

CATALOG INFORMATION

Dept and Nbr: CHW 52B Title: ESSENTIAL SKILLS CHW II
Full Title: Essential Skills for Community Health Worker II
Last Reviewed: 2/26/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable
Grading: Grade Only
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly:

Catalog Description:
Training community health workers to be members of health care teams who provide practical and suitable services to medically under-served people in their Sonoma County communities. Skills include identifying health services providers, getting involved in the community, supporting community causes, identifying violence problems in communities, planning programs, and developing health education messages about a variety of health topics.

Prerequisites/Corequisites:
Completion of CHW 50 & CHW 52A & CHW 52AL with grade of "C" or better.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Training community health workers to be members of health care teams who provide practical and suitable services to medically underserved people in their Sonoma County communities. Skills include identifying health services providers, getting involved in the community, supporting community causes, identifying violence problems in communities,

planning programs, and developing health education messages about a variety of health topics.
(Grade Only)

Prerequisites/Corequisites: Completion of CHW 50 & CHW 52A & CHW 52AL with grade of "C" or better.

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 1998	Inactive: Summer 2005
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Outcomes and Objectives:

By the completion of this course, the student will be able to:

1. Compare and contrast several types of managed care plans (HMO, PPO, IPA, fee-for-service).
2. Identify which health care plans would best serve your community.
3. Analyze the ability of managed care plans to prevent health problems.
4. List types of government aid and how to gain access to them.
5. Identify and give examples in which communities are organized, with special attention to a variety of cultures and economic conditions.
6. Identify ethnic communities and health problems that are common to each as well as among all groups.
7. Analyze how the ethnic communities have traditionally responded to their health problems. What was the evolution?
8. Identify health issues that are common in homosexual and bisexual communities.
9. Analyze how the gay, lesbian, and bisexual communities have in the past responded to their health problems.
10. Identify special health concerns of other vulnerable populations.
Children, youth, disabled, women, elderly
11. List four important messages a pregnant woman should know.
12. Name five common communicable diseases and one way to prevent each one.
13. Identify a healthy eating habits.
14. List and evaluate nutrition suggestions that would be suitable for

- people from different cultures.
15. List risk factors for heart disease.
 16. Identify communities where heart disease is common.
 17. Explain five ways to prevent heart disease.
 18. Describe the problem of violence in your community.
 19. Identify the cycle of violence.
 20. Evaluate ways to prevent family violence.
 21. List three referrals for vulnerable populations in your community.
 22. Identify the important parts of project planning.
 23. Demonstrate techniques for street safety.
 24. Describe how a community support network affects one's health.
 25. Describe four self care and four stress management habits.

Topics and Scope:

- I. Health Policy
 - A. Primary health care
 - B. Types of managed health care plans(HMO, PPO, IPA, single-payer)
- II. Qualifications and Resources
 - A. Medicaid, Medical, Medicare, GA, SSI, etc.
 - B. Changing profile: Who are the needy?
- III. Community Organization
 - A. Community assessment
 - B. Planning and leading meetings
 - C. Publicizing community events
 - D. Project and program evaluation
- IV. Community Networking
 - A. Providing leadership
 - B. Identifying leadership and social networks that are present in the community.
- V. Social Reasons That Affect Health
 - A. Effects of economic conditions on health
 - B. Effects of culture on health
- VI. Serving Different Cultures/Populations
 - A. Cultural awareness
 - B. Building multicultural connections
 - C. Health beliefs of different cultures.
- VII. Serving Vulnerable Populations, Infants, children, youth, Women, Mentally and physically challenged, Homosexual and bisexuals, and the Elderly
- VIII. Communicable Diseases
 - A. Common communicable diseases in Sonoma County
 - B. Prevention/immunization
 - C. Finding cases
- IX. Cancer and Other Noncommunicable Diseases
- X. Nutrition
 - A. Healthy eating habits
 - B. Practical nutrition advice that is suitable for different cultures
- XI. Heart Disease
 - A. Risks
 - B. Prevention

XII. Emotional Challenges

- A. Death and dying
- B. Life threatening illness
- C. Acculturation
- D. Dealing with loss and trauma

XIII. Violence

- A. In communities
- B. In families
- C. Ways to prevent violence.

XIV. Introduction to Personal and Program Planning

- A. Managing time - arranging tasks.
- B. Planning projects
- C. Building a personal filing system

XV. Self Care for Health Providers

- A. Developing support networks
- B. Managing stress and maintaining sanity.
- C. Avoiding communicable diseases

Assignment:

Example:

Combining lessons on nutrition and adolescence and women's health, outline a health care information message for a female teenager at your health care office who is 30 pounds overweight, is depressed about her diets not working (she skips breakfast and lunch), and says she eats a lot of sweets and fast foods. As a Community Health Worker, describe how you would:

1. Find out what the client already knows about nutrition
2. Identify the challenges of changing eating habits from the client's point of view.
3. Identify and evaluate the factors relating to the client's readiness for change.
4. Identify three of the most important health problems.
5. Identify community health resources

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework

Writing 5 - 10%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

case mngt study, comm involve, resources/referrals
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Problem solving 10 - 15%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

health ed messages, violence prevention, roleplay	Skill Demonstrations 5 - 10%
Exams: All forms of formal testing, other than skill performance exams.	
Multiple choice, True/false, Matching items, Completion	Exams 20 - 25%
Other: Includes any assessment tools that do not logically fit into the above categories.	
Professionalism. Criteria use on file.	Other Category 40 - 60%

Representative Textbooks and Materials:

Directory: Sonoma County Human Services and Nonprofit Agencies.
 Volunteer Center of Sonoma County. 1998.
 Health Profile '96, Sonoma County Department of Health Services, 1996.
 OutREACH: A Notebook of Ideas and Resources for Community Health Work by
 Laura Goldman, 1996.