

## Resources: Health Care Assistant

**The following list represents a variety of resources that can be helpful in preparing for the Computer Based Assessment (CBA) and the Simulation Lab Assessment (SLA). The following should not be considered an exhaustive list of all resources available for use in preparing for the assessments.**

Assess Health Careers Canada (n.d.). Self-Assessment Readiness Tool for Unregulated Personal Care Providers. <https://assesshealthcareers.ca/personal-care-providers/>

**Note:** The Self-Assessment Readiness Tool (SART) for unregulated personal care providers may be helpful in understanding requirements to work as an unregulated personal care provider in Canada. For information on how this tool relates to the BC context, see items of note on the following page.

Ministry of Advanced Education (2015). *Health Care Assistant Program Provincial Curriculum (2015)*. Province of British Columbia. <https://urls.bccampus.ca/5vi>

Ministry of Advanced Education (2015). *Health Care Assistant Program Provincial Curriculum (2015) Supplement (2<sup>nd</sup> Ed.)*. Province of British Columbia. <https://urls.bccampus.ca/5vj>

Murray, K. (2014). *integrating a palliative approach: Essentials for personal support workers*. Saanichton, BC, Canada: Life and Death Matters.

Murray, K. (2014). *integrating a palliative approach: Essentials for personal support workers workbook*. Saanichton, BC, Canada: Life and Death Matters.

Sorrentino, S.A., Remmart, L., & French, J. (2017). *Mosby's Canadian textbook for the support worker (4<sup>th</sup> Canadian Ed.)*. Toronto, Canada: Elsevier.<sup>i</sup>

Sorrentino, S.A., Remmart, L., & French, J. (2017). *Mosby's Canadian textbook for the support worker workbook (4<sup>th</sup> Canadian Ed.)*. Toronto, Canada: Elsevier.

## Items of note when completing the SART assessment

You will have to set up an account to login to access this self-assessment tool. At this time, there is no charge and only an email and a password is needed to set up an account. A video and general health career resources are also available on the main page for Assess Health Careers at:

<https://www.assesshealthcareers.ca/>

While the SART is a very good resource for developing an understanding of the HCA role and self-assessing knowledge and skills, the tool has been designed with the Atlantic Canada context in mind and, as such, it is important to note that following:

At the current time, there is no legally defined scope of practice for Health Care Assistants (HCAs) in British Columbia (BC). Assignable and delegated tasks completed by HCAs in the work setting are as per employer policy.

As outlined in the [HCA Care Assistant Provincial Curriculum \(2015\)](#)<sup>ii</sup> many of the tasks performed by the HCA may be assigned in one care setting and delegated in another setting (p. 56). The following tasks are often/frequently delegated to HCAs: assisting with established catheters and ostomies, administering enemas and suppositories, heat and cold applications, assisting with oxygen needs and assisting with medications for clients able to direct their own care.

Administering tube feedings, measuring blood pressure, glucometer testing, dressing changes, pre/post-operative care, administering medications (versus assisting), disposing of sharps and razors, assisting with range of motion exercises, removing or correcting blocked indwelling catheters and taking oxygen saturation readings are not part of the BC HCA provincial curriculum and always require further training by the employer.

Tasks related to cleaning and cooking have been removed from the BC HCA provincial curriculum as they are not typically completed by those working for public employers. Some employers may seek additional certification in WHMIS, Foodsafe and First Aid/CPR.

For more information on BC provincial laws related to seniors care in BC, see the following materials available from [Seniors First BC](#), formerly known as the BC Centre of Elder Advocacy and Support:

- EBook – Legal Issues in Residential Care: An advocate’s manual <http://seniorsfirstbc.ca/resources/education-training-material/ebook-legal-issues-in-residential-care-an-advocates-manual/>
- EBook – Understanding and Responding to Elder Abuse <http://seniorsfirstbc.ca/resources/education-training-material/ebook-understanding-and-responding-to-elder-abuse-2/>

---

<sup>i</sup> This textbook and accompanying workbook are typically used as the core program resources in BC HCA programs.

<sup>ii</sup> Ministry of Advanced Education (2015). *Health Care Assistant Program Provincial Curriculum (2015)*. Province of British Columbia. <https://urls.bccampus.ca/5vi>