

Health Care Assistant (HCA) Competency Assessment

Recommended Preparatory Resources

❖ Inspire How to Prepare webpage

Be sure to review all the resources posted on the webpage (scroll to the very bottom):

<https://www.inspireassessments.org/assessments/how-to-prepare/>

❖ HCA Textbooks

A recommended textbooks list is published here:

<https://opentextbc.ca/hcasupplement/chapter/recommended-b-c-hca-program-textbooks/#chapter-27-section-1>

This list includes free, online textbooks such as:

Christianson, T. & Morris, K. (2023). *Personal care skills for health care assistants*. BCcampus
<https://opentextbc.ca/hcalabtheoryandpractice/>

❖ HCA Learning Resources

Learning Resources are published here: <https://www.cachwr.bc.ca/about-the-registry/resources/>

These resources include items such as the following which will help candidates better understand the HCA role, competencies and skills:

BC Health Care Assistants Core Competency Profile

<https://www.cachwr.bc.ca/storage/2023/10/hca-core-competency-profile-april-2023.pdf>

BC Health Care Assistant (HCA) Care Activities Chart

<https://www.cachwr.bc.ca/resources/pdf/BC-HCA-Care-Activities-Chart.pdf>

Health Care Assistant Program Provincial Curriculum (2023), Personal Care & Assistance course

<https://opentextbc.ca/hcacurriculum/chapter/personal-care-and-assistance/>

Health Care Assistant Program Supplement to the Provincial Curriculum Guide (2023), Personal Care and Assistance course resources

<https://opentextbc.ca/hcasupplement/chapter/personal-care-and-assistance/>

Disclaimer: While the resources here are intended to support candidate preparation, there is no guarantee that reviewing this information will result in fully competent candidate performance on the HCA assessment.