

Innovative Approaches to Community Health Work

INST 2500 Fall 2023

Mon/Wed 3:00PM - 3:50PM

2 Credits

Instructor Information

Cyrena Matingou, 4th Year

Global Public Health major, Statistics minor

██████████ (I will be your primary point of contact)

Faculty Advisor

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Course Description

What ethical considerations are at play with the increasing use of telehealth? How has community health work developed in Charlottesville? What policies influence health care quality, cost, and accessibility? These questions and many more will guide our work in this class to understand how community health workers address some of our country's most pressing primary health challenges. This introductory course offers an engaging examination of how to leverage community health workers (CHWs) to improve health and well-being in communities. We will begin with an overview of the field of public health and the origins and evolution of community health workers in the US. We will also work to examine the various legal, ethical, social, and economic influences on the present work of CHWs. Together we will explore how the cost, access, and quality of health care have changed and examine the current successes and shortcomings of the field. This will be done through various activities such as readings, small group discussions, student-initiated conversations with health care professionals, and presentations about future solutions.

Learning Objectives

By the end of the course, you will...

- Understand key values of community health work.
- Communicate audience-appropriate information about CHW initiatives.
- Create solutions to overcome challenges of health care access, quality, and cost.
- Apply research and interviewing skills to gain an understanding of current health scholars or practitioners' perspectives of the health care system.
- Identify and describe the ethical, political, and economic influences on the work of CHWs.
- Link the impact of various policies on access to and cost of primary care.

Learning Opportunities

Throughout the semester, I will introduce each assignment and provide more detailed explanations and criteria for each of the categories below on our Canvas page.

Attendance and Class Participation

Attendance: The course is designed to foster discussion and exploration of ideas during classroom time. Therefore, attendance is expected. I understand, however, that circumstances that may be outside of your control can arise, so everyone is allowed three absences from class. Please see the attendance policy for more details.

Participation: We all learn best from each other when discussion is lively. Therefore, please come to class prepared to share your reflections and observations. Participation includes joining in class discussions, working in groups during in-class activities, and showing up to class prepared for that class lesson. Coming with the completed pre-class readings and assignments is important to help your participation be based on a strong foundation of information.

Discussion Posts

Discussion posts are weekly low-stakes assignments (around 150 words). The goal of these posts is to guide your thoughtful engagement with the assigned readings and videos before class. Thoroughly doing the readings and thinking through key questions is key to successfully mastering the material and making our discussions and activities in class productive and rewarding. You will respond to a question based on the ideas raised in the articles and/or videos to describe the various sociopolitical, economic, and ethical factors at play in community health work. *In your post, you should make serious effort to grapple with the ideas and demonstrate critical reflection, integration of ideas, and original thought.* For credit in this assignment category, you should plan to submit 8 out of the 11 posts; in other words, you are able to skip three weeks of discussion posts and still receive credit. **Discussion posts are due before 3:00pm on the day of class.**

Guest Speaker Reflections

Over the course of the semester, we will have 3 guest speakers with fields of expertise ranging from community health policy to practicing doulas. These in-class events will be a great way for you to connect your readings and topics discussed in class to the practice of community health work. To make the most of the time of the presenters, I will ask that everyone comes with at least two questions that could be posed to the speaker during the class period. Following each guest speaker, you will write a 1 to 2-page reflection (12pt Time New Roman font, 1.5-spaced). This submission will include a brief summary of the speaker's background, reflections on how their work connects to the topics discussed in class about community health workers (CHWs), and responses to any of your questions answered during the presentation. You are expected to write reflections for at least one of the guest speakers over the course of the semester. For credit in this assignment category, **these reflections are due to Canvas on Sunday nights at 11:59pm on 9/24, 10/8, and 11/12.** More detailed criteria will be provided on our class Canvas.

Health Program Digital Flyer

This assignment will challenge you to create a flier to advertise a health program to a specific community, considering the various economic, social, and political factors that influence the appropriateness and feasibility of a given health intervention. I aim to have you all feel actively

involved in this project by encouraging you to select the population you are designing your flier for, and the community intervention being implemented. **Please submit this assignment to Canvas by 11:59 pm on Sunday 11/5.**

Innovative Community Health Work Project

The overall objective of this semester-long project will be for you to create a presentation that outlines how CHWs could innovate the treatment of a health condition within a specific sub-population, in the US or abroad. My goal is for you to feel involved with your learning by giving you the option to pick a topic and group of people you are interested in creating health care solutions for. Drawing on the materials and activities from class, you will complete the assignment in two parts. The first part of the assignment will be to conduct an interview with a health professional (outside of a CHW) with experience in the field of your given health topic. This assignment will ask you to apply your research and interview skills, help you gain an understanding of current health care providers' perspectives of the health care system, and create additional ideas for how CHWs can be used in your final presentation. Following the same formatting guidelines, submit a 2-page write-up of your conversation (12pt font, Times New Roman, 1.5-spaced) **by Sunday 10/29 at 11:59pm**. Specific criteria for this submission and more resources will be provided for how to contact health professionals to set up these informational interviews. The second part of the assignment will be to create a 10-minute “pitch-talk” for your idea to present to the class. In this talk, you will be encouraged to describe the ethical, political, and economic forces that would influence the involvement of CHWs in the project, as well as draw on the information from your informational interview in Part 1 to inform your final ideas. Specific details on this project will be given in Week 2, and I’m happy to help generate ideas for the project. To help ensure you are all on track, before 10/11 I’d like everyone to meet with me in office hours to go over their project topic, health issue, population of interest, and 4 potential resources. More details about signing up for office hours will come. If you’re unable to make my office hours, please let me know and we will pick another time. Everyone will be responsible for **submitting their slides by 3:00pm on Monday 11/27.**

Course Calendar

A tentative schedule of topics, reading assignments, and due dates is shown below. Nothing will be due earlier than indicated, but some assignments may be pushed back or eliminated altogether, depending on time. All changes will be announced in class and on the course website. If you have questions about assignments, I suggest you reach out early for assistance so we can work together toward your success in this class.

Date	Topic	Assignments
Class 1: 8/23/2023	Meet your peers and professor! Introduction to Class Syllabus Overview	
Class 2: 8/28/2023	Introduction to community health workers and the US health care system.	Discussion Post (Due before 3:00pm)
Class 3: 8/30/2023	Introduction to community health workers and the US health care system.	
Class 4: 9/04/2023	What policies have informed health care systems practices? Understanding the health insurance system	Discussion Post (Due before 3:00pm)
Class 5: 9/06/2023	Why physicians have little time with patients and how this came to be through policy. Constraints on physician resources, and where do CHWs come into play?	
Class 6: 9/11/2023	What are the policies around health care access and cost? How do various social influences impact the ability for groups to access health care?	Discussion Post (Due before 3:00pm)
Class 7: 9/13/2023	Connecting content to Charlottesville Guest Speaker: Betsy Peyton, Director of WellAWARE Neighborhood Healthcare Advocates	
Class 8: 9/18/2023	How have principles of community health work been seen throughout history? What were some of the key issues facing the Black community in the 60s and 70s?	Discussion Post (Due before 3:00pm)

Class 9: 9/20/2023	What are some characteristics of this program that are similar to current community health worker programs?	
Class 10: 9/25/2023	Connecting content to Charlottesville Guest Speaker: Carolyn Englehard	Guest Speaker Reflection 1 due Sunday (9/24) at 11:59pm Discussion Post (Due before 3:00pm)
Class 11: 9/27/2023	What solutions have been proposed to address issues of access to healthcare?	
Class 12: 10/02/2023	NO CLASS FALL BREAK	No discussion post.
Class 13: 10/04/2023	Introduction to community based participatory research (CBPR). Understanding methods and theory of community participation.	
Class 14: 10/09/2023	Case Study: How can challenges experienced in rural communities be mitigated by community health workers? What may be some additional innovative ideas that could be applied to their work?	Guest Speaker Reflection 2 due Sunday (10/8) at 11:59pm Discussion Post (Due before 3:00pm)
Class 15: 10/11/2023	Case Study: Examining the importance of CHW training through the El Sol Community Health Worker/Promoter program.	
Class 16: 10/16/2023	How does socio-economic status drive a need for CHWs? What are innovative ways to create access in low-income communities?	Discussion Post (Due before 3:00pm)

Class 17: 10/18/2023	<p>Introduction to telehealth in the US.</p> <p>What are the ethical issues surrounding the use of healthcare technologies in underserved communities?</p>	
Class 18: 10/23/2023	<p>How has COVID-19 changed the way community health work is funded?</p> <p>What are new sources of funding?</p>	Discussion Post (Due before 3:00pm)
Class 19: 10/25/2023	How has the Department of Health and Human Services approached funding of community health work?	
Class 20: 10/30/2023	How has the Department of Health and Human Services approached funding of community health work?	<p>Write-up from interview with health care provider due Sunday (10/29) at 11:59pm</p> <p>Discussion Post (Due before 3:00pm)</p>
Class 21: 11/01/2023	<p>Connecting content to Charlottesville</p> <p>Guest Speaker: Birth Sisters of Charlottesville</p>	
Class 22: 11/06/2023	<p>How are doulas increasing the quality of maternal health care and how can they be leveraged to reduce maternal mortality in the US?</p> <p>Regarding the affordability of these services, is this a luxury to have? What are ways to increase access?</p>	<p>Health program digital flyer due Sunday (11/5) at 11:59pm</p> <p>Discussion Post (Due before 3:00pm)</p>
Class 23: 11/08/2023	<p>How have recent policies around doulas changed the quality of care during pregnancies?</p> <p>Case study of Birth Sisters at Boston University and doula programs in Charlottesville.</p>	
Class 24: 11/13/2023	<p>What are the connections between the environmental justice movement and community health workers?</p> <p>Examining environmental justice activism and CBPR in Charlottesville.</p>	<p>Discussion Post (Due before 3:00pm)</p> <p>Guest Speaker Reflection 3 due Sunday (11/12) at 11:59pm</p>

Class 25: 11/15/2023	Wrap up and summary day.	
Class 26: 11/20/2023	Project workday and in class practice for final presentations.	
Class 27: 11/22/2023	NO CLASS, THANKSGIVING BREAK	
Class 28 & 29: 11/27/2023 & 11/29	Final Presentations	Final presentation slides due for everyone on 11/27 at 3:00pm
Class 30: 12/04/2023	Final Presentations What have you learned this semester? How can you create connections between concepts explored in this class?	

Assessing Credit

The following is a summary of the criteria to receive credit for this credit/no credit class. For more details on the rationale of these assignments and in-depth explanations, please see Pages 2-3 and/or the assignment rubric. I want you to succeed in this course, so if you foresee any difficulty meeting these criteria, please engage in conversations with me early.

Assessment Opportunity	Criteria for Credit
Attendance and Participation	<u>Attendance</u> : 3 missed classes are allowed. <u>Participation</u> : building on pre-class assignments and readings will help facilitate the learning of you and your peers.
Discussion Posts	Respond to a weekly prompt and make a serious effort to grapple with the ideas proposed in the pre-class material and demonstrate critical reflection, integration of ideas, and original thought. Submission of at least 8 discussion posts (at least 150 words) on Mondays by 3:00pm to Canvas.
Guest Speaker Reflections	See assignment-specific rubric for detailed criteria. Submission of at least one 2-page reflection (12pt Times New Roman, 1.5- spaced) by 11:59pm on one of the following Sunday nights: 9/24, 10/8, and 11/12.

Health Program Digital Flyer	See assignment-specific rubric for detailed criteria. Submit to Canvas by 11:59pm on Sunday 11/5.
Innovative Community Health Work Project	<p><u>Proposal:</u> Meet in office hours to go over your health issue, population of interest, and 4 potential resources before Wednesday 10/11.</p> <p><u>Interview Write-Up:</u> Makes a connection between work of health care provider and topic explored in project. Submit a 2-page write-up of your conversation (12pt font, Times New Roman, 1.5-spaced) by Sunday 10/29 at 11:59pm.</p> <p><u>Final Presentation Slides:</u> Presentation builds on topics covered in class and details innovative ways community health workers can be incorporated into a specific community to address a relevant health concern. Submit to Canvas by 3:00pm on Monday 11/27.</p>

Course Policies

Attendance and Class Participation

Given the collaborative learning environment of the course, attendance is required. Over the course of the semester, you are allowed three “free” missed classes for any reason. After these three classes, if you are not well or are otherwise unable to attend a class session, please notify me as soon as possible.

Late Work Policy

The policy of missing 3 discussion posts is designed to provide flexibility if you forget or are unable to submit the assignment. For the project assignments, all work is due at 11:59pm on the night it is due. Please do your best to turn your work in on time so that you don’t fall behind in the course. I am here for you and want to accommodate your needs—if there is a problem meeting a deadline, please let me know as soon as you foresee it becoming a problem.

Honor/Academic Integrity Policy

As students at UVA, we rely upon and should work toward maintaining a community of trust. We endorse and uphold the University’s Honor principle that students will not lie, cheat, or steal, nor shall they tolerate those who do. We recognize that even one honor infraction can destroy an exemplary reputation that took years to build. Acting in a manner consistent with the principles of honor benefits every member of the community while enrolled in the University and in the future. I trust you all to comply fully with all provisions of the UVA Honor System. By enrolling in this course, you agree to abide by and uphold the Honor System of the University of Virginia, as well as the following policies specific to this course:

- When collaborating with others, do not copy answers from another student.
- Always cite any resources or individuals you consult to complete an assignment. If in doubt, cite the source.

- If you have a question about what is or is not permitted on an assignment, you should clarify your question with the professor prior to doing the work.

For more information about UVA's Honor policy, please visit <https://honor.virginia.edu/frequently-asked-questions>.

Accessibility

We all have learning and access needs. I am committed to creating a learning environment that is accessible as possible. Accessible schools and public accommodations have been major goals of mainstream disability rights organizing in the US. Colleges have been sites of struggle for access and sites of disability organizing. Campus-based disability services offices emerged to meet legal obligations that were codified in response to disabled people's demands. At UVA, accommodations are documented via the Student Disability Access Center. You can find more information about SDAC, including how to start an application for accommodation online, through their website at www.studenthealth.virginia.edu/SDAC. If you have already been approved for accommodations through SDAC, please make sure to send me your accommodation letter as early as possible in the semester.

Email

Email is an official means of communication, so please be sure to check regularly. If you have questions about course content, logistics, assignments, or other materials, you are welcome to either ask them during office hours or email them to me. Emails should include "Innovative Approaches to Community Health Work" or "INST 1550" in the subject line. I do my best to check email regularly except for the weekends, please allow up to 24 hours for a response (feel free to send again after this time frame has passed).