



Contra Costa College Course Outline (new)

Department & Number	Medic 228	Number of Weeks per term	18
Course Title	Fundamentals of Chronic Care Assisting	Lecture Hours per term	54
Prerequisite		Lab Hours per term	
Co-requisite	Medic 224; Medic 150	*HBA per term	
Prerequisite or concurrently		Activity Hours per term	
Challenge Policy	Receipt of a C or better on a challenge exam for each prerequisite or equivalent course	Units	3
Advisory	None		

***HOURS BY ARRANGEMENT:** 0 Hours per term.

ACTIVITIES: (Please provide a list of the activities students will perform in order to satisfy the HBA requirement):

COURSE DESCRIPTION

This course is designed to teach health care professionals or advanced health care students the knowledge, skills, and abilities necessary to assume the role of a Chronic Care Assistant/Health Coach. Students will learn about chronic care/chronic disease management, pathophysiology of chronic diseases and how to assist, engage and support patients in chronic care management.

COURSE OBJECTIVES

At the completion of the course the student will be able to:

1. Define and understand common chronic illnesses
2. Define and understand chronic illness management, in the current healthcare delivery system
3. Identify and define techniques for patient self-management
4. As part of the healthcare delivery team, assist in the implementation of patient training for self – care management of common chronic illnesses
5. Understand the role of medication in the treatment of chronic disease
6. Develop a chronic disease management resource guide
7. Develop skills in motivational interviewing and chronic care assisting

COURSE CONTENT: (In detail; attach additional information as needed) **100% LECTURE**

1. Understanding Common Chronic Conditions
 - chronic lung disease
 - heart disease/high blood pressure
 - arthritis
 - diabetes
 - chronic pain
 - developing a chronic disease resource guide
2. Developing Effective Management Strategies for Common Chronic Conditions
 - finding resources
 - using the mind to manage symptoms
 - exercise tips for fun, fitness, flexibility, strength, and endurance
 - communicating

<ul style="list-style-type: none"> -intimacy -advance directives -healthy eating -managing medicines -making treatment decisions -planning for the future
<p>3. Assisting Clients Achieve Successful Self-Management of Chronic Conditions</p> <ul style="list-style-type: none"> -health coaching techniques -motivational interviewing techniques

METHODS OF INSTRUCTION

Lecture, class discussion/participation, in-class group exercises, written assignments, role playing
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INSTRUCTIONAL MATERIALS

Textbook Title:	Living a Healthy Life with Chronic Conditions
Author:	Lorig, K., et al
Publisher:	Bull Publishing Company and the Board of Trustees of the Leland Stanford Junior University
Edition/Date:	4e / 2012

NOTE: To be UC transferable, the text must be dated within the last 5 years OR a statement of justification for a text beyond the last 5 years must be included.

COURSE EXPECTATIONS (Use applicable expectations)

Outside of Class Weekly Assignments	Hours per week
Weekly Reading Assignments	3
Weekly Writing Assignments	3
Lab or Software Application Assignments	

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

10	%	Participation
10	%	Exams
60	%	Assignments/Projects
20	%	Resource Guide

GRADING POLICY (Choose LG, CR/NC, or SC)

Letter Grade
 90% - 100% = A
 80% - 89% = B
 70% - 79% = C
 60% - 69% = D
 Below 60% = F

Pass / No Pass
 70% and above = Pass
 Below 70% = No Pass

Student Choice
 90% - 100% = A
 80% - 89% = B
 70% - 79% = C
 60% - 69% = D
 Below 60% = F
Or
 70% and above = Pass
 Below 70% = No Pass

Prepared by:

Date: