

CHWI TRAINING (TUESDAY TRAINING)

UTILIZING CHWS TO IMPROVE ACCESS TO TOBACCO CESSATION RESOURCES FOR MATERNAL AND CHILD POPULATIONS

MEET OUR TEAM



Denise Martinez

CHWI, MPH

Manager



Paula Saldaña

CHW, CHWI

Instructor

Program Coordinator



Dinorah
Martinez

CHW, CHWI

Instructor

Program Coordinator



Brenda Gonzales

Graduate Assistant



Shea Roy

Graduate Assistant

nchwtc.tamhsc.edu

LIVE TRAININGS IN JUNE 2020

June/junio Training/taller 2020

5 Part Series in English
Serie de 5 partes en español

CHWI Training: Tobacco Cessation (4.0 CEUs)
Taller de Instructores de Promotores de Salud:
Dejar de Fumar (4.0 CEUs)



National Community Health
Worker Training Center



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28	29	30	<p>Session 1 will let you meet our instructors, and a great opportunity to practice using Zoom! Sessions 2-5 will be about tobacco themed content. ¡La sesión 1 te permitirá conocer a nuestras instructoras! ¡Y una gran oportunidad para practicar usando Zoom! Las sesiones 2-5 serán sobre contenido relacionado con el tabaco.</p>			

PART 2 OF A 5 PART CHWI TRAINING SERIES



Part 3 Secondhand and third hand smoke: A threat to children's health.
COMPETENCY: Teaching



Part 4 Housing Development (HUD) Tobacco smoke-free public housing rule.
COMPETENCY: Community capacity building.



Part 5 Educational resources for the community.
COMPETENCY: Service Coordination.

EARN CERTIFIED CEUS



- Make sure to complete the pre-test before this session...AND the post-test afterwards.
- Both must be submitted in order to earn certificate of completion.

BEFORE WE BEGIN...

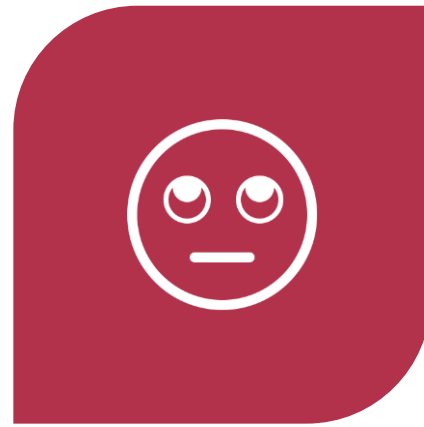
LET'S TAKE A MOMENT TO REVIEW ZOOM'S IN-MEETING CONTROLS.



NEW TO ZOOM?



SCARED DON'T BE!

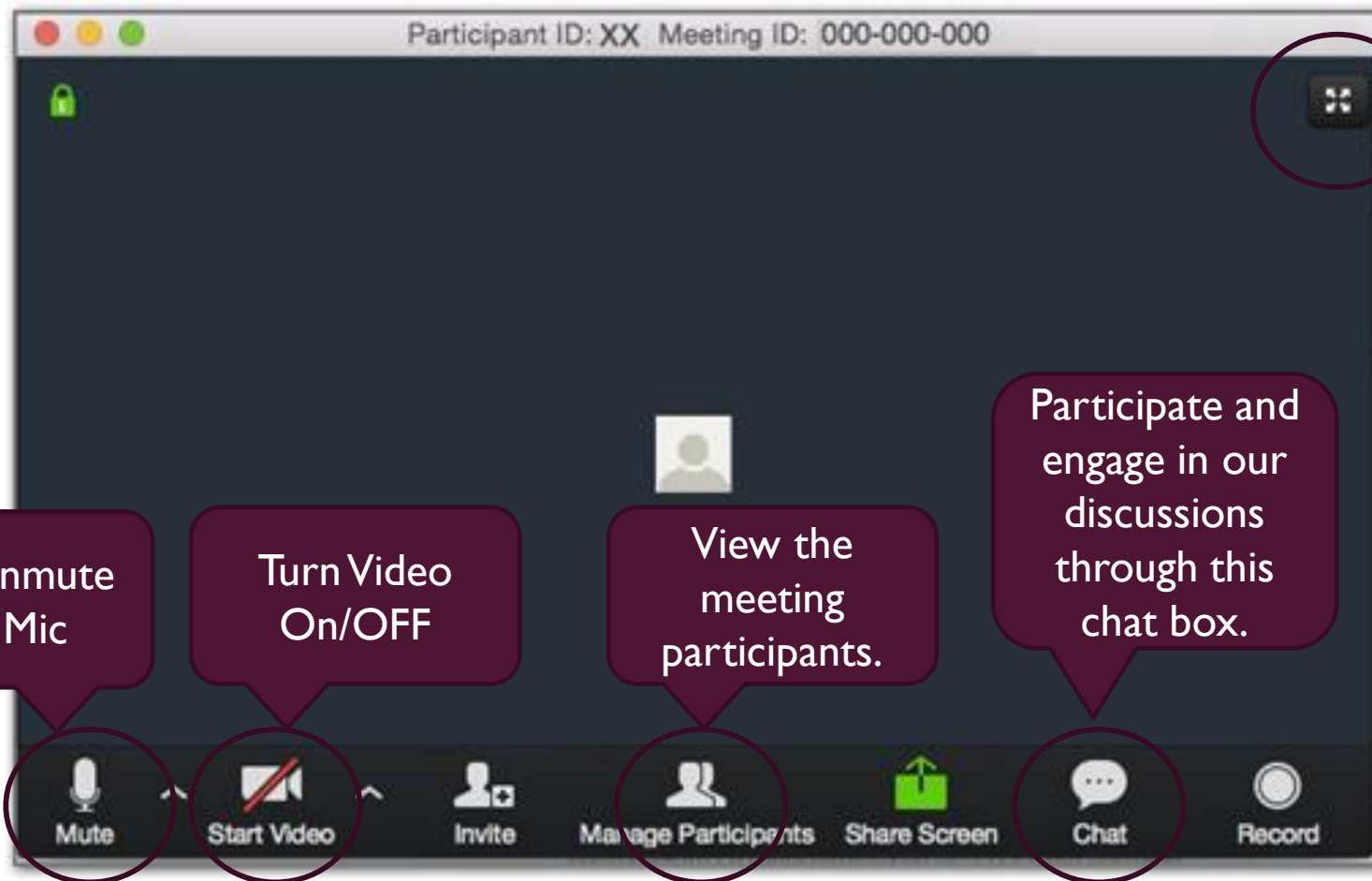


NERVOUS



WE ARE HERE TO HELP!

ZOOM CONTROL GUIDE



Mute/Unmute
your Mic

Turn Video
On/OFF

View the
meeting
participants.

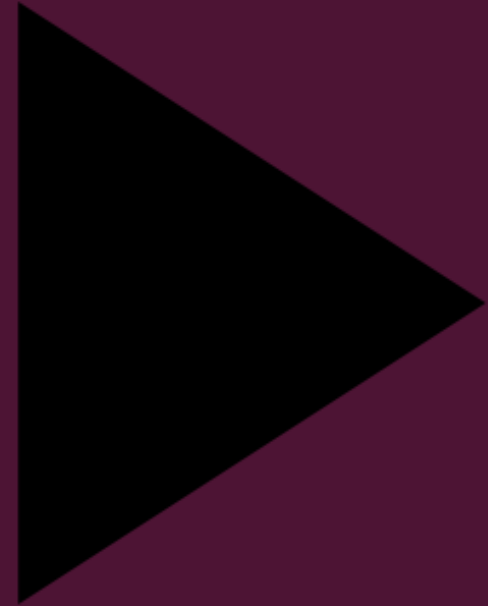
Participate and
engage in our
discussions
through this
chat box.

Change video
display or
layout to:

- Speaker
- Thumbnail
- Gallery

LET'S BEGIN!

YOU ARE READY TO NAVIGATE THROUGH THIS MEETING.





1.0 CHWI CEU: “THE HARM OF TOBACCO ON THE BODY”

THIS IS A PARTIAL CHWI CEU FROM:

“UTILIZING CHWS TO IMPROVE ACCESS TO TOBACCO CESSATION RESOURCES FOR MATERNAL AND CHILD POPULATIONS” (4.0 CEUS)

TOPICS COVERED IN THIS CEU

How smoking hurts your body.

- Adults
- Men & Women

Stay smoke-free after the baby is born.

- Infants.
- Young children.

PROGRAMMATIC OBJECTIVES:

- The facilitator will implement a virtual teaching technique to expand the CHW's ability to master information, using the curriculum and resources to quit smoking.
- The facilitator will connect the content of the workshop with the Knowledge competition, thus meeting the requirements of the state of Texas.

LEARNING OBJECTIVES:

- The CHW will examine the maternal and infant complications that smoking can cause during pregnancy.
- The CHW will recommend how to stay smoke-free after the baby is born.

THE TRUTH ABOUT SMOKING?



THE TRUTH ABOUT SMOKING?

Quitting is the best thing you can do for you and your baby.

Smoking anytime during your pregnancy is dangerous.



ACTIVITY: MYTHS ABOUT SMOKING AND PREGNANCY

GONE WITH THE SMOKE...

FACTS

~~MYTHS~~

About Tobacco

WHICH STATEMENT IS A FACT?

What's wrong
with smoking
cigarettes?

I only smoke
menthol and light
cigarettes?



Tobacco
products can
be very
dangerous and
harmful.

WHICH STATEMENT IS A FACT?

Why?



REALITY

Low nicotine and tar cigarettes contain the other components of conventional cigarettes and are also carcinogenic.



**Trainees
You!**

WHICH STATEMENT IS A FACT?

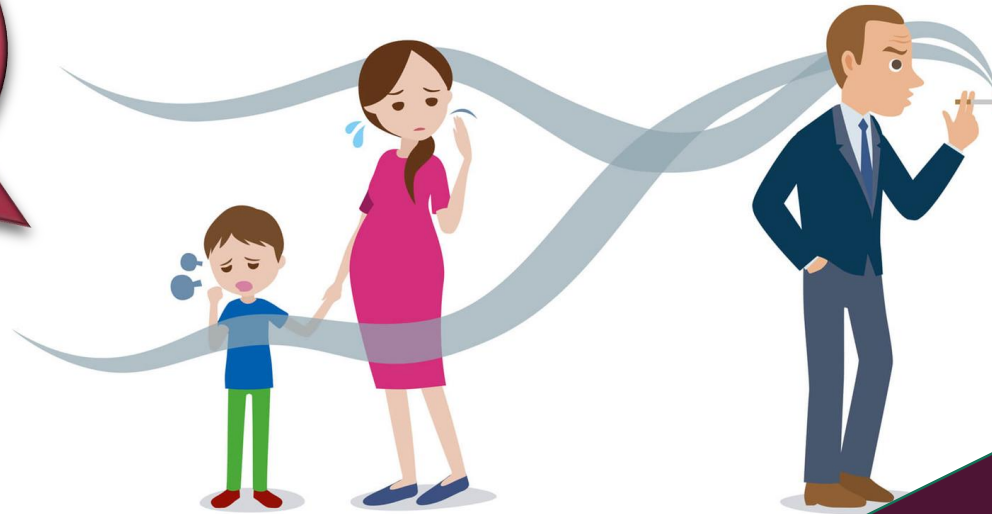
Pregnant women can be exposed to thousands of toxic compounds.



Pregnant women can live with smokers without a problem!

WHICH STATEMENT IS A FACT?

Why?



REALITY

Since passive smokers inhale a variable amount of cigarette smoke exhaled by people who smoke, the pregnant woman is exposed to thousands of toxic compounds that decrease the blood flow of the placenta.

WHICH STATEMENT IS A FACT?

Separate areas for those who smoke and those who do not smoke solve the problem.



**NO
SMOKING**



**SMOKING
AREA**

Smoking in the area of smokers affects the area of non-smokers.

WHICH STATEMENT IS A FACT?

Why?



**NO
SMOKING**



**SMOKING
AREA**



Trainees
You!

REALITY

If there is no physical separation with independent ventilation, air is shared and contaminated from tobacco smoke. Smoking in the area of smokers affects and causes illness in the area of non-smokers.

WHICH STATEMENT IS A FACT?

Every time you smoke, it puts your baby's health at risk.



I smoked during my last pregnancy and had a healthy baby, so this next baby will also be healthy.

WHICH STATEMENT IS A FACT?

Why?



REALITY

Every time you smoke during pregnancy, it puts your baby's health at risk. If you smoked and had a healthy pregnancy in the past, that does not mean that your next child will also be healthy.

WHICH STATEMENT IS A FACT?

I think it's okay to smoke less cigarettes or switch to electronic cigarettes during pregnancy.



There is not a safe amount of smoking.

WHICH STATEMENT IS A FACT?

Why?



REALITY

Each puff of cigarette releases harmful chemicals that will reach your baby and also affect your health. E-cigarettes are not harmless either. Although there is still a lot to learn about electronic cigarettes, pregnant women should not use them. Nicotine in electronic cigarettes is detrimental to developing babies.

WHICH STATEMENT IS A FACT?

Smoking
relaxes me,
and relaxation
is better for me
and my baby.
At the end of
the day I do not
smoke much.



Smoking can
make you feel
calm, but
your body
hurts more
than it helps.

WHICH STATEMENT IS A FACT?

Why?



REALITY

The feeling of relaxation is only temporary and whatever is causing your stress will probably come back. Smoking speeds up your heart rate and increases your blood pressure. It also increases carbon monoxide in the bloodstream, which means that your baby receives less oxygen.

WHICH STATEMENT IS A FACT?

Quitting smoking does not cause your baby more stress.



Quitting smoking will be too stressful for my baby.

WHICH STATEMENT IS A FACT?



REALITY

Quitting is one of the best things you can do for your health and the health of your baby during pregnancy, and after the baby is born. By quitting now, you will be protecting your baby from the dangers of secondhand smoke and reducing the risk of sudden infant death syndrome.



Trainees
You!

WHICH STATEMENT IS A FACT?

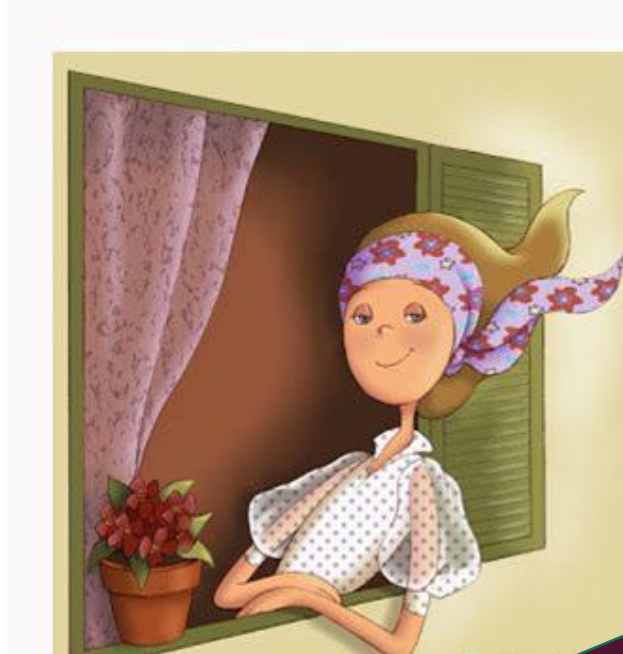
Opening the window is not enough to remove toxic substances from the smoke.



If I open the window the smoke goes away.

WHICH STATEMENT IS A FACT?

Why?



REALITY

When you open the window, what leaves is the smell. Some substances that can be very dangerous remain hours, days and months in quilts, curtains, carpets, etc. This affects everyone in the home, particularly those under one year who crawl and touch everything. This is called "third-hand smoke".



Trainees
You!

WHICH STATEMENT IS A FACT?

Smoking is not a problem. I live alone with my pet, so smoking does not hurt anyone!



Exposure to environmental tobacco affects the health of pets.

WHICH STATEMENT IS A FACT?

Why?



REALITY

Exposure to environmental tobacco smoke not only affects the health of human beings but also affects the health of pets that live with smokers. The exposure of pets to tobacco smoke is associated with lung cancer and nasal cancer, lymphomas, allergies, eye and skin diseases and respiratory problems.



Trainees
You!

WHICH STATEMENT IS A FACT?

I throw the butts on the floor because they degrade with the water, so there's no problem!



Cigarette butts are not biodegradable.

WHICH STATEMENT IS A FACT?

Why?



REALITY

When the cigarette is thrown on the floor, it does not biodegrade. Instead, rain carries it to the source of water where the toxic substances accumulated in them are released, damaging the ecosystem and spoiling the quality of the water. Rivers, lakes and seas are contaminated with cigarette butts .

THANK YOU FOR PARTICIPATING!



VIDEO

CDC Tips from Former Smokers Amanda's Story





I. HOW SMOKING HARMS YOUR CHILD

ACTIVITY: KEY CONCEPTS

SMOKING

PASSIVE TOBACCO

TOBACCO

DRUG

DEPENDENCE

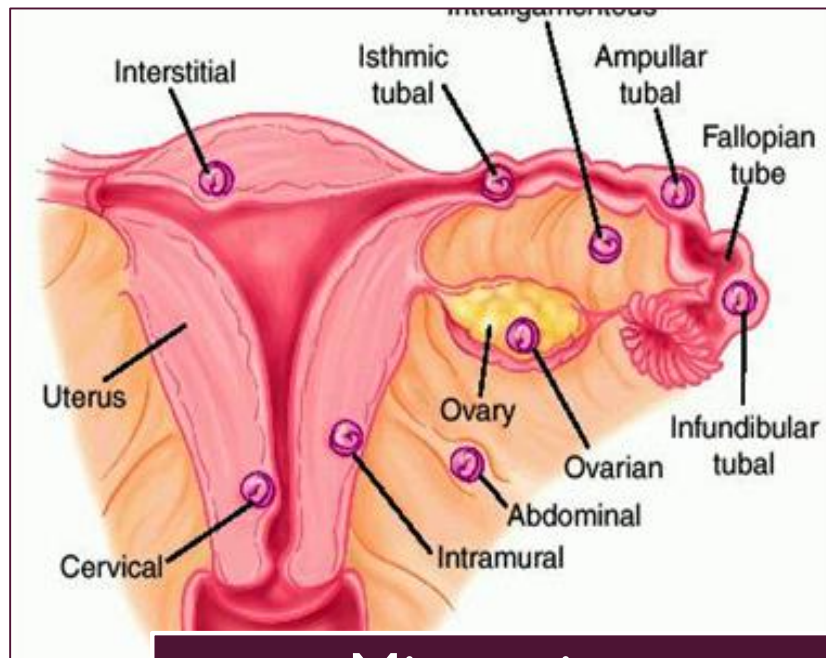
ABSTINENCE SYNDROME

TOLERANCE

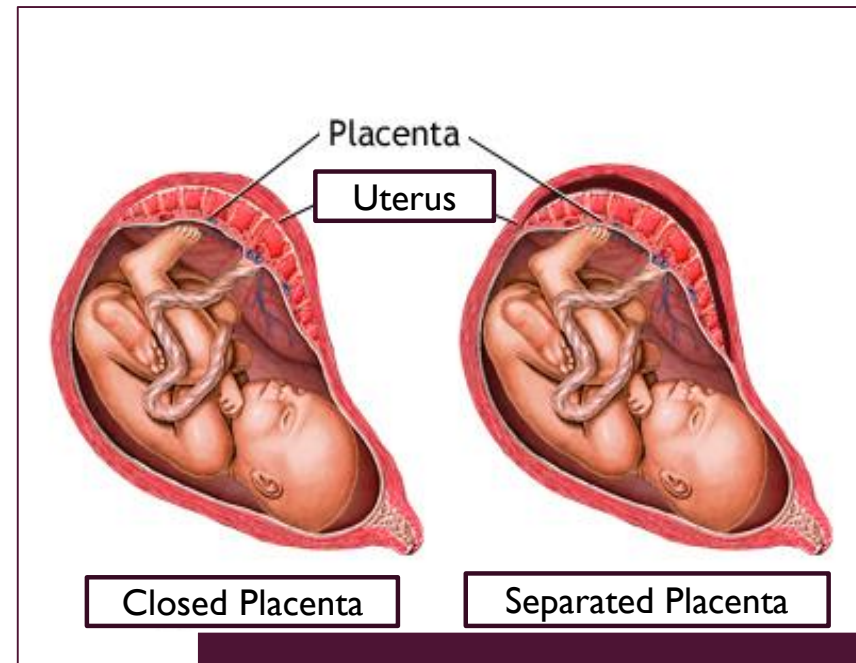


SMOKING WHILE PREGNANT

Smoking can cause complications during your pregnancy, such as:



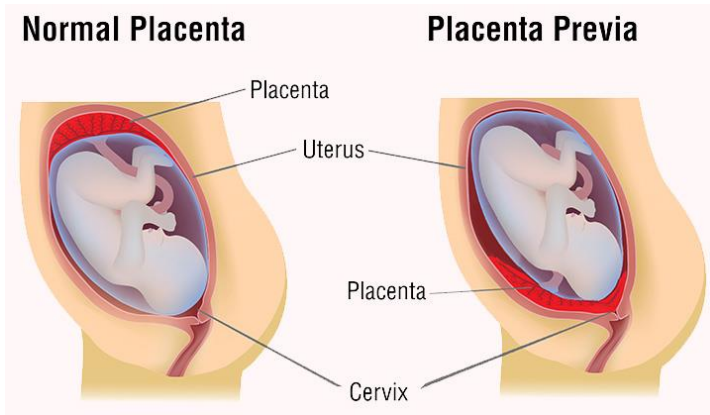
Miscarriage
Ectopic Pregnancy



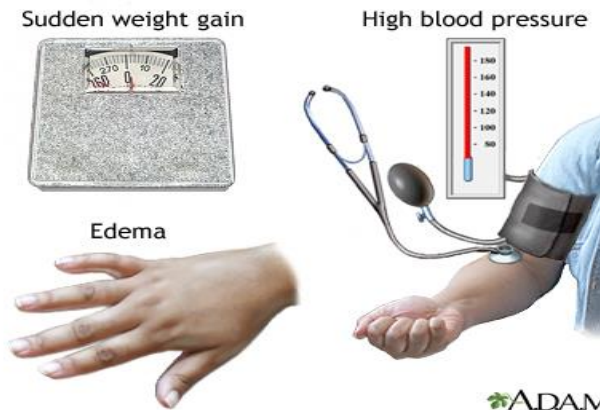
Placenta Abruption

SMOKING WHILE PREGNANT

Smoking can cause complications during your pregnancy, such as:



Placenta Previa



Preeclampsia



Preterm Birth

IDENTIFYING SOME TRIGGERS TO RETURN TO SMOKING:



Emotional Triggers

- Feeling stressed
- Feeling anxious
- Feeling down
- Feeling bored
- Feeling lonely
- Cooling off after a fight



Habitual Triggers

- Talking on the phone
- Drinking alcohol
- Watching TV
- Driving
- Finishing a meal
- Drinking coffee
- Taking a work break



Social Triggers

- Going to a bar
- Going to a social event
- Seeing someone else smoke



2. STAY SMOKE FREE AFTER THE BABY IS BORN

STAYING SMOKE FREE AFTER HAVING BABY

Why do some mothers return to smoking?

- ❑ Quitting was temporary
- ❑ Thinking that smoking helps with stress
- ❑ Wanting to regain their pre-pregnancy self
- ❑ Returning to old social circles
- ❑ Having a partner who smokes



CONCLUSIONS AND CHW'S ROLE

- ❑ Why is this aspect of tobacco addiction a problem or a challenge?
- ❑ How will we see this in the future?
- ❑ What are some examples of actions for planning creative ways that CHW can step in to achieve sustainable change?

CONCLUSIONS AND CHW'S ROLE



Facilitator Training



Adjust content of workshops considering target population



Running the Workshop



Monitoring of Actions




Necessary resources

- Clinical Interventions
- Texas Quitline App

TEXAS QUITLINE

Verizon 6:08 PM 57%

English Español

 **TOBACCO RESEARCH & EVALUATION TEAM**

Refer a patient » The information will be sent to Texas Tobacco Quitline. You can update your profile if needed.

Patient Name

Date of Birth MM/dd/yyyy

Primary Phone

Tobacco Types (check all that apply)

Cigarettes

Smokeless Tobacco

Menu Advise Videos Refer Archive



QUESTIONS?

Contact Information



nchwtc.tamhsc.edu

Denise Martinez 979-436-9360

Paula Saldaña 956-459-1031

Dinorah Martinez 956-278-5710

THANK YOU!

CERTIFIED CEU'S



REMINDER:
Remember to do
your post-test on
Friday.



Stay Tuned for
Modules 3-5!



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REFERENCES

1. <https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/myths-about-smoking-pregnancy>
2. http://www.conadic.salud.gob.mx/Guia_Preventivas/La_neta_del_tabaco.pdf
3. <http://www.asat.org.ar/mitos-sobre-el-tabaquismo/>
4. <http://www.center4research.org/third-hand-smoke/>
5. <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Documents/ThirdhandHandout.pdf>
6. <https://www.lung.org/our-initiatives/tobacco/smokefree-environments/multi-unit-housing/>
7. <https://www.dshs.state.tx.us/tobacco/smokefree/>
8. <https://www.dshs.texas.gov/tobacco/>
9. <https://www.drugabuse.gov/es/publicaciones/serie-de-reportes/adiccion-al-tabaco/hay-tratamientos-eficaces-para-la-adiccion-al-tabaco>
10. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm
11. <https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/How-Parents-Can-Prevent-Exposure-Thirdhand-Smoke.aspx>



LINK TO PDF FILE

LINK TO OBTAIN THE PRESENTATION IN PDF FORMAT

