Course Title: Management of Chronic Health Conditions
CEUs: Throughout six modules, students will complete 12 hours of coursework. This course was approved for 12 CEU hours by the Oregon Health Authority (OHA) to train traditional health workers.

Course Description

This online course is designed to provide a continuing education / professional development opportunity for Community Health Workers (CHWs) who have completed entry-level CHW training. It addresses chronic health conditions, the specific conditions of obesity and chronic pain, and the role of the CHW in the management of these conditions.

Course Development

A team of professionals collaborated in the development of this course.

- **CHW Training Program Manger:** Ann Custer has a Bachelor of Science in Occupational Therapy and a Master of Public Health with an emphasis in health education and behavioral sciences. She has worked in the health field since 1985 as a practitioner, administrator, and educator.
- **Content Developer and Subject Matter Expert:** Abigail Mulcahy is a PhD student and graduate teaching assistant at Oregon State University, where she serves as instructor of record for Introduction to Healthcare Systems. Abigail holds a Bachelor of Arts in Political Science from the University of Wyoming and a Master of Public Health from Texas A&M University. Her research interests center around sexuality and gender issues in public health.
- **Instructional Designer:** Tamara Mitchell holds a Master of Arts in English Language and Literature, a Master of Science in Education in Instructional Technology, and a Graduate Certificate in Instructional Design. Her research focuses on aligning education with workforce need through high impact practices and experiential learning in the online environment. She has worked as a course developer and instructional designer since 2012.

Canvas

This course will be delivered via Canvas where you will access the syllabus, learning materials, tutorials, discuss issues and/or display your projects. If you are having problems accessing Canvas check your computer compatibility.

Technology Support

If you experience difficulties, errors, or problems in Canvas, please click the Help button located at the bottom of the left sidebar within your Canvas course for 24/7 Tier 1 technical support 24/7.

If you have difficulties accessing your course in Canvas, please contact WorkSpace at (541)737-4197 or email workspace@oregonstate.edu. We are available Monday through Friday from 8 a.m. until 5 p.m. Pacific time.

Course Mode

This course is delivered through Canvas, an online Learning Management System. This professional development course is self-paced.

Learning Resources

You will need access to a computer and the Internet. All materials are provided in the course in Canvas (the online Learning Management System).

Measurable Learning Outcomes

At the end of this course, learners will be able to:

- Explain the difference between acute and chronic health conditions, and their respective contribution to the leading causes of death.
- Articulate the importance of theory in approaching chronic health conditions, and key factors of the two theoretical models presented.
- Describe common manifestations of chronic health conditions, and the role of stress as a contributing factor.
- Define obesity; discuss its possible causes, its impact on individuals and society, and strategies for helping those who are obese.
- Define chronic pain; discuss its possible causes, its impact on individuals and society, and strategies for helping those who have chronic pain.
- Explain the role of community health workers in helping individuals with chronic health conditions become effective self-managers.
- Identify a variety of skills for dealing with chronic health conditions.
- Identify a variety of tools for dealing with chronic health conditions.

Evaluation and Grading

All WorkSpace courses are evaluated with the grade option of A-F. This course is graded on a pass/no pass basis. In order to earn a grade of "pass", the student must earn a 70% or greater on the final exam.

Evaluation Scale

Your grade will be based on the following scale:

A = 93-100%   A- = 90-92%   C   B+ = 87-89%   B = 83-86%   B- = 80-82%   C+ = 77-79% F =
= 73-76%   C- = 70-72%   D+ = 67-69%   D = 63-66%   D- = 60-62%   below 60%

Course Outline

Module	Module Learning Objectives *By the end of this module, the student will be able to...*	Course Materials Learning Activities, Assignments, Assessments
Module 0: Getting Started		
Module 1: Acute vs Chronic Health Conditions	Articulate the difference between acute and chronic health conditions Identify the leading causes of death in low and high-income countries State the prevalence of chronic health conditions and the leading causes of death in the US	Videos: ✓ *The single biggest health threat women face* ✓ *The problem with race-based medicine* Active Learning Exercises: ✓ *Leading causes of death by country-level income* ✓ *What's the most common cause of death in your county?* Review Questions: ✓ *Checkpoint 1.1*

		✓ Checkpoint 1.2
Module 2: *Theoretical Lens*	Articulate the importance of theory in approaching chronic health conditions State the factors involved at the levels of the Social Ecological Model Identify the levels in the Stages of Change Model	Videos: ✓ *The #1 public health issue doctors aren't talking about* ✓ *A recipe for health equity in the 21st century* ✓ *Three myths of behavior change – what you think you know that you don't* Active Learning Exercises: ✓ *Social ecological model* ✓ *Stages of Change model* Review Questions: ✓ *Checkpoint 2.1* ✓ *Checkpoint 2.2*
Module 3: *Chronic Physical and Mental Health Conditions*	List common chronic physical and mental health conditions Articulate common manifestations of chronic health conditions Recognize the roll of stress and other behaviors in the development of chronic health conditions	Videos: ✓ *Mental health for all by involving all* ✓ *How stress affects your body* Active Learning Exercises: ✓ *Chronic physical health conditions* Review Questions: ✓ *Checkpoint 3.1* ✓ *Checkpoint 3.2*
Module 4: *Special Topic: Obesity*	Define obesity and recognize possible causes Recognize screening and diagnostic tools Articulate the burden of obesity in the US	Videos: ✓ *If we can't cure the patient, can the community do it?* ✓ *Is the obesity crisis hiding a bigger problem?* ✓ *More evidence that obesity is a global catastrophe in slow motion* Review Questions: ✓ *Checkpoint 4.1* ✓ *Checkpoint 4.2* ✓ *Checkpoint 4.3*
Module 5: *Special Topic: Chronic Pain*	Define chronic pain and recognize possible causes Recognize common signs and treatment for chronic pain Articulate the burden of chronic pain in the US	Videos: ✓ *The mystery of chronic pain* ✓ *The chronic pain epidemic* Review Questions: ✓ *Checkpoint 5.1* ✓ *Checkpoint 5.2* *Links provided for these additional resources: US Pain Foundation; American Chronic Pain Association*

Module 6: *The Role of CHWs in Managing Chronic Health Conditions*	State the unique perspective of community health workers Identify the role of community health workers in helping individuals with chronic health conditions become effective self-managers	Videos: ✓ *Validation, communication through empathy* ✓ *Teach every child about food* ✓ *Own your body's data* Active Learning Exercises: ✓ *Self-management skills* ✓ *Healthy eating* ✓ *Physical activity* ✓ *Using the Social Ecological Model* Review Questions: ✓ *Checkpoint 6.1* ✓ *Checkpoint 6.2* ✓ *Checkpoint 6.3* ✓ *Checkpoint 6.4* ✓ *Checkpoint 6.5* ✓ *Checkpoint 6.6* ✓ *Checkpoint 6.7* *Links provided for these additional resources: Canadian Obesity Network 5 As; Go4Life; SitandBeFit*

Disabilities, Accessibility, and Accommodations

WorkSpace seeks to accommodate the diverse experiences and learning styles of the students. Accessibility accommodations are collaborative efforts between learners and WorkSpace. If you require accommodations, please email workspace@oregonstate.edu.

Expectations for Student Conduct

Student conduct is governed by the university's policies, as explained in the Student Conduct Code. In an academic community, students, faculty, and staff each have responsibility for maintaining an appropriate learning environment, whether online or in the classroom. Learners, instructors, and staff have the responsibility to treat each other with understanding, dignity and respect. Disruption of teaching, administration, research, and other institutional activities is prohibited subject to sanctions under university policies.

Academic Integrity

Students are expected to comply with all regulations pertaining to academic honesty, defined as: An intentional act of deception in which a student seeks to claim credit for the work or effort of another person or uses unauthorized materials or fabricated information in any academic work.

Conduct in this Online Classroom

Students are expected to conduct themselves in the course (e.g., on discussion boards, email postings) in a civil manner. Students will be expected to treat all others with the same respect, as they would want afforded themselves. Disrespectful behavior to others (such as harassing behavior, personal insults, inappropriate language) or disruptive behaviors in the course (such as persistent and unreasonable demands for time and attention both in and out of the classroom) is unacceptable.

Netiquette

In an online classroom, your primary means of communication is written. The written language has many advantages: more opportunity for reasoned thought, more ability to go in-depth, and more time to think through an issue before posting a comment. However, written communication also has its disadvantages. This includes a lack of the face-to-face signaling that occurs through body language, intonation, pausing, facial expressions and gestures. As a result, please recognize the possibility of miscommunication and compose your comments in a clear, positive, supportive, and constructive manner. Please be sure to be professional by demonstrating tolerance for diverse points of view and give each other the benefit of the doubt about any unclear intended meanings.

Evaluation

Course evaluation results are extremely important and are used to help improve this course and the learning experience of future students.

If you have feedback for improving the course, either during this session or for subsequent sessions, we would like to know. To provide direct feedback, please email workspace@oregonstate.edu.

Contact Us

This course is offered through OSU Professional and Continuing Education. Contact us for more information using any of these methods:

Web: workspace.oregonstate.edu
Email: workspace@oregonstate.edu
Tel: 541.737.4197