

Ottawa Technical Secondary School

Health Care



This course covers personal health improvement, children's and teens' health issues, and different medical services, treatments, and technologies. Students will learn about medical tools, the human body's structure, organs, and how lifestyle choices impact well-being. They'll plan activities for young people, analyze diets, and assess healthcare practices. The course also addresses environmental and social health-related concerns and discusses career paths in healthcare after high school.

Areas of Focus:

- Medical tools like stethoscopes, blood pressure cuffs, monitors, syringes, as well as medical language, pharmacology and medical abbreviations.
- The four main vital signs regularly monitored by medical professionals and how to measure them. Sterilization, sanitation protocols and health and safety.
- Intro to hematology, the study of blood and blood disorders. Understanding individual components and their significance.
- Intro to venipuncture and phlebotomy (the act of drawing blood), with an option for hands-on practice using a phlebotomy training arm.