

**CHW 151 Course Outline as of Fall 2012****CATALOG INFORMATION**

Dept and Nbr: CHW 151 Title: OUTREACH TECH/STRATEGIES

Full Title: Outreach Techniques and Strategies

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	8	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: CHW 51

**Catalog Description:**

This course will provide core competencies for Community Health Workers (CHWs) to become compassionate providers to people of all backgrounds. Focus will include improving CHW cultural effectiveness, increasing ethical and self-awareness, identifying CHW scope of practice, promoting health behavior change, conducting client interviews, managing cases, and preparing for home visiting.

**Prerequisites/Corequisites:**

Course Completion or Current Enrollment in CHW 150

**Recommended Preparation:**

Eligibility for ENGL 1A or equivalent

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course will provide core competencies for Community Health Workers (CHWs) to become compassionate providers to people of all backgrounds. Focus will include improving CHW cultural effectiveness, increasing ethical and self-awareness, identifying CHW scope of practice, promoting health behavior change, conducting client interviews, managing

cases, and preparing for home visiting. (Grade Only)

Prerequisites/Corequisites: Course Completion or Current Enrollment in CHW 150

Recommended: Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit:

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

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Identify, analyze, and apply models for practicing cultural humility and conducting client centered interviews.
2. Explain how to build capacity as a culturally effective CHW.
3. Describe code of ethics for CHWs.
4. Identify and apply activities that will increase CHW self-awareness.
5. Differentiate the scope of practice of Community Health Works from that of other members of the health care team.
6. Conduct client interviews.
7. Demonstrate client-centered counseling for health behavior change.
8. Identify the steps for providing case management services.
9. Discuss common challenges related to home visiting.

### **Topics and Scope:**

1. Practicing Cultural Humility
  - A. Why practicing cultural humility is so important
  - B. The culturally diverse context for community health work
  - C. Defining and understanding culture
  - D. Building cultural self-awareness
  - E. Building capacity as culturally effective CHWs
  - F. Defining cultural humility
  - G. Understanding cultural health beliefs
  - H. Roles and responsibilities of culturally effective CHWs

## 2. Guiding Principles for Working with Individual Clients

### A. Ethical guidelines for CHWs

1. Defining ethics
2. Common ethical challenges
3. Ethics and the law
  - i. Code of ethics for CHWs
  - ii. Purpose of code of ethics
  - iii. Establishing and maintaining professional boundaries
  - iv. Developing a framework for ethical decision making

### B. Self-awareness

1. The importance of self-awareness
2. Self-evaluation
3. Enhancing self-awareness

### C. Scope of Practice

1. What competencies lie within the CHW scope of practice?
2. What competencies are considered to lie outside the CHW scope of practice?
3. Why CHWs may work outside their scope of practice
4. Consequences of working outside the scope of practice
5. What to do when uncertain about own scope of practice

### D. Understanding Behavior Change

1. Common health behaviors people try to change
2. CHW's experience with behavior change
3. Factors that complicate behavior change
4. Common mistakes in attempting to facilitate behavior change

## 3. Conducting Initial Client Interviews

- A. Overview of client interviewing
- B. Beginning an interview
- C. Middle of the interview
- D. End of the interview process
- E. Documenting client interviews

## 4. Client-Centered Counseling for Health Behavior Change

- A. Overview of client-centered counseling for behavior change
- B. Overview of counseling concepts
- C. Developing a behavior change plan
- D. Knowledge and skills for client-centered behavior change counseling
  1. Using a bubble chart
  2. Harm-reduction and risk-reduction counseling
  3. Motivational interviewing
  4. Stages of change theory
  5. Open-ended questions, Affirmations, Reflective listening and Summarizing (OARS)
- E. Common challenges to client-centered counseling
- F. Documenting CHW work
- G. Working with supervisors
- H. Self-awareness and self-assessment
- I. Creating a professional development plan

## 5. Case Management

- A. Defining case management
- B. Basic case management concepts
- C. Developing case management plans

- D. Additional techniques for effective case management
- E. Common case management challenges
- F. Identifying community resources and providing referrals
- G. Organizing and documenting CHW work
- H. Participating in case conferences

## 6. Home Visiting

- A. Overview of home visiting
- B. Preparing to conduct a home visit
- C. Common courtesies and guidelines
- D. Safety guidelines for home visits
- E. How to conduct a home visit
- F. What to do after the visit
- G. Common challenges

## Assignment:

1. Readings from textbook, 10-40 pages each week; instructor-assigned readings, 10-15 pages each week.
2. Complete 6-8 Chapter Reviews from designated chapters in text.
3. Chapter Quizzes (2-4); final exam.
4. Complete 2-5 home visits with a classmate; plan visit; report on visit in class; and write home visit report.
5. Practice and demonstrate 5-10 CHW clinical skills and successfully pass instructor assessment of skills.
6. In class demonstrate through role-play and small-group activities: cultural humility skills; scope-of-practice boundaries; ethical decision-making; interviewing skills; client-centered behavior-change counseling skills; case management skills.

## 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, home visit plan and report

Writing  
30 - 50%

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

Home visit planning, interviewing and presentation in class

Problem solving  
10 - 15%

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

Role playing, scope of practice during home visits, small group activities

Skill Demonstrations  
10 - 15%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes, final exam

Exams  
15 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance, participation, instructor/supervisor evaluations

Other Category  
15 - 35%

**Representative Textbooks and Materials:**

Foundations for Community Health Workers, Berthold, Miller, Avila-Esparza, Wiley & Sons, 1st Ed., 2009