

Bringing Foundational Healthcare Skills To Life: A Pacing Guide

Step-by-step guidance for integrating Realityworks' foundational kits into your curriculum



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Why this Guide?

Realityworks' healthcare foundations curriculum includes over 60 hours of content and hands-on resources. This pacing guide helps you plan effectively and meet standards while making lessons interactive and engaging.

What's Inside?

- A recommended year-long sequence for Healthcare Foundations courses
- Week-by-week breakdowns of lessons, products, and standards
- Approximate hours of instruction for each unit

By the end, you'll be equipped to transform traditional lessons into hands-on experiences that boost engagement and retention.

How to Use This Guide:

- Follow the suggested pacing for ethics, math, terminology, and pharmacology.
- Use sample activities to make lessons interactive.
- Adjust for holidays, testing, and school events as needed.

Planning Tips:

- Hours listed per quarter are approximate.
- Weekly pacing allows time for projects, teacher instruction, and skills practice.
- This guide is flexible — adapt it to your classroom needs.

1st Quarter	National Health Science Education Standards	Lesson Focus: Professionalism and Ethics Math for Healthcare	Hands-On Resource	Sample Activities Included
Week 1	Standard 5: Legal Responsibilities Standard 6: Ethics	- Legal Responsibilities and Implications - Patient Basic Rights and Responsibilities	Ethical and Legal Issues in Healthcare	- Create a healthcare professional code of ethics and solve related scenarios - Explore 9 basic patient rights through scenarios
Week 2		- Informed and Implied Consent and Advance Directives - Safety, Privacy, and Confidentiality of Health Information		- Examine informed consent vs. implied consent through scenario-based learning - Take a deep dive into HIPAA
Week 3		- Social Media and Healthcare - Ethical Foundations		- Risk vs. reward for using social media as a tool for healthcare professionals through related scenarios - Learn the 4 guiding principles of ethics in healthcare through scenario-based learning
Week 4		- Ethical and Legal Issues Impacting Healthcare - Contemporary Ethical Dilemmas and Their Implications		- Discover the difference between ethical and legal standards impacting healthcare in various scenarios - Problem solve contemporary ethical dilemmas relating to reproductive issues
Week 5		- Religious/Cultural Values and Respect/Empathy for all Patients - Ethical Issues Involving Lack of Capacity and End-of-Life Care		- Be introduced to and critically think about religious and cultural values impacting healthcare – ethnicity, gender, race, and religion-related scenarios - Small group challenge solving lack of capacity and end-of-life care scenarios
Week 6	Standard 1: Academic Foundation	Fractions, Decimals, Ratios, and Percentages	Medical Math	Use videos, sample problems, and online lessons to review fractions, decimals, ratios, and percentages
Week 7		Measurement Systems Conversions		- Use videos, sample problems, and online lessons to practice using the metric system, standard time vs. military time, and apothecary measurement - Use videos, sample problems, and online lessons to practice converting between customary and metric length, volume, weight, and temperature measurement
Week 8		- Methods and Oral Medications - Pediatric Dosages		- Calculate oral medications using three different methods - Practice calculating pediatric dosages based on weight and body surface area
Week 9		- Injection Calculations - Infusion Calculations		- Practice injection calculations for intradermal, intramuscular, IV push, and subcutaneous dosages - Calculate dosages for IV administration via pump and gravity in realistic patient scenarios
Total Hours	17 hours			

2nd Quarter	National Health Science Education Standards	Lesson Focus: Medical Terminology	Hands-On Resource	Sample Activities Included
Week 1	Standard 1: Academic Foundation Standard 2: Communications	• Introduction to Medical Terminology • Common Medical Prefixes	Medical Terminology Class Kit	For each lesson in the medical terminology kit: • Create a personal take-home glossary of related word parts and vocabulary terms • Provide independent practice with printable vocabulary flashcards for each student • Construct and deconstruct medical terms with the terminology blocks Practice pronouncing medical terms in context with online modules including audio pronunciations
Week 2		• Common Medical Suffixes • Common Medical Root Words		
Week 3		• Overview of the Body • Lymphatic System		
Week 4		• Circulatory System • Muscular System		
Week 5		• Integumentary System • Respiratory System		
Week 6		• Digestive System • Urinary System		
Week 7		• Reproductive System • Skeletal System		
Week 8		• Endocrine System • Nervous System		
Week 9		• Sensory Systems		
Total Hours	17 hours			

3rd Quarter	National Health Science Education Standards	Lesson Focus: Employability Skills Patient Care	Hands-On Resource	Sample Activities Included
Week 1		• Communication • Teamwork	Healthcare Interpersonal Skills Program	• Practice crafting a written communication to a patient in a variety of real-world scenarios • Write a blog implementing a peer support program
Week 2		• Problem -Solving • Critical Thinking		• Using a problem-solving writing prompt, write a detailed report that can be used in a policies and procedures manual • Using critical thinking, draft a flyer to educate patients about a disease
Week 3		• Work Ethic • Listening		• Write a journal entry describing 10 ways you have a strong work ethic • Practice being an active listener with a partner as a patient describing a medical concern
Week 4	Standard 2: Communications	• Responsibility • Patience		• Solve two scenarios highlighting responsibility - one patient-centered and one colleague-centered • Based on a scenario, draft a paper to be used in new employee orientation packets on how to patiently work with patients with PTSD and traumatic brain injuries
Week 5	Standard 4: Employability Skills	• Trust • Integrity		• Design a poster on developing trust with patients to be used in training programs with students • Write a code of conduct on medical ethics that applies to healthcare to be included in an application packet
Week 6	Standard 8: Teamwork	• Defining Intellectual Disability • Defining Mental Illness	Soft Skills Program for Caring for Patients with Intellectual Disabilities, Mental Illness, or PTSD	• Problem solve 10 scenarios focusing on intellectual disabilities • Participate in a mental illness scavenger hunt online
Week 7		• Strategies for Caring for Patients with Intellectual Disability		• Role- play 10 scenarios focusing on intellectual disabilities or dementia using the Dementia and Auditory Hallucinations Simulator
Week 8		• Strategies for Caring for Individuals with Mental Illness		• Pair up student to role- play mental illness scenarios using the Dementia and Auditory Hallucinations Simulator
Week 9		• Strategies for Caring for Patients with Post-Traumatic Stress Disorder • Developing Empathy for Effective Patient-Focused Care		• Participate in a group activity researching PTSD • Use the online lesson module to teach empathy issues in patient care for self-paced learning
Total Hours	15 hours			

4th Quarter	National Health Science Education Standards	Lesson Focus: Pharmacology	Hands-On Resource	Sample Activities Included
Week 1	Standard 1: Academic Foundation Standard 10: Technical Skills	- Pharmacodynamics - Pharmacokinetics	Pharmacology Activity Kit	- Draw how a dose-response curve might look for a variety of scenarios - Using the whiteboard and overlay, identify areas in the body where a drug could be eliminated from the body
Week 2		Molecular Pharmacology		Using the whiteboard and overlay, place the colored pegs where the drug will bind, where effector proteins will be following receptor activation and where ions will flow
Week 3		Drug Development and Approval		Using the white board and overlay, read the scenarios and select the correct drug name featured in the scenario
Week 4		- Autonomic Nervous System - Central Nervous System		- Using the whiteboard and overlay, label the preganglionic neuron and autonomic ganglion diagrams and identify neurotransmitters - Using the whiteboard and overlay, read a description of the drug and identify how the drug will alter the receptors and neurons
Week 5		Anesthesia and Analgesia		Using the dry erase board and overlay, read through drug descriptions and use the magnetic pins to indicate if the drug is an anesthetic or analgesic
Week 6		- Cardiovascular System - Renal System		- Using the whiteboard and overlay, identify the correct drug to be used for treating specific diseases and the effect on the heart rate - Using the whiteboard and overlay, use an anatomical graphic to learn information about the renin-angiotensin-aldosterone system
Week 7		Endocrine System		Using the whiteboard and overlay, have students place magnetic pins to represent the hormones secreted from each area
Week 8		Antimicrobials		Using the whiteboard and overlay, using diagrams of bacteria, fungi, and virus to identify the drug class and where a drug works
Week 9		Cancer		Using the whiteboard and overlay, students will identify the steps to developing cancer and common targets of cancer
Total Hours	12 hours			

Ready to Bring Healthcare Skills to Life?

By following this pacing guide, you've taken the first step toward creating an engaging, hands-on learning experience that prepares students for real-world healthcare careers. These activities don't just meet standards — they make lessons memorable and meaningful.

Next Steps:

- **Explore more resources:** Find lesson plans, videos, and teaching tips at Realityworks.com.
- **Get support:** Contact our team for training or implementation assistance.
- **Plan ahead:** Use this guide as a flexible roadmap — adapt it to your schedule and classroom needs.



Want to See All the Kits in Action?

Scan the QR code or visit our website to view product details, purchase options, and educator resources.

Start planning today and make your healthcare lessons unforgettable!