

1
COURSE OUTLINE - FALL SEMESTER 2001

**Components: RC= Research Methods & Community Development and Outreach (34.5 hours)
 HC= Health Promotion and Communication + Peer Support**

	Course & Component	Topic	Learning Goals: Students will acquire ...	Content
Week 1 Monday Sept. 17 6:00 pm to 9:00 pm	Peer Support and Communication	Overview & Group ground rules	<ul style="list-style-type: none"> • program expectations • skills in providing positive feedback to peers • skills in goal setting and evaluating learnings 	<ul style="list-style-type: none"> • setting goals about what I want to learn; how to complete the program successfully • steps for providing positive feedback to others: feedback versus criticism; how to accept positive feedback • how to assess ones own and others learning: setting and evaluating goals
Tuesday Sept.18 12:30 pm to 4:30pm	Health Promotion & Cancer Screening	Women's Health	<ul style="list-style-type: none"> • knowledge about women's health and women's reproductive system 	<ul style="list-style-type: none"> • women's health and women's reproductive system <p>What is our knowledge level & how can we teach other women?</p>
Wednes. Sept. 19 9:00 - am 12:00	Research Methods	Research design	<ul style="list-style-type: none"> • course overview • knowledge about research designs 	<ul style="list-style-type: none"> • Why develop a research design: demystifying research; how to get answers to my questions • why does research give knowledge and power to people and communities
Saturday Sept. 22 9:30 am 12:00	Community development and outreach	Overview	<ul style="list-style-type: none"> • knowledge about community development • community capacity building 	<ul style="list-style-type: none"> • concept of community development: why do we need it? • the elements of community capacity building
Saturday Sept 22. 1:00 pm 3:30 pm	Community development and outreach	Hispanic community & immigration	<ul style="list-style-type: none"> • knowledge about theoretical concepts of community; history of immigration 	<ul style="list-style-type: none"> • defining communities; who are the 'Hispanics' in Canada, in Ottawa - understanding own community
Week 2 Sept. 24 6:00 pm to 9:00 pm	Peer Support and Communication	Communi- cation	<ul style="list-style-type: none"> • knowledge about basic communication skills • improved communication skills • basic peer counselling skills • skills in supportive listening 	<ul style="list-style-type: none"> • how to communicate so that others will listen • building relationships with clients • supportive listening • role plays: applying communication supportive listening skills

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Tuesday Sept.25 12:30 pm to 4:30 pm	Health Promotion & Cancer Screening	Health Care Delivery System	<ul style="list-style-type: none"> knowledge about: the health care system in Ottawa role of the different health care providers 	<ul style="list-style-type: none"> review of health service delivery system Who are the health service providers: roles of Public Health Nurses, Nurse, Nurse Practitioners, Family Doctor, Obstetrician and Gynecologists site visits e.g., to CCHC, hospital, OBSC
Wednes. Sept 26 9:00 am 12:00	Research Methods	Participatory research	<ul style="list-style-type: none"> skills in applying research design to practical research 	<ul style="list-style-type: none"> participatory research: how to conduct a needs assessment
Week 3 Monday Oct. 01 6:00 pm 9:00 pm	Peer Support and Communication	Peer education and lay health promotion	<ul style="list-style-type: none"> knowledge about the concept of peer education increased understanding of the lay health promoter role 	<ul style="list-style-type: none"> concept and history of peer education across the world; the concept of the 'natural helper' role of the lay health promoter
Tuesday Oct. 2 12:30 pm 4:30 pm	Health Promotion & Cancer Sc.	Health Promotion	<ul style="list-style-type: none"> increased knowledge about the concept of prevention in health promotion 	<ul style="list-style-type: none"> health promotion and preventative care in the Canadian system
Wednes. Oct. 3 9:00 am to 12:00	B - CD Community development and outreach	Terms & concepts	<ul style="list-style-type: none"> knowledge about terms and concepts when defining people 	<ul style="list-style-type: none"> the concept of ethnicity; culture; multiculturalism; race; marginalization
1ST - ASSIGNMENT		PRACTICE LOG		
Week 4 Monday, Oct. 8	No class Thanks Giving		<ul style="list-style-type: none"> 	
Tuesday Oct. 9 12:30 pm 4:00 pm	B - RM Research Methods	Finding information	<ul style="list-style-type: none"> knowledge where to find information skills in reviewing articles and writing up information 	<ul style="list-style-type: none"> visiting the university library how to read a research article, how to extract information, take notes understanding and comparing information that is collected by others; what seems valid and why

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Wednes. Oct. 10. 9:00 am 12:00	Research Methods	Writing and analyzing research papers	<ul style="list-style-type: none"> skills in writing a research paper for a university course preparing a presentation knowledge about expectations of written work in the Canadian context 	<ul style="list-style-type: none"> how to write a paper: communicating research findings; writing a grant proposal; writing a paper from your own experience and comparing it to what has been written on this topic how to use information for a presentation presenting information in a professional way analyzing how information gets presented and why contrasting the way papers are structured and arguments are presented here in Canada
2. ASSIGNMENT		OPEN BOOK EXAM: RESEARCH METHODS		
Week 5 Monday Oct. 15 6:00 pm 9:00 pm	Peer Support and Communication	Leadership	<ul style="list-style-type: none"> skills in assertiveness and self-confidence knowledge about the role of leadership 	<ul style="list-style-type: none"> increasing confidence in myself, my knowledge, and my skills becoming a positive role model
Tuesday Oct. 16 12:30 pm 4:30 pm	Health Promotion & Cancer Screening	Breast and cervical cancer	<ul style="list-style-type: none"> knowledge about breast and cervical cancer knowledge about current guidelines re: breast and cervical cancer screening 	<ul style="list-style-type: none"> Myths and Facts: questions and answers about breast and cervical cancer diagnosis, treatment, follow-up, monitoring guidelines
Wednes. Oct. 17 9:00 am to 12:00	Community development and outreach	Barriers	knowledge about systemic barriers	<ul style="list-style-type: none"> identifying access barriers for women; immigrant women; women from different linguistic background; racial minority women; Spanish speaking community
3. ASSIGNMENT		CLASS PRESENTATIONS: HEALTH CARE SYSTEM		
Saturday Oct.20 9:30 am 12:00	Research Methods	Understanding research concepts	<ul style="list-style-type: none"> research concepts 	<ul style="list-style-type: none"> understanding the concepts used in this demonstration project: participatory research; the trans-theoretical model; community capacity building model; lay health promotion; feminist and anti-racist approach

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Saturday Oct. 20 1:00 pm 3:30 pm	Community development and outreach	Racism & discrimination	<ul style="list-style-type: none"> increase knowledge about systemic racism, discrimination, inequality skills in addressing access barriers including systemic racism 	<ul style="list-style-type: none"> What is racism, how does racism operate in service provision; discrimination and inequalities in the Canadian system addressing racism
Week 6 Monday Oct. 22 6:00 pm 9:00 pm	Peer Support & Communication	Trust	<ul style="list-style-type: none"> skills in trust building 	<ul style="list-style-type: none"> defining your style for developing trust
Tuesday Oct. 23 12:30 pm 4:30 pm	Health Promotion & Cancer Screening	Teaching BSE	<ul style="list-style-type: none"> skills in explaining a health issue to a peer skills in teaching breast self examination skills in dealing with uncomfortable situations 	<ul style="list-style-type: none"> practice situation: how to explain cancer prevention and treatment to another woman how to teach breast self-examination skills how to address uncomfortable issues with a woman
Wednes. Oct. 24 9:00 - am to 12:00	Peer Support and Communication	Home visits	<ul style="list-style-type: none"> understanding of the function of home visits 	<ul style="list-style-type: none"> why do we do home visits and how to conduct them
4. ASSIGNMENT (RC)		ESSAY: HISPANIC COMMUNITY IN OTTAWA		<ul style="list-style-type: none">
Week 7 Monday Oct. 29 6:00 pm 9:00 pm	Research Methods	Research methods and Ethics	<ul style="list-style-type: none"> knowledge about qualitative and quantitative research methods understanding about research ethics, confidentiality and its limits, informed consent awareness of role as a researcher 	<ul style="list-style-type: none"> data collection mechanisms in research: qualitative and quantitative methods what are research ethics; how to ensure confidentiality when can we not keep confidentiality (child abuse); how does knowing confidential information influence our role/perception in the community informed consent

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Tuesday Oct. 30 12:30 pm 4:30 pm	Health Promotion & Cancer Screening	Resources	<ul style="list-style-type: none"> knowledge about availability of materials 	<ul style="list-style-type: none"> developing a resource package for women
Wednes. Oct. 31 BOOO 9:00 am to 12:00	Community development and outreach	Organizational change	<ul style="list-style-type: none"> concepts of organizational societal change 	<ul style="list-style-type: none"> transforming our organizations
5. ASSIGNMENT (HC)		ESSAY: CANCER SCREENING THEME		<ul style="list-style-type: none">
Week 8 Monday Nov. 5 6:00 pm 9:00 pm	Health Promotion & Cancer Screening	Terms	<ul style="list-style-type: none"> an increase in knowledge of the terminology in the field skills in appropriately using and explaining terms 	<ul style="list-style-type: none"> use of terminology in health care role plays: practicing & applying terms in context
Tuesday Nov. 6 12:30 pm 4:30 pm	Research Methods	Designing research tools: Interview	<ul style="list-style-type: none"> skills in designing interviews skills in designing questions for a needs assessment interview 	<ul style="list-style-type: none"> designing interview questions for qualitative research with hard to reach groups how much data can we collect at once? ensuring that we leave door open to explore other needs
Wednes. Nov. 7 9:00 am to 12:00	Peer Support and Communication	Overcoming discomfort (see Health)	<ul style="list-style-type: none"> skills in dealing with own and other peoples discomfort skills in diffusing tense situations 	<ul style="list-style-type: none"> how to address discomfort when addressing breast and cervical cancer screening: role plays how to lighten up situations
6. ASSIGNMENT (RC)		DEVELOP INTERVIEW QUESTIONNAIRE		<ul style="list-style-type: none">
Week 9 Monday, Nov. 12. 6:00 pm 9:00 pm	Research Methods	Designing research tools: survey	<ul style="list-style-type: none"> skills in designing surveys 	<ul style="list-style-type: none"> designing a forced choice interview schedule

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Tuesday Nov. 13 12:30 pm 4:30 pm	Community development and outreach	Advocacy	<ul style="list-style-type: none"> • understanding the function of advocacy within health service provision • skills in providing advocacy 	<ul style="list-style-type: none"> • The role of advocacy in service provision • practicing advocacy
Wednes. Nov.14 9:00 am 12:00 am	Peer Support and Communication	Assessment & referrals (see Health)	<ul style="list-style-type: none"> • skills in assessing violent situations • knowledge when to get help and when to refer 	<ul style="list-style-type: none"> • assessing violent and dangerous situations when to call in help, where to refer to
7. ASSIGNMENT		TEACHING WOMEN ABOUT CANCER SCREENING: ROLE PLAYS		<ul style="list-style-type: none"> •
Saturday Nov. 17 9:30- am to 12:00	Health Promotion & Cancer Screening	Assessment and Referrals (see Peer support)	<ul style="list-style-type: none"> • knowledge in assessing situations that require other services • knowledge about referral process • skills in explaining services to a client 	<ul style="list-style-type: none"> • assessing situations, when to refer and to whom (case reviews) • how to refer appropriately contacting another professional
Saturday Nov. 17. 1:00 pm 3:30 pm	Peer Support and Communication	Boundaries (see also Health)	<ul style="list-style-type: none"> • skills in setting boundaries with clients • supportive listening versus advise giving in the helping relationship 	<ul style="list-style-type: none"> • balancing the helping role: setting professional boundaries : "I'm not a therapist ..." • when to give advise
Week 10 Monday, Nov.19. 6:00 pm 9:00 pm	Community development and outreach	Outreach	<ul style="list-style-type: none"> • knowledge about different outreach strategies and models 	<ul style="list-style-type: none"> • outreach techniques; different outreach models (group, individual, media)
Tuesday Nov. 20 12:30 pm 4:30 pm	Health Promotion & Cancer Screening	Ethics	<ul style="list-style-type: none"> • awareness and knowledge about: professional ethics, boundaries, confidentiality legal an liability issues 	<ul style="list-style-type: none"> • dealing with issues of confidentiality in a professional manner what are the legal implications of providing information; what is the role of CCHC as my employer

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Wednes. Nov.21. 9:00 am 12:00	Research Methods	Conduc-ting interviews	<ul style="list-style-type: none"> • knowledge about how to implement a research interview • skills in interviewing techniques 	<ul style="list-style-type: none"> • collecting interview data (using tapes, notes, consent forms, confidentiality) • role plays: conducting face-to-face interviews; conducting an interview for this research project
8. ASSIGNMENT (RC)		INTERVIEWS AND REFLECTIONS		•
Week 11 Monday, Nov.26. 6:00 pm 9:00 pm	Community development and outreach	Implemen-ting outreach	<ul style="list-style-type: none"> • skills in designing and implementing outreach activities 	<ul style="list-style-type: none"> • designing outreach strategies for a workshop/event
Tuesday Nov. 27 12:30 pm 4:30 pm	Health Promotion & Cancer Screening	Boundaries (see Peer Support)	<ul style="list-style-type: none"> • skills in how to set boundaries 	<ul style="list-style-type: none"> • setting boundaries (role plays)
Wednes Nov.28. 9:00 am 12:00	Community development and outreach	Work-shops (see Peer Support)	<ul style="list-style-type: none"> • skills in developing and implementing workshops 	<ul style="list-style-type: none"> • how to develop and implement a workshop
9. ASSIGNMENT (HC)		PRESENTATIONS: RESOURCE PACKAGE		•
Week 12 Monday, Dec. 3 6:00 pm 9:00 pm	Peer Support and Communica-tion	Adult education	<ul style="list-style-type: none"> • knowledge of adult education methods & techniques • teaching skills • assessing client's knowledge 	<ul style="list-style-type: none"> • what teaching methods work well with adults • how to explain health information • how to use resources in the teaching process • how to check if the client understood the information
Tuesday Dec. 4. 12:30 pm 4:30 pm	Research Methods	Data manage-ment and analysis	<ul style="list-style-type: none"> • knowledge in data management; • transcription skills skills in data analysis 	<ul style="list-style-type: none"> • data management • transcribing interviews • how to analyze interviews

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Wednes. Dec.5. 9:00 am 12:00	Community development and outreach	Partnerships and Coalitions	<ul style="list-style-type: none"> • knowledge of partnership and coalition development 	<ul style="list-style-type: none"> • how to increase partnerships and networking with ethnoracial and mainstream organizations
10. ASSIGNMENT (RC)		PRESENTATIONS: COMMUNITY ORGANIZING & OUTREACH		
Saturday Dec. 8 9:00 am 12:00	Peer Support and Communication	Group facilitation (see also Community Development)	<ul style="list-style-type: none"> • knowledge about working in and with groups • increased skills in facilitating a group • skills in workshop design and facilitation • skills in how to prepare and give a presentation 	<ul style="list-style-type: none"> • group dynamics, • group work; • practicing group facilitation • students in teams will design and facilitate a workshop • students in teams will prepare and give a presentation
Saturday Dec. 8 1:00 pm 3:30 pm	Health Promotion & Cancer Screening	Stress	<ul style="list-style-type: none"> • skills in reducing stress 	<ul style="list-style-type: none"> • how to deal with stress and stressful situations
Week 13 Monday, Dec. 10 6:00 pm 9:00 pm	Research Methods	Research reports	<ul style="list-style-type: none"> • skills in summarizing research findings; • knowledge about the sections of a research report 	<ul style="list-style-type: none"> • how to write up and summarize the answers to my questions/research findings; <ul style="list-style-type: none"> • how to compile information in a research report • where does research end and programming begins: implementing research findings
Tuesday Dec.11. 12:30 pm 4:30 pm	Research Methods	Evaluation	<ul style="list-style-type: none"> • skills in evaluating own learning process • knowledge about program evaluation 	<ul style="list-style-type: none"> • comparing learning goals with outcomes • elements of an evaluation design
Wednes. Dec.12. 9:00 am 12:00	Review	Review and Evaluation	<ul style="list-style-type: none"> • review and evaluation 	<ul style="list-style-type: none"> • review and evaluation
Dec 15 TBA	Graduation			