicum II (HCAUC-140)	Through this course, students will apply and expand the skills and knowledge developed in this program to support patient care needs in a clinical practice experience. Through this second practicum, students will have the opportunity to work in an acute care environment and with greater independence. Health Care Aide practicum experiences are preceptor-led placements where students work under the direction of a supervising nurse or designated preceptor. Practicums offer students the opportunity to gain industry-relevant experience building entry-to-practice competence. Practicums are unpaid, work-integrated learning experiences.	160 hours