

**Common Course Outline for: CHWN 1500: The Community Health Worker: Health Promotion Competencies**

**A. Course Description**

1. Number of credits: 5
2. Lecture hours per week: 5  
Lab/Studio/Clinical hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

**Catalog Description**

This course focuses on the role of the Community Health Worker in health promotion and disease prevention/management including cultural navigation, social determinants of health, connections to resources and supporting clients and families.

**B. Date last reviewed:** February, 2021

**C. 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

**D. Course Learning Outcomes**

Upon successful completion of the course, the student will be able to:

1. Explain socioeconomic, cultural, emotional, aspects of a diabetes, cancer, heart disease, poor oral health, mental health, addiction, and asthma.

2. Define the condition, risk factors and prevention strategies for diabetes, cancer, heart disease, poor oral health, mental health, addiction, and asthma.
3. Compare and contrast chronic and infectious disease and explain how to protect self and client from infectious disease.
4. Discuss the nutritional needs of mothers and infants.
5. Explain the benefits of breast feeding.
6. Discuss the significance of issues such as trauma, sexuality, STDs, substance abuse, violence and domestic violence and their impact on the individual, family and community.
7. Discuss specific aspects and treatment of diabetes, cancer, heart disease, poor oral health, mental health, addiction, and asthma.
8. Describe the cycle of birth and maternal health (prenatal, post-partum, breastfeeding, family planning), the cultural implications of birth and mothering and the role CHWs can play in this cycle.
9. Describe the stages of child development, the role of the CHW at each stage and how ACES impact child development.
10. 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.

**E. Methods for Assessing Student Learning**

Course evaluation may include (but is not limited to): Objective examinations; individual projects; group and individual presentations; research papers; journal/book reviews; critique/reaction papers; journal writing, personal assessments and summaries; class discussions; class attendance.

**F. Special Information: None**