

# Lowell Community Health Center CHEC

## HEALTH MODULES CATALOGUE SPRING 2022

1. *Professional conduct and Ethics \**
2. *Health Literacy: A Start*
3. *Diabetes & Prediabetes*
4. *HIV/AIDS: Supporting Community Members*
5. *High Blood Pressure (**Hypertension**)*
6. *Depression and Anxiety: Help Others Cope*
7. *Family Planning & Wellness*
8. *Substance Use*

\*Professional Conduct and Ethic is part of the Core Competencies. It is a requirement for Certificate of Completion.



## Professional Conduct and Ethics

A Commitment to professional and ethical behavior is key to keeping you and your client healthy and safe. The goal of this course is to introduce those who provide community based care such as community Health workers, case managers, community health representatives to the expectation of the job.

## Diabetes & Prediabetes

Diabetes affects more people today than ever before. In the US, 29.1 million people have diabetes, and that number is on the rise—up four million from 2010. Many sufferers are not controlling their disease, but with the right help, diabetes can be managed. This course describes some of the most common risks, health issues and screening techniques so they can use them with clients or their agencies. With a handle on basics, participants can help patients choose and find resources that best suit their needs.

## Health Literacy: A Start

Health literacy is a larger problem than many realize. According to a study from the Institute of Medicine, “nearly half of all American adults—90 million people—have difficulty understanding and using health information.” Health Literacy: A Start closes this gap. This training module, designed to be led by a facilitator, will help health educators address a complex range of reading, listening, analytic and assessment skills necessary to promote health literacy. The course places an emphasis on practical work, providing resources participants can use long after the class is over.

## High Blood Pressure (Hypertension)

High blood pressure is epidemic in America. Nearly one in three people in this country has high blood pressure (hypertension), which is a major risk factor for stroke and heart disease. This course instructs your team how to improve health outcomes by helping individuals find care and supporting self-management plans. By learning these essential strategies, your team can change life for the individuals in your community.

## HIV/AIDS: Support Community Members

AIDS and HIV are responsible for one of the most devastating pandemics in world history. Every year there are 3 million related deaths. This course addresses stigma and builds skills in order to stop the spread of the disease by showing your team how to help people become insured, tested, and treated. It covers definition, high-risk groups, prevention techniques, how to stay healthy, and communication skills.

## Depression & Anxiety: Help Others Cope

Anxiety and depression are on the rise across the US. Anxiety disorders are the most common mental illness in the US. People from all backgrounds, locations and ethnicities are affected. These conditions together represent a dangerous trend. They are causes of disability and lead to related health problems including heart disease, stroke, and substance abuse. Most people with depression and anxiety disorders receive no treatment.

## Family Planning & Wellness

Most women spend about two and a half years of their life being pregnant, and the rest of trying not to be pregnant. Family planning can improve health equity, especially because unplanned pregnancies are much more common in areas of low income and among people of color. This course, built on scientific family planning research, covers some of the most common and effective contraceptive methods and their use. It also covers the social impact of unplanned pregnancies on vulnerable populations, sexually transmitted diseases (STDs), sexual violence and human trafficking, coordination of care and the barriers that many women face. With a handle on basics, participants can help guide more women to resources that benefit their overall well-being.

## Substance Use

Others use substances to manage bad feelings. They might smoke a cigarette as a stress break, relax with a drink or even use stronger substances such as opioids. The problem is that the effect of these substances does not last. This course shows learners how to help clients by recommending healthy ways to cope and making the right referrals.