

Fulbright Science and Technology Conference
Panama City, Panama
March 1- 4, 2007

**A MODEL FOR
COMMUNITY HEALTH EDUCATION
TRAINING IN HONDURAS**

Dr. Connie Vance, RN, Ed.D.,FAAN
Dr. Mary Healey Sedutto, MPA, Ph.D.
Hope For A Healthier Humanity, Inc.

**HOPE FOR A HEALTHIER HUMANITY;
WHO ARE WE AND WHAT DO WE DO?**

- 501-C-3 non-sectarian charitable foundation incorporated in New York in 2001 www.hopeforahealthierhumanity.org
- Committed to advancing healthcare education, training and service delivery throughout the Caribbean and Latin America
- Core belief is that the key to sustainable change is education
- Major initiatives in 2006 included:
 - Shipped over \$2.5 million in medicines, medical equipment and supplies to the Caribbean & Latin America
 - Developed formal partnerships between US medical schools and Caribbean/Latin American schools
 - Executed multiple medical & dental brigades for cross-cultural teaching and provision of free care; <\$460,000 volunteer hours
 - Enabled faculty, residents and medical/dental students to visit and train in the US
 - Continuation of Promotores training course

**A MODEL FOR COMMUNITY HEALTH EDUCATION
TRAINING IN HONDURAS**

- Project called “**ALLIANCE FOR THE PROGRESS OF HEALTH IN HONDURAS**”
- Primary Project Sponsor: Hope for A Healthier Humanity Foundation (www.hopeforahealthierhumanity.org)
- Additional project sponsors included USAID and the US Conference of Catholic Bishops
- Initial course offered in Honduras in 2005; refined for 2006
- Project roots in consultative effort with Catholic University of Honduras to develop plans for a future School of Nursing
 - Need for basic community health education emerged as the top priority

**ALLIANCE FOR PROGRESS OF HEALTH
IN HONDURAS**

- **A COMMUNITY HEALTH PROMOTION PROGRAM**
 - . Promoting **HEALTH**
 - . Preventing **ILLNESS**
 - . Enhancing **LIFE**
- **MISSION:** Provide health information and training to advance the health status of the country; to improve health literacy and health practices in Honduran communities

“TRAIN THE TRAINER” MODEL

- **TRAINERS:** USA and Honduran nurses, dentists, physicians, educators, social workers
- **TRAINEES:** Honduran religious women, clinic volunteers, community health workers, *promotores*
- **MODULES:** One-week educational modules. Two-day follow-up (evaluation and advanced training)

**UNDERLYING PUBLIC HEALTH ISSUES
IN HONDURAS**

- **High** maternal and infant mortality
- **Lack of** access to perinatal maternal, infant, and child care
- **High** incidence of infectious diseases and allergies
- **Poor** sanitary and environmental conditions in rural communities
- **Barriers** to work, economic stability, and education
- **Problems** in families and society secondary to above

SELECTED LEARNING MODULE CONTENT

(Based on health indicators and participant input)

- **Health assessment** - Hx & PE -vital signs - record keeping -referrals
- **Holistic health promotion:** spiritual, emotional, physical and mental
- **Prenatal, intra-partum, and postpartum care**
- **Infant and child care** - common problems
- **Nutrition** - breast feeding – common problems
- **Infection control:** hand washing - wound care - common diseases
- **Dental** hygiene and oral health
- **Family life** – relationships, sexuality, stress & conflict, domestic violence, self-esteem
- **Health statistics of the country**
- **Leadership & networking**

COURSE COMPONENTS

- **Course offerings:** Aug & Dec 2005; Aug 2006 (Honduras)
- **Circle of learning:** lecture, demonstration, role playing, Q & A, whiteboard
- **Peer teaching & learning**
- **Audiovisuals and Textbooks**
Donde no hay doctor & *Un Libro Para Parteras*
- **Botekines:** (health care bags with meds & supplies)
- **Manikins:** infant, child, female
- **Clinic and hospital visits;** community site assessments
- **Physical & dental exams** for trainees

EL TABOR CONFERENCE CENTER, VALLE DE ANGELES, HONDURAS



CLASS OF AUGUST 2006



**BOTEKINES (BLACK BAGS OF SUPPLIES)
GIVEN TO TRAINEES**



**CANDACE KUGEL, RN
MIDWIFE TEACHER**



**CONNIE VANCE, RN, EdD, Project Director
WITH PROMOTORES**

PRESENCE & CARING

- Cross cultural Learning & Mentoring
- Communal Sharing: Life narratives, meals & social evenings
- Spirituality: Morning Mass, prayers, & blessings
- Recreation: Walking, singing & dancing
- Holistic Self-Care: Massage, yoga, meditation
- Dental & physical exams and demonstration
- Symbolism: Blessing of Hands; Passing the Candle of Friendship & Learning.
- Achievement Recognition: Presentation of Certificates of Completion



Learning and Listening



Instructional Manikins



Blessing of the Hands



Cross Cultural Sharing

PROGRAM EVALUATION PLAN

- **TRAINEE Evaluation**
 - Course content
 - Module and teacher evaluation
 - Program evaluation
 - Follow-up survey (and advanced training)
- **TRAINER Evaluation**
 - Module and program evaluation
 - Analysis of data
 - Review & revision of program materials

PROGRAM EVALUATION PLAN (Cont.)

- **METHODS**
 - Participant observation
 - Written and oral quizzes
 - Written survey questionnaires
 - Demonstration & return demonstration
 - Group discussion with Q & A

ADVISORY COMMITTEE

- **Expert Panel of Advisors to Program**
 - Nurse practitioners and midwives
 - Educators (nurses, physicians & dentists)
 - Physicians & surgeons
 - Dentists
 - Social workers
- **Affiliating/Sponsor/Support Organizations**
 - The College of New Rochelle, NY
 - The University of Texas, Arlington, TX
 - The Catholic University of Honduras
 - Mt. Sinai School of Medicine, NY
 - National Association of Hispanic Nurses
 - American College of Nurse Midwives
 - The American Academy of Nursing

STUDENT COMMENTS

- "Most important—that the power of education can transform people & villages."
- "The time allocated to each theme was too short; so much more to learn."
- "I love to learn and now can put into practice what I learned to help my community."
- "Take course to countryside where it's needed most."
- "I can now go to my village and help others and teach others what I learned."
- "Continue to teach us so we can help our children have better lives"

STUDENT COMMENTS (cont.)

- "The best was to have so many teachers from the US and to share with them."
- "The books, meds and materials will help all of us."
- "I am going to my Church and ask them to start a health clinic."
- "Give us more *capacidad* to learn, with more courses in the future."
- "Course students need to stay in touch & organize/network with each other after the course ends."

TO THE FUTURE: VISION, VALUES & OUTCOMES

- **VISION:** Expanding cadre of lay and religious (Church) leaders and teachers who are educated in community health promotion and disease prevention will improve the health knowledge & practices of individuals and families and enhance well being and human dignity.

TO THE FUTURE:

- **VALUES:** Cross cultural, interdisciplinary, community-based, family-oriented, holistic education between US & Honduras is essential for the advancement of health education and health promotion throughout the Americas.
- **Spirituality:** Principles of social justice, compassion, love, truth, knowledge, respect, and dignity of human beings must become integral parts of health education and provision of care.

TO THE FUTURE:

- **OUTCOMES:** *Measures of selected quality indicators:*
 - Increased health education & health promotion activity in rural villages
 - Increased number of "educated" promotores & enrollees in nursing programs
 - Increased presence of maternal-birthing care
 - Increased breastfeeding
 - Increased referral rates to clinics & hospitals
 - Increased immunization rates
 - Reduced maternal & infant mortality rates

* Selected short and long-term outcomes will be tracked longitudinally where possible

FUTURE GOALS:

- Program will be sustained with increased training & integration of local teacher-trainers.
- Program graduates (promotores) will serve as trainers to others in their villages and communities.
- Establishment of walk-in clinics in parishes and other community sites
- Faculty and students in local & USA schools of nursing, medicine & dentistry will be involved as trainers.
- Program model will be offered throughout the Caribbean and Latin America (being offered in El Salvador, the Dominican Republic & Honduras in 07)
- Promotores will be encouraged to enter formal nursing education.
- Refinement of evidence-based data collection methods and appropriate follow-up.

FUTURE GOALS (cont.):

- Ongoing financial support will be sought from various sectors--private, governmental, foundation, church, etc.
- Hold courses in remote areas (with a clinic or a hospital) in conjunction with a medical & dental brigade
- Do assessments in rural areas to determine full scope of environmental & health needs
- Books, supplies & meds are necessary adjuncts to program
- Formation of networks among trained promotores for sustained sharing, collaboration & training

**"There is no one so rich
that he cannot receive
or so poor
that he cannot give."**

**+Oscar Cardinal Rodriguez Maradiaga, SDB
Archbishop of Tegucigalpa**

**"You can rely on me as a servant who asks
nothing more but to receive more education
so that I can help others who need it more."**
(A trainee, August 2006)

Hope For A Healthier Humanity Foundation
www.hopeforahealthierhumanity.org