New NHLBI Asthma Curriculum for Training Promotores/Community Health Workers

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National Heart, Lung, and Blood Institute

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The National Asthma Education and Prevention Program (NAEPP) - Goals

- **Translate** research findings—clinical recommendations
  - Since 1972 NHLBI-legislative authority to translate research findings for health professionals, patients, and the public.

- **Develop & stimulate** partnerships for dissemination & implementation

- **Coordinate** federal asthma activities
  - Children’s Health Act of 2000 (H.R. 4365, now P.L. 106-310)

- **Catalyze** action by numerous organizations across the nation to improve asthma care.
The NAEPP Design and Framework
National Asthma Control Initiative (NACI)

1. Convene and energize national, regional, state, and local leaders
2. Develop communication infrastructure
3. Mobilize asthma champion networks
4. Demonstrate evidence-based interventions for specific audiences
5. Monitor and assess NACI progress
The purpose of the Initiative is to empower community health workers (CHWs) to be an integral part of a public health approach to decrease health disparities in cardiovascular, lung, and blood diseases in underserved and minority communities.
The Initiative’s Goals

- **Showcase CHWs’ role** in improving heart health and asthma control in underserved and minority communities
- **Develop and grow partnerships** to implement and sustain NHLBI CHW programs
- **Implement, evaluate, and sustain** NHLBI CHW programs
- **Build the capacity of CHWs** to implement NHLBI CHW programs
Evolution of CHW Health Disparities Initiative

Birth of Salud para Su Corazon (SPSC)

1994

Conduct formative research

1996

Heart Health Campaign- DC

1998

NCLR Survey

2000

Promotora Conference

2002

Adaptation of SPSC Manual

2004

Honoring the Gift of Heart Health (HGHH)

Evaluation of SPSC Pilot Projects

2006

HRSA & CHC Partnerships

2008

Est. networks in Texas & Florida

SPSC Training Center at GCHC

2010

SPSC in Mexico

2012

"Breath of Life" Latino asthma manual

PAHO Collaboration in Latin America

With Every Heartbeat is Life (WEHL)
CHW Heart Health Program Training Manuals

Your Heart, Your Life/Su Corazón, Su Vida
Latinos

With Every Heartbeat is Life
African Americans

Honoring the Gift of Heart Health
American Indians and Alaska Natives

Healthy Heart, Healthy Family
Filipino Americans
CHW Heart Health Programs

- CHW-driven CVD risk factor education
- Culturally responsive and language appropriate
- Manuals, picture cards, and risk factor booklets are excellent training resources for CHWs
- Flexible for different community and clinical needs
Implementation Strategies

**Strategy 1:** Train the Trainer

**Strategy 2:** Community Education (with or without health screenings)

**Strategy 3:** Lifestyle & Clinical Management
Partnership Engagement

**Promote**
- Disseminate NHLBI materials in your outreach activities.

**Train**
- Use the NHLBI curricula to train CHWs and build capacity.

**Implement**
- Put NHLBI’s CHW programs to work in your community and reduce health disparities.

**Connect**
- Interact with a dynamic network of CHWs and organizations to share and discuss programs via Webinars, e-newsletters, etc.
Examples of Partners

- **Professional Organizations**
  - Association of Black Cardiologists

- **Government Agencies**
  - Department of Housing and Urban Development (HUD)
  - Indian Health Service (IHS)
  - Health Services & Resources Administration (HRSA)
  - Pan American Health Organization

- **Community Based Organizations**

- **CHW Networks**

- **Academia**

- **Clinics**
To implement innovative projects with strong community and academic partnerships targeted at underserved and minority communities by expanding heart health training, education and support for CHWs and community participants.
## Strategic Champions

<table>
<thead>
<tr>
<th>Strategic Champion Organization</th>
<th>Target Area</th>
<th>Target Population(s)</th>
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<tbody>
<tr>
<td>Central Massachusetts Area Health Education Center</td>
<td>Training in 3 communities to target all Massachusetts</td>
<td>African Americans, Latinos</td>
</tr>
<tr>
<td>Housing Authority of the City of Columbia</td>
<td>Columbia, South Carolina</td>
<td>African Americans</td>
</tr>
<tr>
<td>Morehouse School of Medicine</td>
<td>Greater Atlanta Area, Georgia</td>
<td>African-American women</td>
</tr>
<tr>
<td>New York University School of Medicine, Center for the Study of Asian American Health</td>
<td>San Diego and San Francisco, California; Hudson County, New Jersey</td>
<td>Filipino Americans</td>
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<tr>
<td>Partners in Health and Navajo Nation</td>
<td>Navajo Nation in New Mexico and Arizona</td>
<td>American Indians in Navajo Nation</td>
</tr>
<tr>
<td>Project Concern International</td>
<td>San Diego, California</td>
<td>Filipino Americans, Latinos</td>
</tr>
<tr>
<td>Southeast Arizona Area Health Education Center</td>
<td>Arizona</td>
<td>American Indians, Latinos</td>
</tr>
<tr>
<td>University of Alabama at Birmingham</td>
<td>Birmingham, Alabama</td>
<td>African Americans</td>
</tr>
<tr>
<td>Visión y Compromiso</td>
<td>Los Angeles and Kern Counties, California</td>
<td>Latinos</td>
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A Breath of Life: Asthma Control for My Child
Why are we developing this curriculum?

- Success of Salud para su corazón (and promotores) reaching Latinos in CVD
- NAEPP’s Update of Guidelines (EPR-3)
- NAEPP’s Guidelines Implementation Panel Priority Messages
- Burden of Asthma in Latinos
An estimated 25.7 million Americans had asthma in 2010.¹ Seven million of them were children.²

In 2010, about 3.6 million Hispanics/Latinos in the United States reported that they currently have asthma, including nearly 1.4 million children.³

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Puerto Ricans have the highest rates of asthma, asthma attacks, and deaths due to asthma. Among Puerto Rican children, the asthma rate in 2010 was about 20% (1 in 5), more than double the rate among Hispanic children overall.\(^9\)

Internal/external discussions and review of Latino asthma education programs confirmed need for:

- science-based promotores-led program, sensitive to language preferences, cultural values, and barriers

- educational tools that incorporate adult learning and popular education approaches, and are flexible to allow adaptation by programs
Promotores/Community Health Workers

Latino parents of children (ages 5-11) with asthma

Children with asthma
  Indirectly by teaching parents skills, and coaching parents
Train promotores/CHWs to teach parents

Teach Latino parents of children with asthma by a trained promotora who:
- is connected to a clinical setting
- helps parents gain knowledge, skills, and confidence to teach children to manage their own asthma
- dispels myths and barriers
- serves as patient/family navigator
- makes home visits, as prescribed
*Introduction to the Training: The Role of Promotores/CHWs in Asthma Control

Session 1: What is Asthma?
Session 2: My Child’s Asthma Medicines
Session 3: The Asthma Action Plan
Session 4: My Child’s Asthma Triggers
Session 5: Asthma Control for My Child at School and With Care Givers

*Session 6: Home Visits for Promotores

* These sessions are part of the CHW training and are not included in the five-session program for parents.
Bilingual materials include:
- Teaching/training manuals (one in Spanish; one in English)
- DVD in Spanish with English subtitles,
- Bilingual picture cards

Evidence-based; follows recommendations of:
- NAEPP Expert Panel Report (EPR-3)
- Guidelines Implementation Panel’s (GIP) priority messages
Use inhaled corticosteroids to control asthma.

Use written asthma action plans to guide patient self-management.

Schedule follow-up visits at periodic intervals.

Control environmental exposures that worsen the patient’s asthma.

Assess asthma severity at the initial visit to determine initial treatment.

Assess and monitor asthma control and adjust treatment if needed.
¡Si su niño tiene asma, no está solo!

Your child with asthma is not alone!
Reach the goals of asthma treatment

Logre las metas del tratamiento de asma
We are a team and we have a plan!
El equipo del asma de mi niño

- El doctor: Doctor
- La enfermera: Nurse
- La familia: Family
- La promotora: Community Health Worker
- La niñera: Babysitter
- La educadora del asma: Asthma Educator
- El entrenador: Coach
- Mi Niño: My Child
- La maestra y la enfermera de la escuela: Teacher and School Nurse

My Child’s Asthma Team
Establish and sustain partnerships in areas of:
- Training
- Promotion
- Utilization

Design program evaluation
Promote curriculum within existing asthma and other health education programs led by CHWs
Link with NAEPP activities
Utilize CHW Health Disparity Website
¡GRACIAS!
Contact

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