

Course discipline/number/title: CHW 1300: Health Promotion

A. CATALOG DESCRIPTION

1. Credits: 5
2. Hours/Week: 5
3. Prerequisites (Course discipline/number): CHW 1000, CHW 1100, CHW 1200
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course focuses on the role of the Community Health Worker (CHW) in health promotion and disease prevention and management. Topics covered include cultural navigation, social determinants of health, connections to resources and supporting clients and families.

C. DATE LAST REVISED (Month, year): March, 2021

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Health Promotion and Disease Prevention
 - a) Chronic disease
 - b) Infectious disease
2. Sexuality and Reproductive Health
3. The Four Trimesters of Pregnancy and Birth
4. Infant Nutrition and Feeding
5. Growth and Development
6. Healthy Aging
7. Community Health
8. Diabetes
9. Cancer
10. Oral Health
11. Mental Health
12. Asthma
13. Trauma
14. Heart Disease

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Compare and contrast chronic and infectious disease and explain how to protect self and client from infectious disease
2. Describe the cycle of birth and maternal health (prenatal, post-partum, breastfeeding, and family planning), the cultural implications of birth and mothering and the role CHWs can play in this cycle.
3. Discuss the nutritional needs of mothers and infants and explain the benefits and "how-to" of breast-feeding
4. Describe the stages of child development, the role of the CHW at each stage and how Adverse Childhood Experiences (ACEs) impact child development.
5. Discuss the significance of issues such as trauma, sexuality, Sexually Transmitted Diseases (STDs), substance abuse, violence and domestic violence and their impact on the individual, family, and community.
6. Define the condition, risk factors and prevention strategies for diabetes, cancer, heart disease, poor oral health, mental health, asthma.
7. Discuss specific aspects and treatment of diabetes, cancer, heart disease, poor oral health, mental health, asthma.
8. Explain socioeconomic, cultural, emotional, aspects of diabetes, cancer, heart disease, poor oral health, mental health, asthma.
9. Demonstrate the health promotion role of the CHW in diabetes, cancer, heart disease, poor oral health, mental health, asthma, Maternal Child Health, Infant Feeding including health promotion strategies, connections/access to resources, cultural implications, and educating and supporting the client and family.

F. LEARNING OUTCOMES (MNTC): NA

- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Discussions
 2. Quizzes
 3. Written Assignments
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcomes(s):
Communication. Students will communicate appropriately for their respective audiences.
- I. SPECIAL INFORMATION (if any): None