

# HLST – HEALTH STUDIES

## HLST 101

### Interpersonal Skills Development

**3 Credits Weekly (3-0-0)**

Students develop skills to communicate effectively with individuals and groups from diverse backgrounds and cultures. Students identify the impact of communication styles on individuals and groups. Conflict management and team building strategies are included. Personal and professional development concepts are introduced.

## HLST 105

### Communication skills for internationally educated healthcare professionals

**3 Credits Weekly (3-0-0)**

This course provides internationally educated healthcare professionals with the knowledge and skills to communicate effectively with people from diverse backgrounds. Students learn the importance of self-awareness, relationship development, diversity competency, and conflict management as essential skills for the healthcare professional.

## HLST 133

### Foundations of Indigenous Peoples' Health and Well-Being in Canada

**3 Credits Weekly (3-0-0)**

Historical and contemporary realities affecting the health and well-being of Indigenous Peoples in Canada are examined. Learners explore individual social identity and location in the context of relevant histories and current reality in Canada. Learners develop foundational knowledge of the Truth and Reconciliation Commission of Canada: Calls to Action alongside implications for multidisciplinary health practice. The impacts of historical and contemporary governmental policies and social and structural determinants of health on Indigenous Peoples' well-being are critically examined. Indigenous ways of knowing and being are discussed.

## HLST 150

### Pathophysiology

**3 Credits Weekly (3-0-0)**

Students explore the concepts of health and disease throughout the human lifespan. The etiology, pathophysiology and clinical manifestations are covered in relation to commonly-occurring conditions of major body and organ systems. Pathologies are discussed in a clinical context and provide the learner with knowledge of how to assess and treat patients who present with these conditions. Aspects of disease prevention are also emphasized.

*Prerequisites: MTST 126.*

## HLST 152

### Foundations in Health

**3 Credits Weekly (3-0-0)**

Perspectives and definitions of health are explored. Factors that influence the health of individuals and families within the Canadian context are examined. Models and theories of change that influence individual health behaviour are introduced. The influence of selected reports, legislation, and funding on the Canadian health care system are explored. Students are introduced to the concepts of health promotion, primary health care, primary care, and access to health care services, as they relate to the achievement of health by individuals within the context of family.

## HLST 154

### Professional Communication

**3 Credits Weekly (3-0-0)**

Perspectives and definitions of communication are examined including factors which influence communication within the Canadian multi-cultural context. Models and theories of communication that influence both individual and professional behaviours are introduced. The influence of legislation, social media, and therapeutic interactions in the health care system are explored. Students are introduced to the principles of relational practice for individuals, families, health care teams and communities of practice.

## HLST 159

### Health Foundations

**3 Credits Weekly (3-0-0)**

Students explore foundations in health from multiple perspectives, including definitions of health, health determinants, factors that influence mental and physical health, professional roles and responsibilities, and points of access to health care services. Primary health care and primary care are introduced. Students examine how indicators of health and illness/injury influence program and policy development, as well as the influence of selected reports, legislation, and funding on the evolution of the Canadian health care system. Students receive an introduction to models and theories of change related to health promotion and injury prevention. Note: Credit can be obtained in only one of HLST 152 or HLST 159.

## HLST 160

### Applied Statistics for Health Professionals

**3 Credits**

This course provides an introductory overview of univariate, bivariate, and some multivariate statistics, and their role in addressing real-world problems with which health-related disciplines grapple. Students read, interpret, and critically appraise statistical findings across a wide range of health-related disciplines such as but not limited to Nursing, Public Health, Population Health, Climatology, Psychology, Gerontology, and Social Work. The emphasis is on developing information literacy skills and balanced thinking, alongside an understanding of mathematical calculations. These are transferable skills to help students aptly understand, analyze and use statistical findings in the health-related settings.

## HLST 210

### Human Sexuality

**3 Credits Weekly (3-0-0)**

This course provides an overview of human sexuality. Biological, psychosocial and cultural components of sexual health are integrated throughout the course. Instructor presentations, group discussions and expert guest speakers provide students with the opportunity to explore a wide range of topics in this complex subject.

**HLST 230****Intercultural practice in the Human Services****3 Credits Weekly (3-0-0)**

This course offers students the knowledge, skills, and awareness needed for effective relationships and practice with individuals, families, and communities of diverse cultures and spiritualities (including staff and service user communities). Cultures and spiritualities will be defined in terms of constantly changing and moving markers of identity; proceeding from analysis of historical accounts to analysis of contemporary Canadian and global perspectives and issues. Students will reflect on the contributions of Indigenous peoples, immigrants and refugees to the Canadian cultural mosaic, and on obstacles to cultural integration and social justice including oppression, systemic discrimination, and racism. Students will explore their own cultural locations, identities, experiences, beliefs, values and sense of ethics. The course will be of particular interest to students in human service programs but will be of benefit to students in many other disciplines.

**HLST 262****Introduction to Nursing in Canada for Internationally Educated Healthcare Professionals****1 Credit Total (15-0-0)**

Internationally educated healthcare professionals are introduced to the healthcare system in Canada.

**HLST 290****Nutrition/Pharmacological Concepts****3 Credits Weekly (3-0-0)**

The basic principles of nutrition and pharmacology and how they effect a massage therapist's practice are studied. Nutrition and pharmacology are examined with a focus on health promotion, disease management and prevention. Drug classifications, indications, and adverse effects are explained in detail. Considerations for safe massage therapy practice are discussed including contraindications, drug interactions and when referral to a dietitian is necessary.

*Prerequisites: HLST 150.*

**HLST 320****Health and Society****3 Credits Weekly (3-0-0)**

In this course learners are exposed to a broad range of views and perspectives overarching the elements of health and society. Theoretical frameworks are used to explore health and mental health as socially constructed concepts within selected populations. Selected key issues and challenges for marginalized populations are examined from the perspective of health promotion, social justice and the global perspective. Focus is also placed on political, economic and social forces that contribute to the evolution of mental health service delivery within a national and global context. The concepts of social justice and health promotion are discussed in terms of their influence on the role of the psychiatric/mental health nurse in contemporary society.

*Prerequisites: RPN OR minimum grade of C- in HLST 159 and a 3-credit university level STAT (<https://calendar.macewan.ca/course-descriptions/stat/>) course.*

**HLST 321****Advanced Skills in Therapeutic Modalities****4 Credits Weekly (3-2-0)**

This course is designed to expand the repertoire of therapeutic modalities that can be employed by psychiatric/mental health nurses within therapeutic nurse-client relationships. Learners expand theoretical knowledge and skills with selected current psychotherapies within the context of a cross-generational population. The role of the psychiatric/mental health nurse in individual and group therapy is expanded from an experiential perspective. Knowledge and skills in crisis intervention, conflict management, and counseling are further developed and applied.

*Prerequisite: RPN OR PNRS 355 and minimum grade of C- in a 3-credit university level ENGL (<https://calendar.macewan.ca/course-descriptions/engl/>) course (excluding ENGL 111).*

**HLST 354****Healthy Populations****3 Credits Weekly (3-0-0)**

Principles and concepts of population health are examined with an emphasis on the influence of the social and structural determinants of health. Global perspectives and population processes are examined including strengthening community action, building healthy public policy, creating supportive environments, developing personal skills and re-orienting health services. Primary health care principles, and capacity building strategies are integrated. Intersectoral and interprofessional collaboration within local, national and international contexts are differentiated. Social, political, cultural, economic and environmental implications of primary health care and healthy public policy are examined.

*Prerequisites: Minimum grade of C- in HLST 152, 100-level STAT (<https://calendar.macewan.ca/course-descriptions/stat/>) course.*

**HLST 400****Global Health Perspectives****3 Credits Total (15-0-30)**

This course offers the opportunity for analysis of perspectives that affect the global health community including social justice, health equity, gender, human rights, political agendas and ethical issues. Principles and concepts of global health are examined with an emphasis on key health issues, priorities and emerging challenges. Global partnerships/initiatives and innovations that focus on improving health outcomes and reducing global health inequities are considered. A two-week national or international field placement following lecture content includes a range of activities designed to connect students with policy makers, health care workers, students, faculty and health agencies. Note: HLST 400 may be used to fulfill the requirement for an open, senior, or senior NURS (<https://calendar.macewan.ca/course-descriptions/nurs/>) elective in the BScN program.

*Prerequisites: Minimum grade of C- in HLST 354, HLST 320 OR consent of the department.*