

# PUBH A001N: COMMUNITY HEALTH WORKER I

Item	Value
Curriculum Committee Approval Date	05/03/2023
Top Code	126100 - Community Health Care Worker
Units	0 Total Units
Hours	72 Total Hours (Lecture Hours 54; Lab Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D), • Letter Non-Credit (L)

## Course Description

This course focuses on the core competencies of Community Health Workers (CHWs) relating to their role in the community and their responsibilities in serving it. They will learn the importance of health promotion education, disease prevention efforts of public health, and strategies for physical and emotional wellness. The students will be introduced to the principles and research methods of Public Health and develop the skills to navigate the U.S. healthcare insurance system to reduce health disparities in our communities. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Explain the U.S. healthcare insurance system and the options for access to medical care via private and governmental service options.
2. Describe the role of CHWs and discuss the core competencies needed to assist individuals in the community.
3. Discuss the dimensions of wellness and explain how individual behaviors influence the health and well-being of individuals and communities.
4. Explain how the field of public health analyzes the causes of illness and the health of populations and emphasizes the social determinants of health.
5. Explain the importance of research and evaluation.

## Course Objectives

- 1. Describe CHWs and what they do.
- 2. Identify where CHWs work, the populations they work with, and the health issues they address.
- 3. Explain the core roles that CHWs play in the health and social services fields.
- 4. Understand the core competencies CHWs use to assist individuals and communities.
- 5. Describe the personal qualities and attributes that are common among successful CHWs.

- 6. Describe the contributions of CHWs in promoting the health of individuals and communities in the United States and around the world.
- 7. Identify and discuss major trends and debates that have impacted the development of the CHW field in the United States.
- 8. Discuss the role that CHWs have played in advocating for greater recognition of the CHW field in the United States.
- 9. Define health and the dimensions of wellness.
- 10. Explain the importance of developing internal locus of control and achieving homeostasis.
- 11. Define public health and explain how the field of public health is different from the medical field.
- 12. Discuss public health's emphasis on prevention and explain the spectrum of prevention.
- 13. Discuss the relationship between promoting social justice and promoting public health.
- 14. Describe the ecological model of public health and apply it to specific public health issues.
- 15. Explain the role of research and data collection in the field of public health.
- 16. Demonstrate how survey research methods involving the use of standardized questionnaires are used to collect data about people and their preferences in a systematic manner.
- 17. Identify and describe the various benefits available through federal, state, and local public programs.
- 18. Explain health care financing principles.
- 19. Describe and explain governmental provided health care insurance options.
- 20. Describe and explain employment-based health care insurance options.
- 21. Understand how the Health Marketplace exchanges work to provide income-based healthcare.
- 22. Describe the options available for uninsured individuals.
- 23. Explain the Patient Protection and Affordable Care Act (ACA).
- 24. Explain Medicare and Medicaid (Medi-Cal).
- 25. Describe the different types of private insurance options (PPO, HMO), their benefits, and how to select the right coverage based on individual needs.
- 26. Explain the different types of ambulatory/outpatient services.

## Lecture Content

LECTURE CONTENT: The Role of Community Health Workers What services Community Health Workers provide Core competencies of CHWs Communication skills Interpersonal skills Knowledge base about the community, health issues, and available services Service coordination skills Capacity building skills Advocacy skills Teaching skills Organization skills Evaluation and research skills Eligibility to serve as a Community Health Worker Education requirements, certification, and compensation for CHWs. CHW credentialing CHW policy initiatives and sustainability Networks and conferences Models of care and CHWs around the world. CHW names, definitions, and scope of practice Profiles of CHWs across the globe and the United States Trends in the CHW field CHWs and public health Defining the field of public health Core functions of public health Assessment Policy Assurance Public Health and emphasis on prevention Primary prevention Secondary prevention Tertiary prevention Quaternary Prevention Public health, social justice, and determinants of

health Safe housing and public transportation Access to healthy foods Proper nutrition Civil rights and protection against discrimination Safe working conditions and a living wage. Clean water, air, and soil. Quality education. Recreational facilities and green space. Cultural resources. Affordable healthcare The practice of public health International and intergovernmental organizations Local, state, tribal, and national agencies Public and private clinics and hospitals Nongovernmental organizations Individuals, groups, and associations Public Health and the ecological model to promote community health The individual Family and friends The Community The nation or society Overview of the current U.S. healthcare system Major stakeholders Healthcare statistics Government's role in healthcare-U.S. Government agencies U.S. Department of Health and Human Services National Institutes of Health U.S. Food and Drug Administration Centers for Medicare and Medicaid Services Types of healthcare institutions Inpatient Services Hospitals (public, federal, voluntary, proprietary) Outpatient services Types of health insurance Public Welfare Insurance Medicaid (MediCal) Medicare Parts A, B, C, D, and G Challenges and limitations in covered benefits Private insurance Group insurance (employer-based) Individual private health insurance Self-employment Types of health insurance plans Indemnity plans (fee-for-service, managed care, and point-of-service) Consumer-driven health plans (high deductible coverage and Health savings accounts) The Patient Protection and Affordable Care Act (ACA) Major mandates and legal issues Health insurance marketplaces Healthcare Law Informed consent Patient Bill of Rights Healthcare fraud Healthcare ethics Code of Ethics Ethics in research Ethics in public health Mental health services Family and caregivers Resources for mental health services Long-term care services Types of long-term care services Payment for long-term care services Medicare MediCal/Medicaid Other Coverage for home health care and community-based care End-of-life care and decision making Local, State, and Federal Public Assistance and Disability Programs CalWorks/TANF Unemployment insurance Supplemental Security Income (SSI)

## Lab Content

An Overview of The Role, Responsibilities, Competencies, And Values of CHWs Community Health Worker/Promotora/Representative CHW qualifications and minimum required training: Core vs. specialty training State-issued CHW/P/R certificate and renewal Analysis of CHW case studies (United States and Global examples) Guest speaker: Real-world experience shared by active CHW The evolution and expansion of the CHW profession Integrating CHWs in the healthcare delivery services, public health promotion services, and research. Personal Health The dimensions of health Mental health fundamentals Stress Sleep and sleep disorders Substance use disorders, family and community implications Fitness, nutrition, and weight control An overview of chronic diseases Sexual health Public Health Overview Public health is community health The Eco-Social and Life Course approach Prevention and health equity: Applying notions of prevention to local communities Reducing health inequalities Case study I: You can't live here: Government and corporate redlining Case study II: Getting from here to there when you have no other option: Public transportation routes, likelihood of stable employment, and health Case study III: A global perspective of public health Fortification as a health-equitable prevention method Eco-Social Perspectives Social networks The operation of social networks in infectious disease spread The operation of social networks in noncommunicable diseases How places affect our health? Case study IV: Dying for healthy foods: Food deserts in American neighborhoods Across the life course: What causes health and what we can do about it The life course perspective: Early childhood, adolescence and young adulthood, adulthood, older age and health The Methods of public health Analytic approaches: Epidemiology and biostatistics Collecting data Completing surveys and forms practice

The role of interviews The methods of public health practice The core functions of public health Community engagement, advocacy, and building capacity The role of preparedness Sharing information Community resiliency through active participation U.S. Healthcare Navigation Basic health insurance/healthcare financing principles and terminology Premium, deductibles, co-payment, co-insurance In and out-of-network providers Types of insurance and cost-sharing Private, group, and public insurance plans PPOs, HMOs, HDHPs, HSAs Private health insurance Medicare (Plan A, B, C, D, and G) Medicaid Health Insurance Marketplace; Covered California Enrollment Government discounts Choosing the right plan Scenario-based navigation activities Insurance administration Application Filling claims Rights and responsibilities Where to go for help

## Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Enhanced NC Lab (NC2)
- Online Enhanced NC Lect (NC5)
- Online Enhanced NC Lab (NC6)
- Live Online Enhanced NC Lect (NC9)
- Live Online Enhanced NC Lab (NCA)

## Instructional Techniques

Lecture, demonstration, discussion, group activities, video tutorials, active learning.

## Reading Assignments

Students will read from the textbook and instructor-provided handouts. (2 hours/week)

## Writing Assignments

Written assignments related to case-studies, websites explorations, and evaluating benefits of various social assistance and health insurance coverage programs. Observation and reflection assignments will be given to allow students time to process information and integrate lived experiences into practice. Most work will be completed during class because this is a noncredit course. (1 hour/week)

## Out-of-class Assignments

Students will spend time outside of class reading their instructor's lecture-specific handouts, completing the writing assignments, and participating in asynchronous discussions. (2 hours/week)

## Demonstration of Critical Thinking

Students will apply principles of effective care for the community they are serving to their unique population through practice. Students will be asked to reflect and respond to case studies and scenarios related to CHWs roles and responsibilities.

## Required Writing, Problem Solving, Skills Demonstration

Students will demonstrate communication and listening skills. Students will be asked to solve access issues for clients who have difficulties navigating social and health insurance benefits.

## Eligible Disciplines

Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required. Health care ancillaries (medical assisting,

hospice worker, home care aide...: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience.

### **Textbooks Resources**

1. Required Berthold, T., Avila, A., Miller, J., . Foundations for Community Health Workers, ed. Josey-Bass Public Health, 2016 Rationale: This book is California's gold standard for Community Health Worker training manuals. Its use is supported by the Department of Health Care Access and Information, which oversees CHWs. It will be the only book required across courses in the CHW certificate.

### **Other Resources**

1. Instructor provided handouts