

CATALOG INFORMATION

Dept and Nbr: CHW 152 Title: HEALTH ISSUES/RESOURCES
Full Title: Health Issues and Resources
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: CHW 52B

Catalog Description:
Community Health Worker (CHW) students will examine health issues and identify community resources for vulnerable populations in Sonoma County.

Prerequisites/Corequisites:
Concurrent Enrollment in CHW 152L (or CHW 52BL) and Concurrent Enrollment in CHW 153 (or CHW 53)

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100.

Limits on Enrollment:

Schedule of Classes Information:
Description: Community Health Worker (CHW) students will examine health issues and identify community resources for vulnerable populations in Sonoma County. (Grade Only)
Prerequisites/Corequisites: Concurrent Enrollment in CHW 152L (or CHW 52BL) and Concurrent Enrollment in CHW 153 (or CHW 53)
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:

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

1. Identify and compare special health concerns of vulnerable populations: children, youth, the disabled, perinatal women, and/or the elderly.
2. Spell, pronounce, recognize and analyze complex medical terms and abbreviations commonly used in community health clinics.
3. Label anatomical structures on body system charts.
4. Communicate health messages for pregnant women.
5. Describe common communicable diseases, analyze and evaluate prevention techniques.
6. Evaluate nutrition suggestions suitable for people from various cultures.
7. Prioritize risk factors for chronic diseases and analyze various diversity impacts.
8. Collect data regarding the problem of violence in various Sonoma County communities including assessment of possible causes through agency contacts.
9. Examine ways to prevent family violence in diverse communities.
10. Identify steps for project planning.
11. Demonstrate techniques for street safety.
12. Determine ways a community support network can affect a client's health.
13. Select self-care, and stress-management techniques, and demonstrate effective time and material management.
14. Compare and contrast several types of managed care plans, e.g., HMO (Healthcare Maintenance Organization), PPO (Preferred Provider Organization), or IPA (Individual Practice Association, and which would best serve several specified clients.
15. Analyze various types of government aid, and eligibility

requirements.

16. Examine reasons why uninsured individuals or families would want to decrease use of emergency rooms, and develop other options.

Topics and Scope:

- I. Social Reasons which Affect Health
 - A. Effects of economic conditions on health
 - B. Effects of culture on health
- II. Serving Different Cultures/Populations
 - A. Cultural awareness
 - B. Building multicultural connections
 - C. Community networking and leadership
- III. Personal and Project Planning
 - A. Time management
 - B. Project planning steps and timeline
- IV. Developing Medical Language for Community Health Work
 - A. Commonly used medical terms, abbreviations, lab and medical specialties
 - B. Connecting anatomy, medical terms, and specific health issues.
- V. Developing Clinical Skills
 - A. Universal precautions for infection control
 - B. Vital signs, gloving, height, weight and sterile technique
 - C. Newborn weights and measurements
 - D. Other clinical skills designated by county health clinics
 - E. Shadowing and practice in county health clinics
- VI. Serving Vulnerable Populations
- VII. Communicable Diseases
 - A. Common communicable diseases in Sonoma County
 - B. Morbidity and mortality comparisons with developing countries' most common communicable diseases
 - C. Prevention/immunization
 - D. Strategies for finding cases
- VIII. Cancer and Other Non-Communicable Diseases
 - A. Most common cancers - Sonoma County Statistics
 - B. Cancer prevention strategies
 - C. Risks and prevention strategies for these non-communicable diseases
- IX. Nutrition
 - A. Healthy eating habits
 - B. Practical nutrition advice for various cultures
- X. Emotional Challenges

Dealing with challenging situations, e.g., acculturation, life threatening illness, death and dying, loss and trauma.
- XI. Ways to prevent violence in families and communities
- XII. Self-Care for CHWs
 - A. Managing stress and avoiding communicable diseases
 - B. Developing support networks
 - C. Managing time and materials
- XIII. Health Policy
 - A. Primary health care
 - B. Types of managed health care plans, e.g., HMO, PPO, IPA.

C. Concerns and options regarding emergency care for uninsured families and individuals.

XIV. Qualifications & Resources to Obtain Medical Care

A. Medicaid, MediCal, Medicare, GA, SSI

B. Changing profile - Who are the needy?

Assignment:

1. Conduct Internet research and write a 1-2 page paper regarding 2-4 health issues in Sonoma County.
2. Complete cultural awareness interview and questionnaire. Present in class.
3. Follow guidelines for time and material management.
4. Complete worksheets for medical terminology for the appropriate due dates.
5. Make flashcards for medical terms.
6. Make a list (including the definitions) of commonly used abbreviations at a Sonoma County health clinic.
7. Demonstrate clinical skills, e.g, taking blood pressure and pulse.
8. Complete chart or field notes on clinical skills.
9. Health packet: Using communicable disease packet, compare and contrast communicable disease morbidity and mortality rates in US, Sonoma County, and developing countries. Also, compare the numbers of people immunized. Write a 1-2 page paper on findings.
10. Health packet: Using County Health Profile, list most common diseases in Sonoma County.
11. Using acceptable Internet sites research and write 2-3 pages on 3-5 common diseases in Sonoma County.
12. Keep a nutrition diary for two weeks, complete computerized nutrition profile, write an analysis of the profile.
13. Teams will select a case management topic, conduct an interview from group composed questions, write a summary and present in class.
14. Research violence in Sonoma County - family, gang, individual - following guidelines in the violence prevention packet. View a violence prevention film and write a 1-2 page paper on ways violence can be prevented in Sonoma County.
15. Write a 5-10 page research paper regarding a disease or disorder.
16. Quizzes (6-8); final exam.
17. Reading, 5-10 pages per week.

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, Research papers; chart or field notes.
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Writing 30 - 35%

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

Health topic packets; nutrition profile/analysis.	Problem solving 10 - 15%
Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
In-class presentations; clinical skills.	Skill Demonstrations 15 - 20%
Exams: All forms of formal testing, other than skill performance exams.	
Multiple choice, True/false, Matching items, short essay	Exams 20 - 25%
Other: Includes any assessment tools that do not logically fit into the above categories.	
Participation, Attendance	Other Category 10 - 15%

Representative Textbooks and Materials:

Community Services Directory, Volunteer Bureau (new edition each year).
Health Profile, Sonoma County Department of Health Services, 2000.
Kaiser Permanente Healthwise Handbook. A Self-Care Guide. 2003.