

CHWI TOBACCO CESSATION TRAINING

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

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)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Pre-Test	1: "Introduction to Zoom" 6-7 PM (CT)	2: The harm of tobacco on the body 6-7 PM (CT)	3: The signs and symptoms of tobacco use 6-7 PM (CT)	4: HUD public housing rule 6-7 PM (CT)	5: Community resources 6-7 PM (CT)	Post-Test
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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</p>			

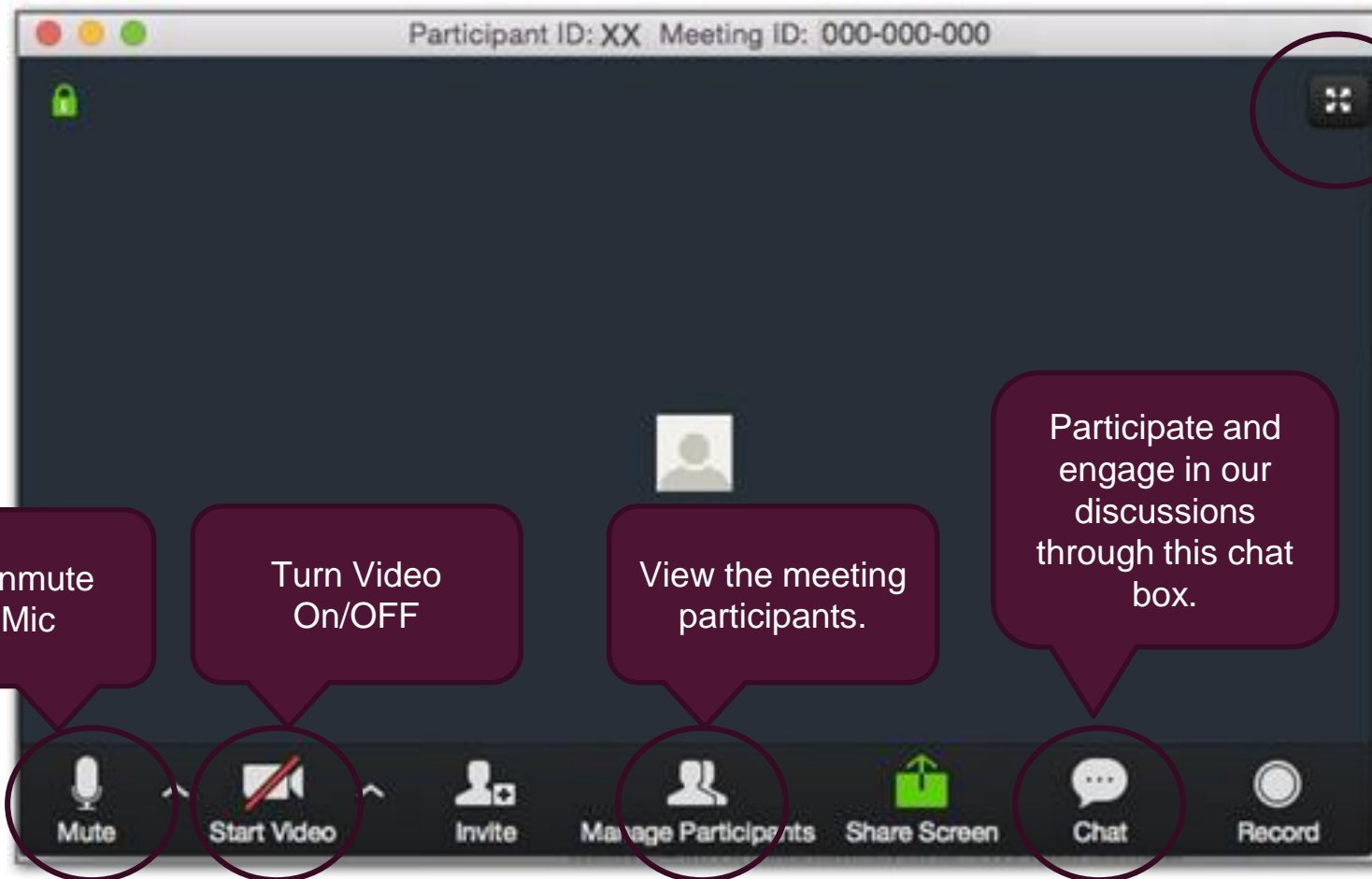
Part 3 of a 5 part CHWI Training series


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.

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

Brenda, Technical Support

Here to Help!

Feel free to type questions in chat box to Brenda while I (Denise) instruct!

If you have any issues with our zoom meetings feel free to contact Brenda via email at brendagonzales17@tamu.edu or via phone at (979) 436-9349.



MODULE #2

Secondhand and thirdhand smoke: a threat to maternal and child health



PROGRAMMATIC OBJECTIVES:

1. The instructor will examine the most updated information from verified sources on the causes and effects of second and third-hand smoke as a threat to maternal and child health.

2. The instructor will model the effective techniques to stimulate the adult learning process based on the types of teaching and learning styles.

LEARNING OBJECTIVES:

1. CHWI will analyze the causes and effects of second and third-hand smoke as a threat to maternal and child health as well as best practices to avoid it.

2. CHWI will review the critical elements in the adult learning process defining the best practices to apply appropriate teaching strategies.

VIDEO:

The Myths of Secondhand Smoke



KEY DEFINITIONS

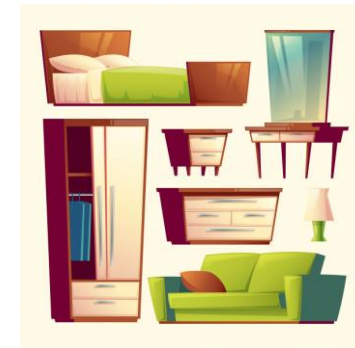
SECOND HAND SMOKE

- Secondhand smoke is made up of smoke from a cigarette and smoke from a smoker.



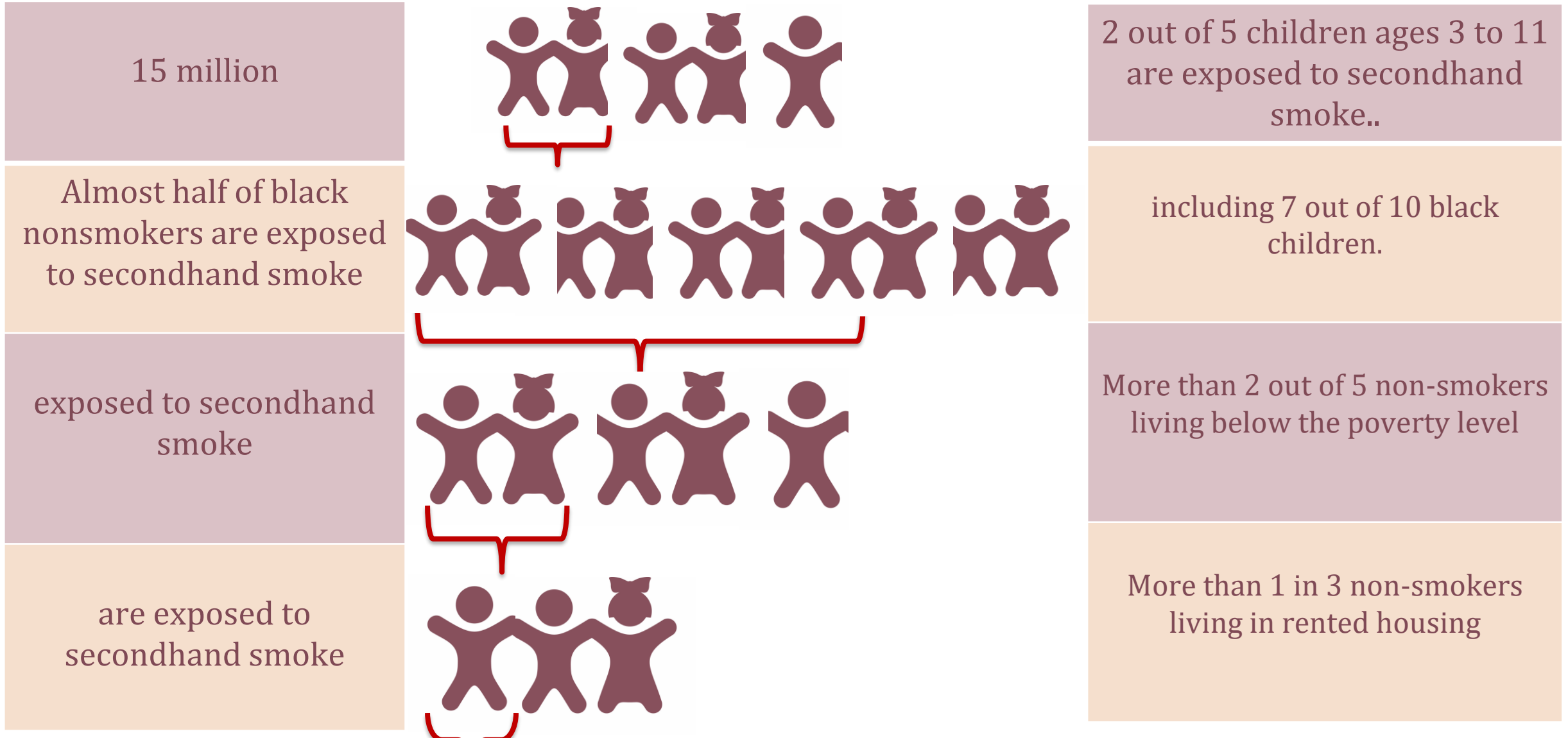
THIRD HAND SMOKE

- Third-hand smoke (THS) is tobacco residue that can remain on surfaces and dust for months after someone smokes a cigarette



EFFECTS OF SECOND- HAND SMOKE ON MATERNAL AND CHILD HEALTH

58 MILLION NON-SMOKING IN THE US.



Babies and young children exposed to secondhand smoke may have

Low birth weight

Sudden Infant Death Syndrome (SIDS)

Weak lungs

Ear infections

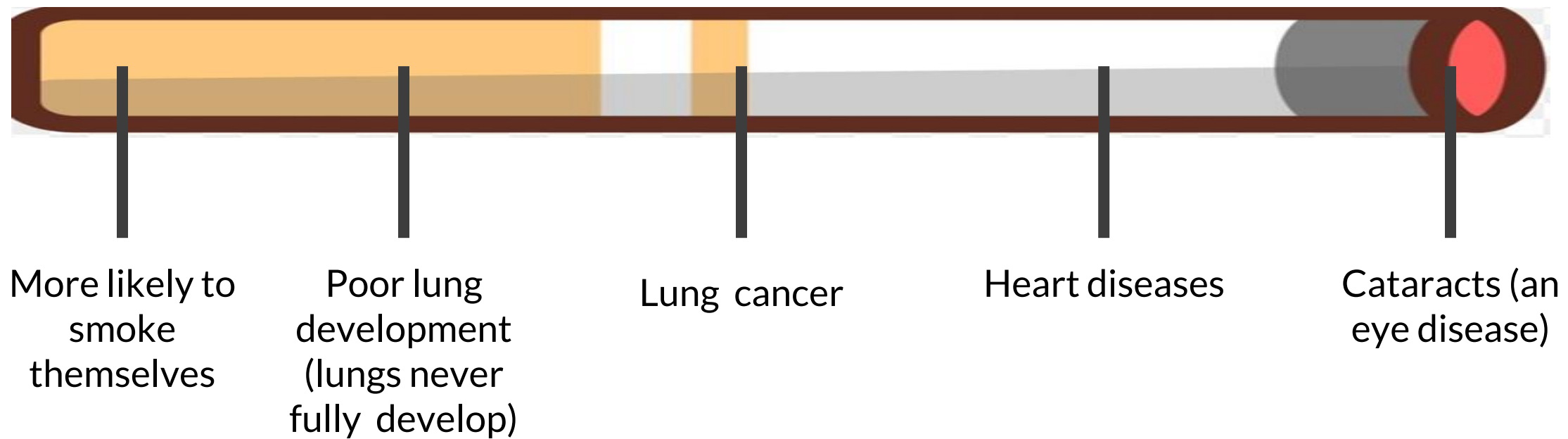
Chronic lung problems

Asthma

More sick days



THE LONG-TERM EFFECTS OF SECONDHAND SMOKE



Risks for pregnant women

Spontaneous abortion

Low birth weight

Premature labor

Learning behavior deficiencies in your child

Sudden Infant Death Syndrome (SIDS)



ONLINE GROUP ACTIVITY THROUGH ZOOM! WOULD YOU RATHER?

Be able to speak to animals

OR

Be able to speak all languages

ONLINE GROUP ACTIVITY THROUGH ZOOM! WOULD YOU RATHER?

Only speak by screaming

OR

Only speak by whispering

ONLINE GROUP ACTIVITY THROUGH ZOOM! WOULD YOU RATHER?

Your favorite babysitter smokes 1 pack a day at her house

OR

The babysitter will take care of your baby at home for free

ONLINE GROUP ACTIVITY THROUGH ZOOM! WOULD YOU RATHER?

Share a flat with your best friend, but she smokes

OR

Live alone without anyone being able to enter your house

ONLINE GROUP ACTIVITY THROUGH ZOOM! WOULD YOU RATHER?

Have a tiny apartment smoke-free

OR

Have a huge house that smells like
cigarettes

ONLINE GROUP ACTIVITY THROUGH ZOOM! WOULD YOU RATHER?

Losing \$50

OR

The person you love the most always
smells like cigarettes

ONLINE GROUP ACTIVITY THROUGH ZOOM! WOULD YOU RATHER?

Only wear formal attire for the rest of
your life

OR

Be able to wear comfortable clothes, but
you smell like smoke

HOW TO PROTECT YOURSELF FROM SECONDHAND SMOKE



If you smoke,
avoid smoking
near children



If you smoke, do it
outside, away from
where children play



If other adults are
smoking, ask them
to smoke outside



Opening windows is
not enough protection
from secondhand
smoke

HOW TO PROTECT YOURSELF FROM SECONDHAND SMOKE



EFFECTS OF THIRD-HAND SMOKE ON MATERNAL AND CHILD HEALTH

"When you smoke in your house, your house also smokes".



BABIES AND CHILDREN

Children can absorb dangerous chemicals from the car upholstery even if the child was not inside when they smoked.



The same is true for smoking inside the house.

PREGNANT WOMEN

Investigators are still studying possible dangers

Smoking can have a detrimental effect on prenatal lung development



May cause respiratory problems in the future

Smoking can lead to stress for mother and baby

HOW TO PROTECT YOURSELF AGAINST THIRD HAND SMOKE



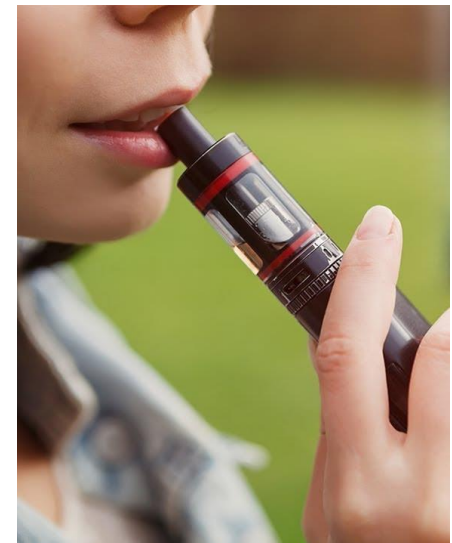
Do not allow smoking inside your house or car

Ask anyone who cares for your child/pet to follow these rules

The only way to fully protect yourself against third-party smoke is to quit smoking or being around those who do.

E-cig vapor & spray contain chemicals. Do not allow users near you or loved ones

Do not allow smoking near you, your children, or pets



ADULT LEARNING AND THE ROLE OF THE CHW INSTRUCTOR

Learning types and how effective they are



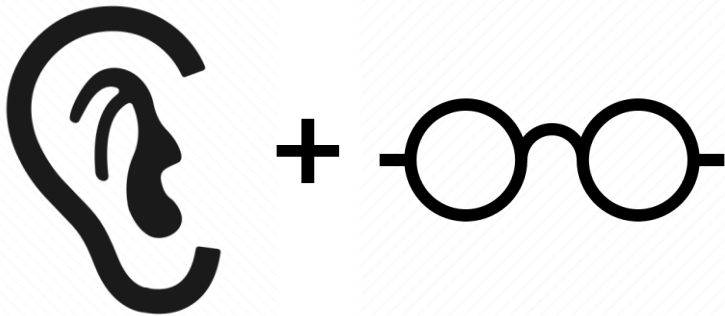
Reading only
10% effective



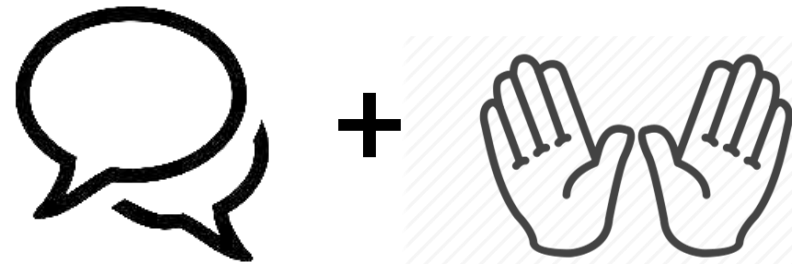
Seeing only
30% effective



Doing only
90% effective



Listening and seeing
50% effective



Saying and doing
70% effective

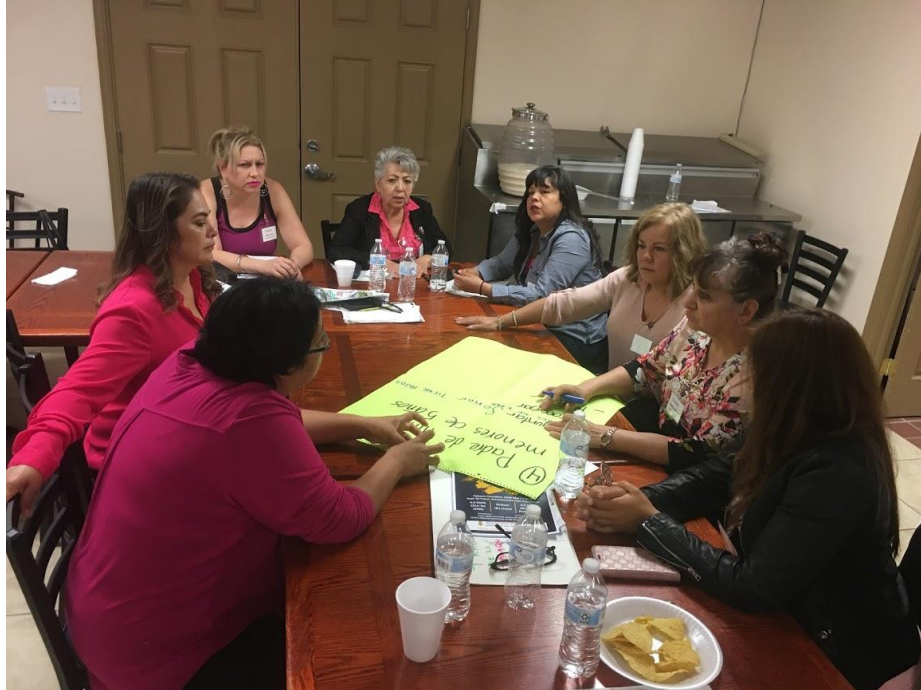
CRITICAL ELEMENTS OF ADULT LEARNING

1. MOTIVATION
2. RETENTION
3. REINFORCEMENT
4. TRANSFER



04/27/2019 Houston, Tx Training Tobacco Cessation

GROUP EXERCISE



05/28/2019 El Paso, Tx | Tobacco Cessation Training

Can you think about some examples that you could use to teach a group of pregnant women and other smoking adults on the effects of second and third-hand smoke on children's mental health?

SOME MORE IDEAS:

Experiments in the classroom

Using the media to improve teaching and learning

Game-based learning
(Role playing game)

Invent and test models

Solving problems in class

Projects based on experience

Teaching with demonstrations

Teach with case studies

CONCLUSION

The home is the primary source of secondhand smoke exposure for children.



QUESTIONS?

CONTACT INFORMATION:

nchwtc.tamhsc.edu

Denise denise.martinez@tamu.edu

Brenda brendagonzales17@tamu.edu

THANK YOU!



Strengthening capacity and building healthier communities through training well-equipped CHWs and Promotores

979-436-9360 | chw-training@tamhsc.edu

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- Contracted Services
- Training Offered
- FAQ
- Training Resources



Resources for CHWs/Promotores

The National CHW Training Center provides certification and continuing education classes in-person and online. For in-person trainings, we post handouts and resources afterwards for attendees to view and download later.

Handouts and Materials

Please select a training from the list below to access materials given:

June 15, 2020 | Zoom Online | CHW Training (Taller de Instructores de Promotores) (4.0 CEUs)

July 22, 2017 | Corpus Christi, Texas | Practical Tips for Getting It D.O.N.E. (Diabetes, Obesity, Nutrition, Exercise)

March 28, 2018 | Edinburg, Texas | Dejar de fumar: La llave para una vida mas saludable

Visit our website!

<https://nchwtc.tamhsc.edu>



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Pages support team will be back soon Pages Support Agents are available 8:00am - 8:00pm CDT, Mon - Fri. Visit our Help Center for answers to frequently asked questions.



Find us on Facebook!

https://www.facebook.com/NCHWTC/

Certified CEU'S



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



Stay tuned for tomorrow!



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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

