

Health Studies

HLT 102

Dementia & Alzheimer's Disease..... 3.00 credits

This course will focus on training and educating of those caring for individuals with Alzheimer's disease and related dementias. The course includes an overview of the different types of dementia, recognizing signs and symptoms, and basic principles of dementia care. Other topics include the daily care of dementia individuals, common behavioral problems associated with dementia, and the best strategies and approaches for dealing with these problems. The course also reviews common medical problems, strategies for coping with dementia, and the importance of caring for the caregiver. This course will also include clinical experiences (field work) working under the direction of a mentor in the clinical facility to implement best practices in caring for patients in the community.

HLT 103

Hospice & Palliative Care..... 3.00 credits

This course will focus on training and educating nursing assistants and others who care for those who have a terminal illness and require hospice and palliative care. The course includes an overview of hospice and palliative care particularly as it applies to nursing assistants, pain and symptom management, ethical issues, cultural issues, communication at the end of life, care of the family, and spiritual care. This course will incorporate clinical practicum experiences that will be performed under the guidance of a mentor to ensure the practical application of the objectives of the course.

HLT 104

Substance Abuse..... 3.00 credits

This course will focus on investigating the disease of addiction. Students will be introduced to drug schedules and classifications. The impact of drug use, abuse, and dependence across the lifespan as well as the risk factors that lead to increased vulnerability to drug use and dependence will be explored. Students will develop a basic understanding of how and why drugs of abuse impact the brain and body and will be able to identify signs of drug intoxication, overdose, and withdrawal, and the potential health complications for a variety of classes of substances, including alcohol, benzodiazepines (e.g., Valium®, Xanax®, Klonopin®), and opiates (e.g., Vicodin®, Percocet®, OxyContin®).

HLT 105

Issues in Aging..... 3.00 credits

This course will focus on preparing students to identify the special needs of the aging individual in today's society. The course will examine aging in America and discuss stereotypes and theories of aging, ethical issues, physical and psychosocial aspects of aging, cultural and ethnicity issues, and the impact of politics and public policy.

HLT 106

Rehabilitation..... 3.00 credits

This course will focus on caring for the aging person with rehabilitation needs including body changes related to aging, and the concept of frailty. Common diagnoses, challenges, and risk factor impacting rehabilitation in the aging person will be explored in the context of different therapy modalities. The student will also understand the importance of person centered care and knowing the patient story.

HLT 107

Mental Health & Mental Issues..... 3.00 credits

This course will focus on educating healthcare workers in caring for people with mental health issues. The course includes an overview of the current mental health care system in the United States, ethical, legal, and sociocultural issues, and various psychotherapies. Skills and principles of mental health care will be explored with a focus on therapeutic communication, therapeutic relationships, and therapeutic environment. Mental health problems throughout the life cycle will be examined with an emphasis on the elderly population. Care of clients with various types of psychological and psychosocial disorders will also be discussed.

HLT 108

Chronic Conditions..... 3.00 credits

This course will focus on examining the most common chronic diseases and disorders in society today. The intent of the course is to identify normal and abnormal physiology and explore the impact of those changes in the body systems. The care of people with chronic diseases and disorders will be outlined, with a focus on specific interventions and skills needed to provide care safely to these people.

HLT 121

Herbal Medicine..... 3.00 credits

This course is an introduction to the art and science of herbal medicine and how it fits into our conventional healthcare system. An overview of global herbal traditions, CAM (complementary and alternative medicine,) the history of herbal medicine and the regulation of the herbal products industry will provide a framework for understanding this topic. A review of herbal chemistry, actions, pharmacy and safety, discussion of common ailments treatable by herbs as well as an in-depth survey of common herbal remedies will comprise the bulk of the course. Students will collaborate to create an online Materia Medica project. Students will also produce an infographic on DSHEA, to demonstrate an understanding of the laws regarding herbal product use in the USA. Two research papers, including an evaluation of an herbal supplement product are required. PowerPoint software is required. Note: Does not contribute towards the Natural Science requirement for a degree.

HLT 305

Health Promotion..... 3.00 credits

This course is designed for health science students to examine health promotion from a public health perspective. Students will identify current public health issues in a variety of settings at the local, state and national levels. Students will develop the skills to effectively implement health promotion programs by applying theory to real world practice. Prerequisites: ENG 101 and ENG 102

HLT 330

Public Health Policy..... 3.00 credits

This course examines healthcare policy and law from a public health perspective. The process of healthcare policymaking will be explored. Complexities of healthcare policy problems that face federal, state and local health policies will be discussed. The course examines current and past health care policies and the role that social factors influence the policy making process. The course will introduce the methods for analyzing health policies. The course Public Health Policy explores several aspects of healthcare policy, the healthcare policy making process, and it highlights the existence of public health disparities. Prerequisite(s): ENG 101 and ENG 102.

HLT 375

Food & Mood: Nutrition Mental Hlth... 3.00 credits

This course intends to clarify many of the misconceptions and myths about the role of Nutrition in Mental Health. It will serve to empower those with a strong interest in the subject with knowledge of the importance of Nutrition in maintaining wellness. The course aims to address our country's current mental health crisis by educating health care workers with practical tools that can be used as part of patient education. (3 credits) Prerequisite: ENG 101 and ENG 102 plus BIO 105: Nutrition or BIO 212: Anatomy and Physiology.

HLT 499

Health Studies Capstone..... 3.00 credits

This is the capstone course for the Health Studies concentration and should be taken in the student's last semester. The student can have no more than 6 credits remaining in their concentration to complete in their degree program prior to enrolling in this course. The culmination of the concentration with HLT 499 will provide students with the ability to describe healthcare delivery systems and services provided, and discuss healthcare issues concerning healthcare systems. Students will engage with certain variables that influence factors affecting healthcare systems. Students will also introduce strategies to effectively manage situations within the industry. The course must be taken at Charter Oak State College. Prerequisite(s): ENG 101, ENG 102.