



RUSH CENTER FOR
Urban Health Equity

Community Health Worker Training Manual EXTRA DOCUMENTS



Extra Documents

- Change plans (CURA and CHART)
- Role plays asthma physiology and symptoms
- Asthma symptom log
- Role plays triggers
- Asthma medication pictures
- Asthma medication log
- Pre/post asthma medications
- Pre/post obesity general
- Pre/post physical activity
- Pre/post portions
- Role plays asthma obesity combined
- CHART medication cards
- CURA final evaluation role play
- Role play review form
- Medication technique evaluation form

Action Plan



Your action plan will include the following information:

What are you going to do? Weigh myself and record my weight on my CHART.

How are you going to do it? Hang my chart above my scale in the bathroom.

When are you going to do it? Every morning before I start my day.

How often are you going to do it? One time a day.

How confident are you that you can accomplish this goal? —7—
(0 = not at all confident; 10 = totally confident)

Action Plan

What I am going to do.

How confident am I that I can accomplish this goal?

_____ (0 - 10)

General asthma

Parent: Your doctor has been telling you that your 8 year old has asthma. That doesn't make sense to you. She did have asthma when she was a baby because she got really sick a few times and had to stay in the hospital but then it went away. She does still cough sometimes but that is because she is too active. Her coughing got out of control a few months ago and she had to go to the emergency department but that was because she had an ear infection.

CHW: Help the parent understand what asthma is.

Asthma Symptoms

Parent: You have two children, one is 10 and one is 5. They both have asthma. Your doctor told you to give them the breathing medicine when they need it but you don't know when they need it. They always seem fine to you. They don't complain.

CHW: Educate the parent on symptoms. Use a self-management concept.



Asthma Symptom Log

Use this to keep track of when your child has asthma symptoms. Put this somewhere you will see it every day. Remember, little coughs or symptoms are just as important to mark down as big ones.

Date	Daytime	Nighttime
	<input type="checkbox"/> Wheeze <input type="checkbox"/> Cough <input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Wheeze <input type="checkbox"/> Cough <input type="checkbox"/> Difficulty breathing
	<input type="checkbox"/> Wheeze <input type="checkbox"/> Cough <input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Wheeze <input type="checkbox"/> Cough <input type="checkbox"/> Difficulty breathing
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	<input type="checkbox"/> Wheeze <input type="checkbox"/> Cough <input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Wheeze <input type="checkbox"/> Cough <input type="checkbox"/> Difficulty breathing

Role Plays

Triggers

Parent: You promised your 4 year old that he could get a pet once he was fully potty trained so you recently got a dog. The whole family loves the dog. But your 11 year old son has been having a lot more troubles with his asthma since the dog came. The doctor has told you that he has a lot of allergies but he hasn't been tested for them. Once when you stayed at your cousin's house, your son did get an asthma attack and they had 2 dogs but you aren't sure if the dogs are really the reason he got sick.

CHW: Use self-management concepts to help family with this situation.

Role Plays

Triggers

Parent: You like your house to be really clean because your little 5 year old daughter has bad asthma. You don't want anything to make it worse. To you, a clean house seems fresh. You like your clothes to be clean too, that is why you only use Tide. It is expensive, but it is the best. You are always washing and vacuuming to keep things clean around her.

CHW: Use self-management skills to help parent understand how strong smells and cleaning products can make asthma worse. Decide on some "safe" strategies for keeping the house and clothes clean.

Rescue, reliever, or fast-acting medicines
Medicinas de Rescate o Acción Rápido



Albuterol



Proventil



Ventolin



Xopenex



Maxair



Pro Air



**Albuterol for the
Nebulizer**

Controller Medicines, Inhaled corticosteroids *Medicinas de Controlar, corticosteroides inhaladores*



**Pulmicort
Flexhaler**



Asmanex



Azmacort



Qvar (40mcg)



Qvar (80mcg)



Flovent



Pulmicort Respules for the Nebulizer



Advair



Advair MDI



**Symbicort
(80/4.5 or 40/4.5)**

Other asthma medicines *Otras Medicinas de Asma*



Intal
Controller
Para controlar



Singulair
For allergies and a controller
Para alergias y a controlar



**Prednisone/
Prednisolone**
For bad asthma attacks
Para ataques de asma fuertes



Serevent DIP
Controller
Para controlar

Name: _____ PreTest or Posttest (circle one)

The below statements are either TRUE or FALSE. Please circle what you think is correct.

Asthma Medications

1. Inhaler use can lead to dependence or addiction.
True or False

2. It's not good for children to use any inhaler for too long.
True or False

3. Children with asthma should use asthma medications only when they have symptoms (coughing, congestion, or wheezing.)
True or False

4. An inhaled corticosteroid medicine is one that you take every day, even when you don't have symptoms, to prevent asthma attacks.
True or False

5. It's better to use inhalers directly, without a holding chamber, so the medication can go more directly to the lungs.
True or False

6. A controller medicine is a medicine given every day to prevent asthma symptoms and asthma attacks.
True or False

7. A reliever medicine is a medicine that you give when your child is sick or has symptoms of asthma.
True or False

Name: _____ PreTest or Posttest (circle one)

The below statements are either TRUE or FALSE. Please circle what you think is correct.

Obesity

1. To determine if a child is overweight, you need to know the child's age, height, weight, and gender.

True or False

2. Obesity is a problem that mostly affects wealthy white children.

True or False

3. The tendency to be overweight is often inherited from your parents.

True or False

4. Most children that are overweight grow out of it.

True or False

5. Being overweight as a child puts the child at risk for health problems when they are adults (in the future), but does not cause any serious health problems for them right now.

True or False

Name: _____ PreTest or Posttest (circle one)

The below statements are either TRUE or FALSE. Please circle what you think is correct.

Physical activity

1. Exercise only counts if it causes you to sweat a lot and makes your muscles hurt.

True or False

2. Exercise can reduce stress.

True or False

3. Children are naturally active—they don't need to worry about getting enough exercise.

True or False

4. Parents should ask a doctor to tell the school that a child with asthma shouldn't exercise or participate in physical education classes.

True or False

5. Children who have asthma can have full participation in the same sports as children without asthma.

True or False

Name: _____ PreTest or Posttest (circle one)

The below statements are either TRUE or FALSE. Please circle what you think is correct.

Food groups and portions

1. Meat (or another protein) should fill up $\frac{1}{4}$ of your plate or less.

True or False

2. It is dangerous to give heavy children smaller portions of food because they need the extra nutrition and energy since they are bigger.

True or False

3. Foods are usually packaged or sold in single serving portions.

True or False

4. Sometimes parts of recipes can be changed to reduce the fat or to add fiber without the flavor being affected.

True or False

5. Restaurant foods usually have more calories and fat than foods prepared in the home.

True or False

Parent:

Mom is 24 years old. She has two children. One is 6 and one is 2. The 6 year old has asthma. She has taken him to the emergency department several times for asthma. The last time was about 3 months ago. He has no controller medicine. She takes him to the clinic for his shots and for refills on his albuterol. They never say anything, which is good because she doesn't have insurance so she just uses his extra albuterol for her asthma. He gets asthma attacks when he plays a lot so she tries to not let him go out much. He is happy with his video games. She told the teacher not to let him do gym class. They don't have any pets. Mom does not smoke but her boyfriend does and watches the kids on weekends when she has to work.

She thinks that maybe he might be a little overweight, she isn't sure. She has to buy him the special sized clothes. But he isn't any bigger than any of his cousins and his dad was big so they probably just have big bones in their family. She isn't a very good cook, her mom didn't teach her much. Her son eats breakfast and lunch at school and for dinner they usually go out or she heats up something. He isn't big on meals anyways, he mostly likes to snack.

CHW:

Your goal is to identify an issue mom is interested in and help her make a behavior change plan.

Parent: Mom (or Dad) has 3 kids: a 15 year old, 10 year old, and 7 year old. The oldest and youngest have asthma. The 7 year olds asthma is really out of control. He lives with the pump in his pocket. Recently the doctor told mom that he was too fat. She thinks this is because of all the asthma medicine he takes. She gives him the steroid pump sometimes but she tries to avoid it because she doesn't want him gaining even more weight.

CHW: This family has many problems. Help parent identify one problem they are motivated to change now and help them to make a plan for how they will do it.

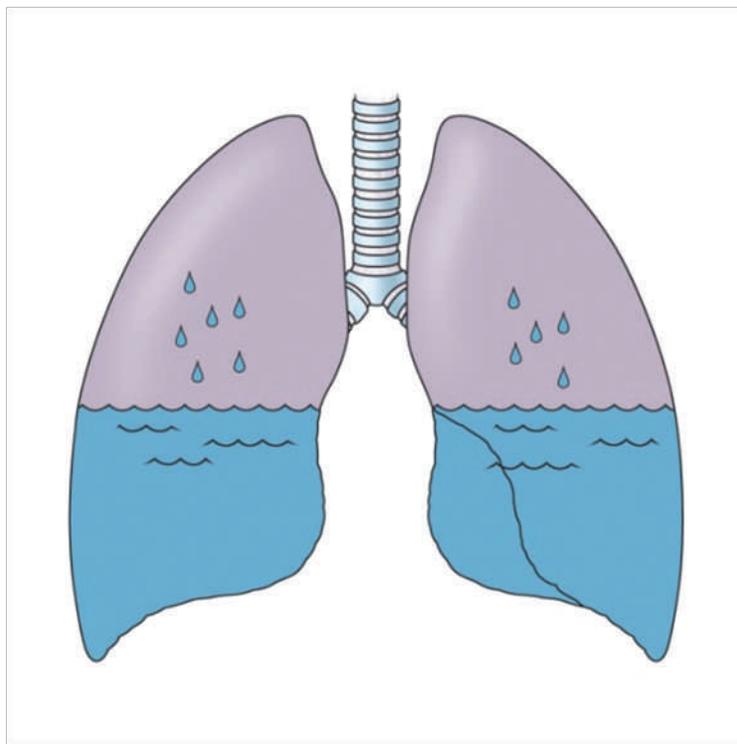
Parent: The child is a 10 year girl who has had asthma since birth. She was born a little early and her mom has always felt she was fragile. Her triggers for asthma are cold, exercise, emotions, and infections. So mom tries to protect her from all this. She isn't allowed outside in the winter except to school and on the coldest days, mom keeps her home. Mom doesn't let her stay over with her cousins and rarely lets her go to friends' homes because she might get sick. Mom tells the school that the doctor told her not to do gym. (He didn't really but they believe her.) She is a little bit heavy but it looks healthy on her. She was born so tiny, it is a miracle she is so big and strong now. The doctor told mom to not let her have sodas or juice drinks but mom can't do that – her daughter loves them!

CHW: This family has many problems. Help parent identify one problem they are motivated to change now and help them to make a plan for how they will do it.

Water Pill

Problem

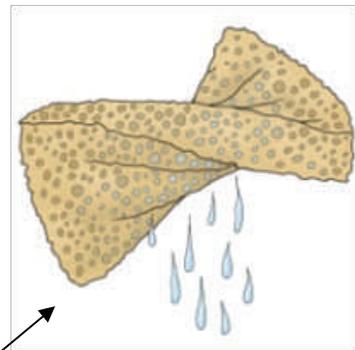
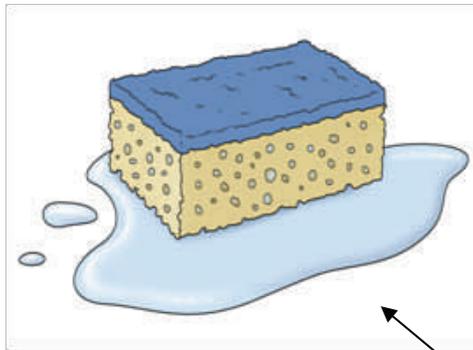
A weak heart struggles to pump blood forward, but the heart cannot keep up. So fluid backs up into the lungs.



Water Pill

Example

Your lungs are like a sponge.
When a sponge fills up with water,
it becomes heavy. You have to
squeeze out the extra water to
use the sponge again.

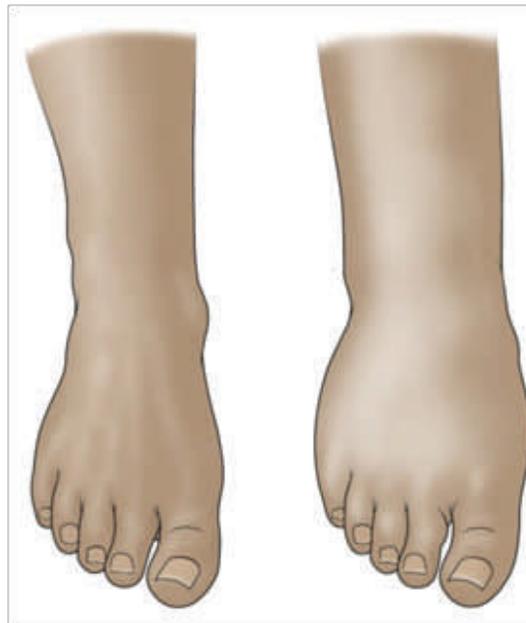


Lungs

Water Pill

Problem

A weak heart cannot pump enough blood to the kidneys. This puts the body under stress and the kidneys respond by holding on to salt and water. This causes swelling (edema).



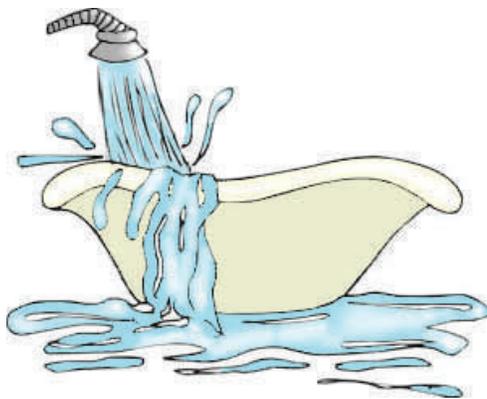
Normal

Swelling
(Edema)

Water Pill

Example

Swelling in the body is like a bathtub that is overflowing. Your water pill is like a bucket bailing out the extra water. Eating too much salt pours more water into the tub.



↑
Body
Swelling

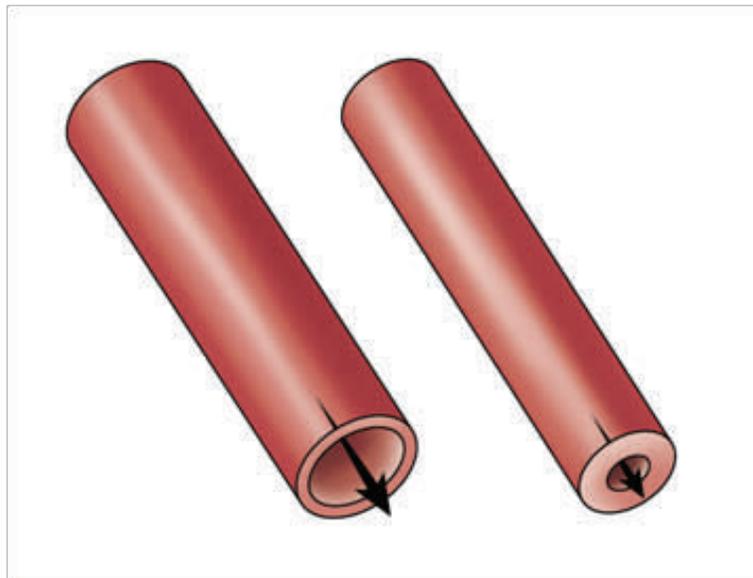


↑
Water
Pill

Widening Pill

Problem

Heart failure, especially with high blood pressure, narrows blood vessels. This causes the heart to work harder to pump blood through the narrowed vessels.



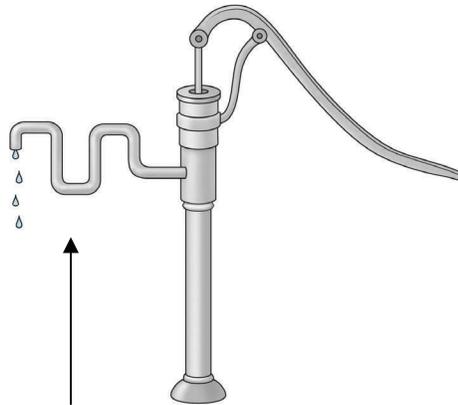
Normal
Vessel

Narrowed
Vessel

Widening Pill

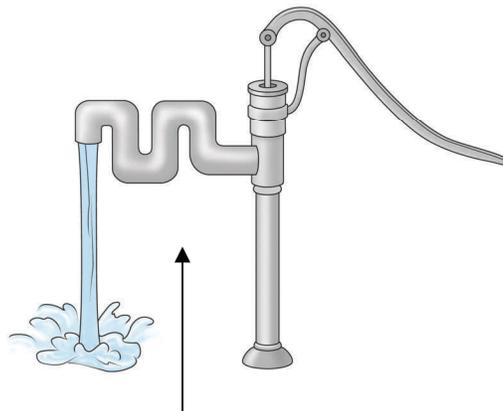
Example

Your blood vessels are like pipes.
Skinny pipes restrict water flow.



(Narrowed Vessel)

Wide pipes increase water flow.
Better water flows means less work



(Normal Vessel)

Stress Blocker Pill

Problem

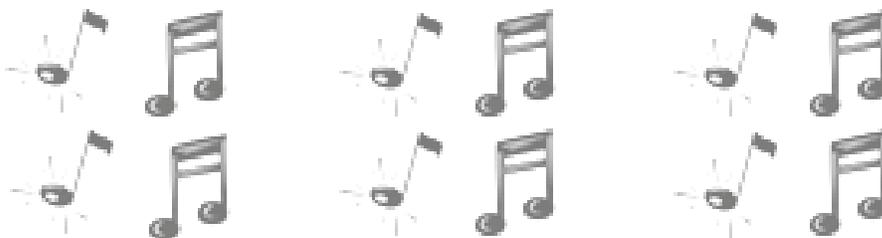
The weak heart struggles to pump blood forward. This puts the body under stress. The brain responds by making the heart beat faster.

Heart Sounds

“Lub Dub” (Healthy Heart)



“Kentucky” (Heart Failure)

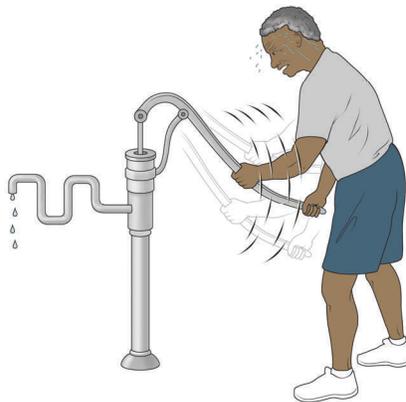


Stress Blocker Pill

Example

A body with a weak heart is like a stressed guy trying to pump water.

His stress makes him pump fast and in a hurry but his short stroke causes the water to dribble out.



If he relaxes, he can pump strong and slow and the water will flow.



Role Plays

FINAL EXAM ROLE PLAY

Parent:

Mom is 24 years old. She has two children. One is 6 and one is 2. The 6 year old has asthma. She has taken him to the emergency department several times for asthma. The last time was about 3 months ago. He has no controller medicine. She takes him to the clinic for his shots and for refills on his albuterol. They never say anything, which is good because she doesn't have insurance so she just uses his extra albuterol for her asthma. He gets asthma attacks when he plays a lot so she tries to not let him go out much. He is happy with his video games. She told the teacher not to let him do gym class. They don't have any pets. Mom does not smoke but her boyfriend does and watches the kids on weekends when she has to work.

She thinks that maybe he might be a little overweight, she isn't sure. She has to buy him the special sized clothes. But he isn't any bigger than any of his cousins and his dad was big so they probably just have big bones in their family. She isn't a very good cook, her mom didn't teach her much. Her son eats breakfast and lunch at school and for dinner they usually go out or she heats up something. He isn't big on meals anyways, he mostly likes to snack.

CHW:

Your goal is to identify an issue mom is interested in and help her make a behavior change plan.

Role Play Review Form

CHW:

Date of Rating: ___ / ___ / ___

Description of Role Play:

Directions: For items, 1-9, assess the CHW on a scale from 1 – 5. Calculate the average rating at the bottom of the page.

- 1 Needs review of content and additional practice in this area
- 2 Demonstrates a basic understanding of the skill and is ready to practice a more complicated skill
- 3 Demonstrates an adequate understanding of a complicated skill, but needs more practice before starting on a clinical trial
- 4 Demonstrates an adequate understanding of the skill and is ready for entering the field on a clinical trial
- 5 Demonstrates a sophisticated understanding of the skill and could likely be role model for his/her peers.
- N/E Not evaluated: This role play scenario did not allow opportunity to evaluate this skill

	SKILL	RATING	COMMENTS/SUGGESTIONS
1	ACCURACY OF CONTENT: CHW demonstrates knowledge of asthma/obesity information or self-management skill.		
2	CLARITY OF CONTENT: Communicates content in lay person’s language, keeps the level of detail simple, and limits amount of material covered so it’s likely to be retained, and not overwhelm the participant.		
3	OPENNESS TO QUESTIONS: Responds to questions from participant. If does not know the answer, talks about how participant could pursue the answer or assures participant that they will learn what they can and get back to them at the next meeting.		
4	INDIVIDUALIZING the CONTENT and PROCESS: Shows an ability to find out what is most relevant to this participant and tailors the protocol to maximize acceptance of material.		
5	MODEL & GUIDE: CHW used modeling and experiential learning. Used conversational and problem-solving approaches (rather than lecture or debate) to promote guided discovery and learning, helping participants to draw their own conclusions.		
6	CHECK FOR PARTICIPANT UNDERSTANDING of MATERIAL: CHW checks for participant understanding by asking the participant to answer open-ended questions, to put presented material into their own words, and/ or to demonstrate knowledge by practicing the skill within the session.		
7	ACTION: Discussed an action plan for weekly practice of skills. Encouraged participant to tie the content of material to their daily lives by developing a plan to take some action or to practice a skill in the time before their next meeting.		
8	ASKED FOR FEEDBACK: CHW asked participant for feedback on how this meeting and the overall process in the study is going.		
9	INTERPERSONAL EFFECTIVENESS: CHW displayed optimal levels of warmth, concern, confidence, genuineness, professionalism, and maintained appropriate boundaries.		
	AVERAGE RATING (Calculated)		

Evaluator: _____

MEDICATION EVALUATION TECHNIQUE

Inhaler Alone

Required Steps	Yes	No	Comments
1. Shake inhaler before use			
2. Remove cap			
3. Exhale completely before actuation			
4. Place mouthpiece between teeth and enclose it with lips			
5. Actuate once at the start of an inhalation			
6. Inhale slowly			
7. Hold breath after inhalation for at least 5 seconds, then exhale			
8. Wait 20-30 seconds before second actuation			

1 point for each yes. Add.

Total score: _____

Inhaler with Holding Chamber

Required Steps	Yes	No	Comments
1. Shake inhaler before use			
2. Connect inhaler and holding chamber			
3. Insert mouthpiece between lips			
4. Actuate the inhaler one time			
5. Inhale slowly and deeply (no whistle)			
6. Hold breath after inhalation for at least 5 seconds, then exhale (Ok to Inhale and exhale multiple times as long as inhalations are slow and breath is held for 5 seconds.)			
7. Wait 20-30 seconds before second actuation			

1 point for each yes. Add.

Total score: _____

Dry Powder Inhaler (DPI)

Required Steps	Yes	No	Comments
1. Hold DPI in correct position			
2. Load device once			
3. Exhale away from mouthpiece			
4. Place mouthpiece between teeth and enclose with lips			
5. Inhale forcefully and deeply			
6. Hold breath after inhalation for at least 5 seconds, then exhale			

1 point for each yes. Add.

Total score: _____

Date: _____

CHW: _____

Evaluator: _____