



## Health Care Assistant Requisite Skills and Abilities

Review the following skills and behaviours strongly recommended to be successful in the program. Review and sign the Self declaration of Health on page 2

- The ability to communicate clearly in English, both spoken and written.
- The ability to access online resources and to submit typewritten essays and assignments. In the practice setting students may use electronic documentation. As a result, basic computer literacy is an essential skill, and students must have internet access and an email address.
- It is an expectation of the HCA program that students demonstrate responsible, accountable behaviour in terms of maintaining a pattern of regular attendance, and establishing effective working relationships with student colleagues.
- An interest in caring and providing service to an ethnically and culturally diverse clientele of people spanning all age groups
- Problem solving skills. When providing care to clients the student must demonstrate responsible, safe and ethical behaviour and make informed, considered judgments.
- An ability to work independently and as a member of a health care team.
- The ability to carry out complex skill sequences of 15 or more steps, to work on their feet for long periods of time, and to demonstrate safe body mechanics.
- Demonstrate safe psychomotor skills when moving, positioning, and transferring residents with or without mechanical aids, i.e., from bed to chair.
- Provide intimate personal care such as bathing, feeding, and bowel/urinary care.
- Demonstrate strong interpersonal skills in various contexts with clients, families, instructor, staff and student peers.
- A valid driver's license and access to personal transport is recommended for the HCA 1250 Home Support/Assisted Living Practicum and other practice experience components. Students who are not able to provide their own transport may have difficulty meeting the requirements of these courses.
- The capacity to maintain their own mental, emotional, physical, and spiritual well-being while working in a rewarding but often stressful working environment. Regular attendance with in the TRU Attendance Policy. Absences in excess of 10% in any practice courses may jeopardize the successful completion of the course objectives.
- HCA students are required to adhere to relevant TRU and HCA policies and regulations. Failure to adhere to these policies and program regulations may result in the student being required to leave the program.

**(ADAPTED FROM NIC)**



## Health Care Assistant Certificate Program

### Self-Declaration of Health

I have read and understand the Health Care Assistant Requisite Skills and Abilities and I believe that I can meet the requirements without accommodation.

Name (Please Print) \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Submit **signed** document to:

Roxane Kolle,  
HCA Program Assistant  
School of Nursing  
Chappell Family Building  
For Nursing & Population Health  
Office 242A  
840 College Drive  
Kamloops, BC V2C 0C8

Email: [nursing@tru.ca](mailto:nursing@tru.ca)

FAX: 250-371-5909

Adapted from CRNBC (2007) *Becoming a Registered Nurse in British Columbia. Requisite skills and abilities*. Vancouver: Author  
<https://crnbc.ca/Standards/Lists/StandardResources/464requisiteskillsabilities.pdf>

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