ROCHESTER COMMUNITY AND TECHNICAL COLLEGE COMMON COURSE OUTLINE

Course discipline/number/title: CHW 1020: Role in Teaching and Capacity Building

A. CATALOG DESCRIPTION
1. Credits: 2
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): Appropriate RCTC test score for placement in READ 0900.
4. MnTC Goals (if any): NA

This course focuses on the Community Health Worker's role in teaching and increasing the capacity of the community and of the client to access the health care system. Emphasis is on establishing healthy lifestyles and clients developing agreements to take responsibility for achieving health goals. You will learn about and practice methods for planning, developing and implementing plans with clients to promote wellness.

B. DATE LAST REVISED (Month, year): November, 2011

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Client Data Collection
    a) Health behaviors
        i. Rest/sleep
            a) Sleep schedule
            b) Quality/quantity of sleep
            c) Environmental factors (noise, light, temperature, privacy)
            d) Cultural factors
        ii. Nutrition
            a) Quality/quantity of food
            b) Financial resources (ability to afford good food)
            c) Cultural factors
        iii. Use of cigarettes/drugs
            a) Use of cigarettes (packs per day)
            b) Exposures to 2nd hand smoke
            c) Alcohol use
            d) Street drugs
        iv. Exercise
            a) Level of activity/type
            b) Cultural factors
        v. Medications
            a) Prescription meds/used properly
            b) Use of over the counter meds
            c) Use of vitamins/herbs
            d) Cultural factors
        vi. Preventive measures
            a) Health/dental insurance
            b) Annual physical exams
            c) Health care clinic
            d) Dental care
        vii. Hygiene
            a) Adequacy of resources (running water, supplies)
            b) Values/cultural factors
    b) Safety
        i. Smoke detectors
            a) Present/working
            b) Fire escape route
        ii. Vehicles
            a) Use of seat belts
            b) Car seats appropriate for age/used correctly
        iii. Other safety issues

C. OUTLINE OF MAJOR CONTENT AREAS: Continued. . .

- a) Child proofing
- b) Use of locks/phone available for 911
- c) Personal safety
- d) Weapons kept in home/out of reach of children

c) Psychosocial

i. Employment/education
- a) Adequacy of income
- b) Level of education
- c) Desire to return to school

ii. Knowledge of resources
- a) Financial
- b) Health
- c) Emotional
- d) Parenting
- e) Childcare

iii. Support system
- a) Family/friends
- b) Time for self

iv. Family planning
- a) Spacing of children
- b) Availability/knowledge of contraception
- c) Safe sex practices
- d) Cultural factors

v. Stress
- a) Physical
- b) Emotional
- c) Financial
- d) Coping skills

2. Interviewing of Client
   a) Techniques
      i. Establish rapport
         - a) Physical appearance
         - b) Appropriate use of nonverbal skills
      ii. Use of open ended questions
   b) Data collection tools
      i. Serve as a guide for consistency & completeness
      ii. Need to focus on client
3. Determine Client's Baseline
   a) Knowledge of healthy life style choices/safety measures
   b) Health beliefs/values
   c) Cultural factors/influences
   d) Readiness to learn

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

1. Collect client data specific to healthy behaviors, safety, and psychosocial issues.
2. Provide clients with information based on individual needs and desires.
   a) Identify Information specific to health behaviors, safety, and psychosocial issues.
   b) Use a data collection tool to obtain information on health behaviors, safety, and psychosocial issues.
   c) Describe the importance of clients' baseline knowledge and desires.
   d) Provide information regarding healthy behaviors, safety, and psychosocial issues.
3. Construct a contract with clients that promote health care and social responsibility.
   a) Describe the process of contracting with clients.
   b) Explain the importance of setting realistic and attainable goals.
   c) List the different types of goals.
   d) Demonstrate the ability to provide of on-going review and positive feedback.

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

4. Use community resources as incentives for clients' health goals.
   a) Define motivation for learning.
   b) Identify self-motivating factors.
   c) List local community resources that can serve as motivating factors.
5. Utilize a variety of teaching techniques with clients.
   a) Describe learning domains.
   b) Describe different types of learning styles.
   c) Apply a variety of teaching strategies.
   d) Discuss barriers to successful teaching.
6. Increase the capacity of the community through health promotion activities and preventive health.
   a) Define health promotion
   b) List potential sites and avenues for health promotion activities.
   c) Identify multiple ways to advertise health promotion activities.
   d) Describe the importance of staying connected with community leaders.
7. Employ effective communication skills when collaborating with client and other members of the service team.
   a) Discuss the need to collaborate with other team members and services.
   b) Describe the important components of effective verbal and non-verbal skills when collaborating with team members.
   c) Identify barriers to effective collaboration.
8. Act as a role model for and increases the capacity of clients by helping them with self-care and healthy behaviors.
   a) Explain the importance of role modeling healthy behaviors.
   b) Identify unhealthy coping mechanisms.
   c) Demonstrate the use of self-care.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

1. Discussion
2. Self-assessment
3. Presentations
4. Video tape
5. Written reports
6. Peer Review

G. RCTC CORE OUTCOME(S) ADDRESSED:

☒ Communication
☒ Critical Thinking
☐ Global Awareness/Diversity
☐ Personal/Professional Accountability

H. SPECIAL INFORMATION (if any): None