

**CHW 152 Course Outline as of Fall 2012****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	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 52B

**Catalog Description:**

Community Health Worker (CHW) students will examine health issues and identify community resources for vulnerable populations in Sonoma County. They will also improve skills in conflict resolution, health outreach, community assessments, community organizing, and CHW self-care.

**Prerequisites/Corequisites:**

Concurrent Enrollment in CHW 152L and CHW 153

**Recommended Preparation:**

Eligibility for ENGL 1A or equivalent

**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. They will also improve skills in conflict resolution, health outreach, community assessments, community organizing, and CHW self-care. (Grade Only)

Prerequisites/Corequisites: Concurrent Enrollment in CHW 152L and CHW 153

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, the students will be able to:

1. Identify and compare health concerns of vulnerable populations in Sonoma County.
2. Define health inequalities.
3. Examine evidence of improved health outcomes related to Community Health Worker (CHW) interventions with vulnerable populations.
4. Demonstrate effective organization of health resources and networking data.
5. Identify effective Sonoma County health programs and services for clients.
6. Describe common communicable diseases, and analyze and evaluate prevention techniques.
7. Collect data regarding the problem of violence in various Sonoma County communities, including assessment of possible causes through agency contacts, and examine ways to prevent violence in these diverse communities.
8. Demonstrate effective clinical skills, conflict resolution skills, communication skills, and health outreach for home visits with clients and their families.
9. Explain the role of the CHW and key steps in conducting a community diagnosis.
10. Effectively utilize the Community Action Model for community organizing and advocacy.
11. Select self-care and stress-management techniques to improve effectiveness and prevent burnout.

### **Topics and Scope:**

- I. Identification of Vulnerable Populations and their Health Issues
  - A. Defining health inequalities /health disparities
  - B. Evidence of health inequalities in Sonoma County
  - C. Common health issues among specific populations
  - D. Impact of Community Health Worker (CHW) interventions
- II. Community Health Workers Improvement of Health Outcomes
  - A. Health and Human Services Departments--identified needs and outcome projections for Sonoma County

- B. American Public Health Association testimonials
- C. County case studies
- III. Departments of Health and Human Services
  - A. National Department of Health and Human Services 10-year goals
  - B. Programs and Services in Sonoma County
  - C. Resources for CHWs
  - D. CHW's roles and employment in Health and Human Services
- IV. Resource Organization for CHWs
  - A. Utilize guides, binders and files
  - B. Update resource and networking records
- V. Clinical Skill Development
  - A. Standard precautions for infection control
  - B. Vital signs, gloving, height, weight
  - C. Newborn weights and measurements
  - D. Other clinical skills designated by county health clinics
  - E. Shadow and practice in county health clinics
- VI. Community Diagnosis
  - A. Define community diagnosis
  - B. Role of the CHW in community diagnosis
  - C. Key steps in conducting a community diagnosis
  - D. Community mapping
- VII. Health Outreach
  - A. Define community health outreach
  - B. Qualities of successful community health outreach workers
  - C. Communities to be served
  - D. Health issues addressed by outreach
  - E. Outreach levels
  - F. Common outreach methods
  - G. Plan and conduct health outreach
  - H. Safety issues
  - I. Documentation of health outreach services
  - J. Ethics and health outreach
  - K. Supervision and support
- VIII. Community Organizing and Advocacy
  - A. Definition of community and community organizing
  - B. Models for community organizing
  - C. Role of CHWs
- IX. Mental Health Issues and Resources
  - A. Sonoma County Mental Health programs and services
  - B. Signs, symptoms, and treatments for common mental illnesses
  - C. Communication skills for successful support of clients and their families
  - D. Mental health guides and other county resources
- X. Conflict Resolution Skills
  - A. Types and sources of conflict for CHWs
  - B. Common responses to conflict
  - C. Influence of culture
  - D. Approaches to handling conflict on the job
  - E. Communication skills for conflict resolution
- XI. Violence Prevention for Families and Communities
  - A. Understand types and sources of violence
  - B. The power and control wheels
  - C. The challenge of anger

- D. Methods for violence prevention
- E. Resources in Sonoma County
- XII. Communicable Disease Prevention
  - A. Common communicable diseases in Sonoma County
  - B. Basic anatomy and physiology of male and female reproductive systems
  - C. Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS) and other sexually transmitted diseases
  - D. Morbidity and mortality comparisons with developing countries' most common communicable diseases
  - E. Prevention/immunization/community resources
- XIII. Stress Management and Self-Care for CHWs
  - A. Define stress and burnout
  - B. Internal and external resources
  - C. Stress responses
  - D. Assess for stress and burnout
  - E. Develop support networks
  - F. Manage time and materials
  - G. Practice self-care

### Assignment:

1. Submit 3-5 research papers (two-page maximum length each) on Sonoma County health topics.
2. Present a Sonoma County case study that demonstrates improvement in a health outcome for an individual, family or community, or a strong potential for a positive health outcome.
3. Collect current community health resource guides and organize in a binder along with a networking notebook of current community health contacts.
4. Practice and successfully demonstrate all required CHW clinical skills by end of semester.
5. Complete small group community mapping and diagnosis project in selected Sonoma County Community according to packet description, and write a 2- to 5-page group paper.
6. In small groups, role play conflict resolution scenarios.
7. Develop a CHW self-care action plan.
8. Read 10-40 pages per week from designated textbook chapters.
9. Complete Chapter Reviews from designated chapters in text.
10. Quizzes (2-4); 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.

Chapter review; research papers; community mapping paper; self-care action plan

Writing  
30 - 35%

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

Case studies

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; resource organization; networking notebook

Skill Demonstrations  
15 - 20%

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

Quizzes, final exam

Exams  
20 - 25%

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

Participation and attendance

Other Category  
10 - 15%

**Representative Textbooks and Materials:**

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

Instructor prepared materials