CHW 154 Course Outline as of Fall 2020

CATALOG INFORMATION

Dept and Nbr: CHW 154 Title: DIS PREV HLTH PROMO
Full Title: Disease Prevention and Health Promo Vulnerable Populations
Last Reviewed: 2/22/2016

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 or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:
Community Health Worker (CHW) students will focus on common Sonoma County chronic and infectious diseases in vulnerable populations using a series of modules that provide opportunities for CHW client assessments, disease prevention, health promotion, health provider teamwork tips, and home visiting strategies and referrals.

Prerequisites/Corequisites:
Course Completion of CHW 150

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: Community Health Worker (CHW) students will focus on common Sonoma County chronic and infectious diseases in vulnerable populations using a series of modules that provide opportunities for CHW client assessments, disease prevention, health promotion, health provider teamwork tips, and home visiting strategies and referrals. (Grade or P/NP)
Prerequisites/Corequisites: Course Completion of CHW 150

Recommended: Eligibility for ENGL 100 or ESL 100
Limits on Enrollment:
Transfer Credit:
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:	Effective:	Inactive:
UC Transfer:	Effective:	Inactive:

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:
1. Describe health disparities impacting disease incidence.
2. Describe the role of nutrition in health and disease.
3. Identify the most common chronic and infectious diseases impacting vulnerable Sonoma County residents.
4. Demonstrate a basic understanding of the pathophysiology of chronic diseases.
5. Describe the role of the CHW in prevention and health promotion for clients affected by or at risk for chronic diseases.
6. Describe the impact of tobacco, alcohol, and other substance use on short and long term health.
7. Identify common mental health issues faced by vulnerable populations in Sonoma County.
8. Identify CHW role in health promotion and prevention of substance use in clients living with mental illness.
9. Demonstrate understanding of the epidemiology, signs/symptoms and transmission routes of common blood-borne, airborne, and sexually transmitted infections in Sonoma County.
10.Identify CHW role in infectious disease prevention including universal and standard precautions, immunization, harm reduction and treatment.
11. Describe the common causes of intentional and unintentional injuries in Sonoma County and the role of the CHW in their prevention.
12. Describe the role of CHW in promoting reproductive health and healthy pregnancies in vulnerable populations.

Topics and Scope:

I. Introduction to health statistics and lifestyle
   A. Most common causes of death worldwide
   B. Most common causes of death and disability in Sonoma County
   C. Health disparities in Sonoma County

D. Lifestyle impacts on health

II. Disease prevention and health promotion

A. Roles of CHW

1.Fundamental required knowledge and skills

a. HIPAA and confidentiality

b. universal precautions and infection control

c. basic clinical skills for assessment (e.g., vital signs, mobility assistance, glucometer)

d. cultural humility

2. Scope of practice, ethical considerations, and boundaries

B. Nutrition

1. Foundation of health

2. Social justice issue

3. Food source and quality

4. Food security

III. Chronic Diseases and Disorders

A. Obesity in children and adults

1. Scope of problem

2. Root causes

a. poverty

b. poor nutrition

c. physical activity (neighborhood, school)

d. screen time

3. Role of CHW in disease prevention and health promotion

B. Diabetes Mellitus (DM)

1. Scope of problem

2. Basic pathophysiology

3. Signs and symptoms

4. Disease prevention

5. Disease management

6. Lifestyle changes

7. Medication

8. Home glucose monitoring

9. Role of CHW in disease prevention and health promotion

a. nutrition education

b. physical exercise

c. home glucose monitoring

d. supporting patient self management

e. empowering patients to identify warning signs

f. encouraging regular check-ups (medical, eye and dental)

g. immunization promotion

h. communication with healthcare team

C. Respiratory diseases

1. Asthma

a. scope of problem

b. basic pathophysiology

c. signs and symptoms

d. disease prevention

e. disease management

2. COPD

a. scope of problem

b. basic pathophysiology

c. signs and symptoms

d. disease prevention
e. disease management

3. Role of CHW in disease prevention and health promotion
   a. home assessment and environmental triggers
   b. tobacco and smoking cessation
   c. supporting patient self management
      i. asthma action plan
      ii. medication use
      iii. client education on warning signs

D. Cardiovascular disease
1. Scope of problem
2. Types of cardiovascular disease and basic pathophysiology
   a. Coronary artery disease (CAD)
   b. Acute myocardial infarction (AMI)
   c. Cerebrovascular accident (CVA) - Stroke
   d. Congestive heart failure (CHF)
3. Root causes of cardiovascular disease
4. Role of CHW in disease prevention and health promotion
   a. home blood pressure monitoring
   b. lifestyle changes
   c. client education on warning signs

E. Mental Health
1. Scope of problem
2. Stigma and barriers to care
3. Specific disorders
   a. depression
      i. major depression
      ii. post-partum depression
   b. bipolar disorder
   c. anxiety
   d. schizophrenia
4. Stress
   a. acute versus chronic stress
   b. effects of stress
5. Role of CHW in disease prevention and health promotion
   a. coping strategies
   b. stress management
   c. medication organization and adherence
   d. client education on warning signs

F. Substance Use
1. Substance use issues in Sonoma County
   a. scope of problem
   b. signs of use
   c. impact on health
2.Tobacco
   a. scope of problem
   b. impact on health
   c. smoking cessation
      i. resources (1-800-NO-BUTTS)
      ii. medications
3. Alcohol
   a. scope of problem

b. impact on health
i. motor vehicle accidents
ii. family violence
iii. liver disease (cirrhosis)
iv. alcohol withdrawal
c. treatment
i. alcoholics anonymous (AA)
4. Role of CHW in disease prevention and health promotion
a. safety
b. legal responsibilities
c. motivational interviewing
d. family cycles of substance use
e. community resources

IV. Infectious Diseases
A. CHW self protection
1. Universal precautions
2. Standard precautions
3. Immunizations (influenza, Hep A, Hep B, TDaP)
B. HIV/AIDS
1. Epidemiology
2. Risk factors
3. Stigma
4. Testing
5. Treatment
6. Prevention
7. Role of CHW in disease prevention and health promotion
a. education
b. testing services
c. harm reduction
i. needle exchange
ii. condoms
C. Chlamydia and Gonorrhea
1. Epidemiology
2. Detection
3. Treatment
4. Prevention
5. Role of CHW in disease prevention and health promotion
D. Viral Hepatitis
1. Overview of Hepatitis A, B, C
2. Epidemiology
3. Scope of Hepatitis C problem in Sonoma County
4. Risk factors
5. Signs and symptoms
6. Role of CHW in disease prevention and health promotion
a. testing services
b. harm reduction
i. needle exchanges
ii. condoms
E. Respiratory Infections
1. Tuberculosis (TB)
a. transmission
b. risk factors

c. difference between latent TB and active TB
d. signs and symptoms of active TB
e. role of CHW in disease prevention and health promotion
i. identifying vulnerable clients
ii. detection
iii. medication adherence

2. Influenza
a. transmission
b. signs and symptoms
c. risk factors for severe disease
d. role of CHW in disease prevention
i. identifying vulnerable clients
ii. immunization
iii. teaching infection control techniques

3. Pertussis (whooping cough)
a. transmission
b. signs and symptoms
c. risk factors for severe disease
d. role of CHW in disease prevention
i. identifying vulnerable clients
ii. immunization
iii. teaching infection control techniques

4. Pneumonia
a. Transmission
b. Signs and symptoms
c. Risk factors for severe disease
d. Role of CHW in disease prevention
i. identifying vulnerable clients
ii. immunization
iii. teaching infection control techniques

V. Injuries
A. Intentional
1. scope of problem
2. types
a. self-harm
b. family violence
c. gang violence
d. gun violence

3. role of CHW in intentional injury prevention
a. family cycles of violence
b. home assessment (gun in home)
c. community resources
i. YWCA safe house
ii. Family Justice Center
iii. police
iv. gang prevention resources

B. Unintentional
1. scope of problem
2. types
a. poisoning
b. drowning
c. motor vehicle accidents

d. falls
3. role of CHW in unintentional injury prevention
a. home assessment
b. car safety
c. bike safety
d. water safety

VI. Reproductive Health
A. Female and male reproductive anatomy
B. Female menstrual cycle
C. Family planning
1. unplanned pregnancy
a. scope of problem
b. health outcomes
2. contraception
a. long-acting reversible contraception
b. pill, patch, ring and depo provera
c. barrier methods
d. plan B
3. preparing for a healthy pregnancy
a. prenatal vitamins
b. healthy weight, exercise and nutrition
c. substance use
d. pregnancy spacing
e. prenatal care
f. newborn care and postpartum issues

VII. Integration: putting knowledge to practice in home visits
A. Referrals
B. Preparing for home visits
C. During the home visit
D. Client Communication: The Four Habits Model
E. Healthcare provider teamwork tips
F. Referral summary
G. Communicating urgent concerns

Assignment:

1. Read 15-20 pages/week from textbook and 5-10 pages of instructor-selected readings/week
2. Complete one-week nutrition mapping, including summary of findings
3. Complete weekly homework problem-solving exercises to review in class
4. Complete end of chapter questions on “Maria” and her journey with diabetes
5. Write research paper (4-5 pages typed, double spaced) on a disease or disorder common to vulnerable populations in Sonoma County describing:
a. incidence
b. risk factors
c. challenges to getting treatment or living well with the disease
d. CHW role in prevention and health promotion
6. Interview a person living with diabetes, asthma, COPD, HIV or mental illness. Write a 2-4 page, typed, double-spaced paper describing the following;
a. How the person was diagnosed
b. How they feel about their diagnosis
c. What are some challenges living with their disease
d. What advice would they give to someone else living with the same disease

7. With a partner, prepare and present one 7-15 minute role-play on how to describe a medical condition to a client at risk for or living with a disease, answer questions on the condition and counsel on health promotion
8. Quizzes (5-6) and final exam.

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.

Nutrition mapping, research paper, interview paper	Writing 15 - 25%

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

Problem-solving exercises, chapter questions	Problem solving 15 - 20%

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

Team role-play, regarding medical condition/disease	Skill Demonstrations 10 - 15%

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

Quizzes and final exam	Exams 30 - 40%

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

Attendance and participation	Other Category 5 - 10%

Representative Textbooks and Materials:
Anatomy, Physiology, and Disease: An interactive Journey for Health Professionals, Colbert, Ankney and Lee, 3rd Edition, 2015.
Instructor prepared materials