

CHR Basic Training Agenda

Monday, July 16, 2012 - DAY ONE

8:00 am – 10 am - Introduction

Welcome, Prayer, Tribal Song

- Introduction of Instructors, Agenda and Material Review
- Introduction of Afternoon Lab Options
 - CHR PCC Reports
 - PowerPoint
 - Vital Signs
 - Motivational Interviewing Skills
- Student and Staff Expectations (contract, scanning)
- Housekeeping Items (breaks, cell phones, no side talking or texting, participate)
- Ice Breaker
- Group Photo

10:00 am to 10:20 am - Break

10:20 am – 11:20 am - Indian Health System and CHR Program

- History/Background
- Mission, Goals, Objectives of IHS
- Director's Current Initiatives
- Tribes/Urban Programs
 - Contracts, Compacts, Grants, and Retroceded Programs
- Then and Now Recap
- Health Issues Affecting American Indians/Alaska Natives (AI/AN)
- Health Care Accomplishments
- History/Background
- Mission, Goals, Objectives of CHR Program
- Program Structure (HQ, Area Office Coordinators, SU, Tribes, etc...)
 - Personnel, Supervision, Uniforms, Comp Time, etc..
- Indian Health Manual, Chapter 16
- Trainings (Basic, Refresher, Specialty, CHR PCC)
- CHR Emblem and Meaning
- Budget (discretionary funding) and Reports

11:20 am – 12:30 pm - Lunch

12:30 pm – 2:30 pm - Role of the CHR and Taking Care of You

- Safety First (in homes, on the road and in the community)
- Competencies (Knowledge, Skills & Abilities)
- Scope of Work
- Job Description
- CHR PCC Documentation
- Conducting Patient Assessments
- Confidentiality
- Privacy Act
- HIPAA
- Tort Claims Act
- Professionalism/Conduct
 - Email Etiquette
 - Accountability

Taking Care of You

- You are Number One
- Time Management
- Organization Skills
- Grieving a loss of a client
- Stress Reduction
- Nutrition and Physical Activity

2:30 pm – 2:50 pm - Break

2:50 pm – 3:50 pm - Public Health

- What is Public Health?
- Public Health and Medical Models
- Is Health & Wellness the Same?
- Ten Essential Services of Public Health
- How the CHR Role fits in Public Health
- Levels of Prevention

3:50 pm – 5:00 pm - Program Development

- Assessment
- Data
- Project
- Evaluation

Tuesday, July 17, 2012 - DAY TWO

8:00 am – 12:00 pm - Human Anatomy & Systems

- Topographic (Terms) Anatomy
- Respiratory-TB
- Circulatory- Cardiovascular
- Musculoskeletal
- Muscular
- Nervous
- Digestive
- Genitourinary System
- Skin
- Stages of Life Growth and Development
- Lymphatic/Immune

12:00 pm – 1:00 pm - Lunch

1:00 pm -3:00 pm - Infectious Diseases

Disease Transmission

- Bloodborne Pathogens
- Airborne Pathogens
- Universal Precautions
- Common Sexually Transmitted Diseases: STD 101 for paraprofessionals

3:00 pm – 3:20 pm - Break

3:20 – 4:50 - SKILLS LAB

- CHR PCC Reports
- PowerPoint
- Vital Signs
- Motivational Interviewing

Wednesday, July 18, 2012 - DAY THREE

8 am – 12 pm - Communication

Elements of a Successful Presentation

- Plan
- Preparation

- Practice
- Motivational Interviewing
 - Stages of Change
 - OARS
 - Goal Setting
- Appreciating Differences
- Conflict Resolution
- Working with Clinic Staff

12 pm – 1 pm Lunch

1:00 pm – 3:00 pm - Improving Patient Care/Model for Improvement

- IPC Initiative
- MFI

3:00 pm – 3:20 pm - Break

3:20 pm – 4:50 pm - SKILLS LAB

- Motivational Interviewing
- PowerPoint
- Vital Signs
- CHR PCC Reports

Thursday, July 19, 2012 - DAY FOUR

8:00 am – 12 pm - Behavioral Health

12 pm – 1 pm - Lunch

1 pm – 3 pm - Substance Abuse

- Alcohol
- Tobacco
- Other Drugs

3:00 pm – 3:20 pm - Break

3:20 – 5:00 pm - Health Promotion/Disease Prevention

5:00 pm – 6:00 pm Skills Lab

- Motivational Interviewing
- PowerPoint

- Vital Signs
- CHR PCC Reports

Friday, July 20, 2012 - DAY FIVE

8:00 am- 10:00 pm - Environmental Health/ Healthy Homes

Break 10:00 am-10:20 am

10:20 – 12:00 pm - Injury Prevention

- Overview and highlight of Injuries within AI/AN Populations
- Proven Interventions & Programs (child passenger safety, MVC, fire/burn, falls, intentional, poisonings) injuries
- Partnering with State and Federal Programs
- Additional IHS Training Opportunities

12:00 pm – 1:00 pm -Lunch

1:00 pm – 2:00 pm - Pharmacy/Medication Assistance

- Medication Handling
- Storage
- Delivery
- Reporting

2:00 pm – 2:20 pm – Break

2:20 pm – 5:00 pm - Elder Care

Monday, July 23, 2012 - DAY SIX

8:00 am – 4:00 pm – CHR PCC Coding

12:00 pm – 1:00 pm – Lunch

4:00 pm – 5:00 pm - SKILLS LAB

- Motivational Interviewing
- PowerPoint
- Vital Signs
- CHR PCC Reports

Tuesday, July 24, 2012 – DAY SEVEN

8:00 am – 12:00 pm - Diseases

- Heart/Hypertension/CVD
- Stroke
- COPD
- Asthma
- Seizures

12:00 pm – 1:00 pm – Lunch

1:00 pm – 5:00 pm - Diabetes

- Excretory- Dialysis and Renal Failure
- Endocrine- DM (include blood glucose skills teaching/practice here)

Wednesday, July 25, 2012 – DAY EIGHT

8:00 am – 12:00 pm - Cancer

12:00 pm – 1:00 pm – Lunch

1:00 pm – 3:00 pm – Wound Care

3:00 pm – 3:20 pm – Break

3:20 pm – 5:00 pm – Team Project Time

Thursday, July 26, 2012 – DAY NINE

8:00 am – 10:00 am – Oral Health

- ECC Initiative

10:00 am – 10:20 am – Break

10:20 am – 12:00 pm – Nutrition

12:00 pm – 1:00 pm – Lunch

1:00 pm – 4:00 pm – Maternal and Child Health

- Teen Pregnancy
- PASD, STDS

- Child Abuse

4:00 pm – 5:00 pm – Team Project Time (computer lab open)

Friday, July 27, 2012 – DAY TEN

8:00 am – 10:00 pm – Emergency Preparedness

- NIMS 101
- Community and Family Readiness
- Crime Scene Safety

10:00 am – 10:20 am Break

10:20 am – 12:00 pm – Test Review

12:00 pm – 1:00 pm – Lunch

1:00 pm – 3:00 pm – Administer and Grade Test

3:00 pm – 5:00 pm – Team Project Time (computer lab open)

Saturday, July 28, 2012 – DAY ELEVEN

8:00 am – 12:00 pm – Team Presentations

12:00 pm – 1:00 pm – Lunch

1:00 pm – 3:00 pm – Team Presentations

3:00 pm – 3:30 pm - Break

3:30 pm – 5:00 pm – Closing Plenary – certificates, patches and pins awarded, closing ceremony, group photo

**** Where breaks are not identified specifically will be determined by the instructor.***