South Central College

CHW 1065  Community Health Worker Health Promotion

Common Course Outline

Course Information

Description
This course focuses on the knowledge and skills a CHW needs in order to assist clients in realizing healthy eating patterns, controlling their weight, integrating exercise into their lives, taking their medications, talking with their doctors, controlling substances such as tobacco, managing stress, achieving life balance, and attaining personal and family wellness. Emphasis will be on learning strategies that can be used to aid in client awareness, and assist clients in understanding and linking to services in heart disease and stroke, maternal care, diabetes, cancer, oral health and mental health.
(Prerequisite: CHW 1000 - Role, Advocacy and Outreach)

Total Credits 3.00
Total Hours 48.00

Types of Instruction

Instruction Type Credits/Hours
Lecture 3/48

Pre/Corequisites

Corequisite CHW 1000 - Role, Advocacy and Outreach

Institutional Core Competencies

Analysis and inquiry: Students will demonstrate an ability to analyze information from multiple sources and to raise pertinent questions regarding that information.

Critical and creative thinking: Students will develop the disposition and skills to strategize, gather, organize, create, refine, analyze, and evaluate the credibility of relevant information and ideas.

Intercultural knowledge and competence: Students will recognize and understand the rich and complex ways that group and individual inequalities and interactions impact self and society.

Course Competencies

1 Identify the principles of health and a healthy lifestyle.

Learning Objectives
Describe the elements of Healthy lifestyles including weight, exercise, recreation, relaxation and managing stress.
Discuss the considerations of supporting a healthy lifestyle such as assisting clients with understanding healthy eating patterns, planning for exercise, being knowledgeable about their medications, talking with their doctors.
Define life balance and describe the ways in which clients and their families can achieve it.
Explain strategies that can be used to make clients aware of and incorporate health into their lifestyles.
Demonstrate different ways to educate clients about healthy lifestyles.

2 Describe controlling substances such as tobacco and the effects on the body.

Learning Objectives
Describe the long term effects of smoking on the human body.
Identify four steps people can take to overcome the urge to smoke.
Describe the long term effects of alcohol on the human body.
Identify community resources to assist clients for smoking and drinking.

3 Demonstrate how to promote a healthy lifestyle in self, clients families and the community.

Learning Objectives
Describe the long term effects of smoking on the human body.
Identify four steps people can take to overcome the urge to smoke.
Describe the long term effects of alcohol on the human body.
Identify community resources to assist clients for smoking and drinking.

4 Describe the physiology of the heart, risk factors and warning signs for heart disease and stroke, what might impact heart disease and stroke, and common treatments.

Learning Objectives
Describe how the heart and blood vessels work.
Recognize the risk factor for and causes of heart disease and stroke.
Relate the warning signs of heart attach and stroke, and the signs of heart disease and other conditions that can lead to heart attach and stroke.
Explain the most common treatments for diseases of the heart and bloodvessels, for heart attach and stroke and for contributing conditions such as high blood pressure, high blood cholesterol, and diabetes.
Discuss the emotional and sociological- economical impacts of heart disease and stroke on clients and their families.
Identify ways CHWs can work with communities and community members to prevent heart disease and stroke by encouraging healthy eating, physical activity, tobacco control, and stress reduction at the individual, family, and community level.
Demonstrate how CHWs can assist their clients, families and the people in the community who are living with heart disease or a stroke-related disability take care of themselves, and prevent a second heart attack or a second stroke.
Discuss the strategies needed to help clients take greater control over their health.

5 Identify the needs and requirements to support the health of mothers and their children from prenatal to teen.

Learning Objectives
Describe the cycle of birth from prenatal to labor and delivery to post-partum care and the role the CHW can play in this cycle.
Explain cultural implications of the cycle of birth and mothering of infants.
Relate the benefits of breastfeeding and how to assist mothers if they select it.
Discuss the nutritional needs of mothers and infants.
Relate the life stages of children including early childhood development through to teen years and the unique aspects of each stage.
Explain the special considerations needed when dealing with teen behaviors and their health.
Discuss the significance of such issues as sexuality and family planning when supporting clients and their families.
Describe the implications of STDs, substance abuse and domestic violence and their impact on clients, their families and the community.
Demonstrate the role of the CHW in identifying resources and providing access to those resources needed by mothers and their children.

6 Define the disease of diabetes and the role of a CHW in working with clients with diabetes.

Learning Objectives
Define diabetes.
Recognize the risk factors for diabetes.
Identify the signs of diabetes and two tests used for diagnosing diabetes.
Explain how to balance food, physical activity, hygiene with treatment.
Discuss the long term complications associated with diabetes.
Develop plans for teaching diabetic clients and helping them achieve their highest level of wellness. Demonstrate the role the CHW plays in diabetes prevention, control, resource identification and education.

7 **Describe cancer, its risk factors, the screening tests for diagnosis and the types of treatments clients may experience.**

Learning Objectives
- Discuss the incidence of cancer and its risk factors.
- Describe how tumors form and list the terminology used to describe cancer processes.
- Identify the appropriate screening tests for diagnosing selected cancers.
- List the types of treatments used for cancer clients and their implications.
- Relate the emotional stages clients go through when dealing with a cancer diagnosis.<br />
- Recognize the cultural impact of a cancer diagnosis and its treatment.
- Identify appropriate resources needed by cancer clients and how to link clients with those resources.
- Demonstrate the role of the CHW in educating and supporting cancer clients and their families.

8 **Identify the broad range of topics needed to understand and promote oral health.**

Learning Objectives
- Describe dental anatomy and list the names and parts of the mouth.
- Explain the requirements needed to realize personal safety and protection from infection.
- Relate the strategies needed to offer oral hygiene instruction such as tooth brushing and flossing.
- Discuss the elements of oral hygiene care and the guidelines that parents can use.
- Identify the nutrition needed to achieve good oral health.
- Explain how fluoride is used and dental caries can be prevented.
- Identify insurance resources and how to use screening forms and complete Medicaid applications.
- Locate oral health resources for clients and their families and ways in which they can access them.

9 **Define mental health and mental illness and the CHWs role in promoting mental health across cultures.**

Learning Objectives
- Discuss the incidence and impact of mental illness and its cultural implications.
- Describe indicators of good mental health across the life cycle.
- Recognize causes of mental illness and its at risk stressors.
- Indentify symptoms and the importance of early interventions.
- Explain the ethical and legal aspects of the CHW role in working with mentally ill clients.
- Demonstrate empathy for those affected by mental illness and discuss these issues with sensitivity.
- List local mental health resources and identify barriers to accessing care.
- Promote mental health in self, clients, families and communities.

**SCC Accessibility Statement**
If you have a disability and need accommodations to participate in the course activities, please contact your instructor as soon as possible. This information will be made available in an alternative format, such as Braille, large print, or cassette tape, upon request. If you wish to contact the college ADA Coordinator, call that office at 507-389-7222.

Disabilities page [http://southcentral.edu/academic-policies/disability-rights.html](http://southcentral.edu/academic-policies/disability-rights.html)