



# Impacting Community Wellness in Honduras

## The NEW Online Hybrid Asynchronous Nursing Program

**Including 9 asynchronous modules plus two live sessions to meet with the CHWs**

**\*This program includes activities that need to be revised by the teacher**

**Impacting Community Wellness in Honduras**, a hybrid program that includes asynchronous sessions and two live sessions to meet with the CHWs, is a program focused on the Honduran health system, common chronic and infectious diseases and their treatments, and the role of Community Health Workers (CHWs) in Honduras. This program is aimed at undergraduate Nursing students and concludes with the creation of a Training of Trainers (TOT) workshop and educational content to train CHWs to better serve their community members.

Students in this program will:

- Explore details of region-specific diseases and health issues impacting individual and community health.
- Understand pharmacological practices and the application of traditional medicines.
- Watch the interaction between Honduran doctors and patients in a rural setting.
- Understand how our parent NGO's (Global Brigades) Community Health Workers program works in Honduras.
- Learn how to conduct monitoring and evaluations in a health program.
- Develop a TOT and educational materials to be used by CHWs with their community members.
- Complete auto-graded learning assessments (Quiz) and Self-Reflection Activities (auto-graded based on student participation).
- Collaborate with fellow students to create the TOT and the educational materials for CHWs to use with their community members.



The Impacting Community Wellness in Honduras Nursing program focuses on achieving specific **learning objectives**.

Students who successfully complete the program will be able to:

- Explain how the social determinants of health impact the lives of people in rural communities in a developing country.
- Understand the assessment, diagnosis, and treatment of common diseases.
- Observe the medical-patient interaction during a consultation in rural settings.
- Develop a TOT and some educational materials to be used by Community Health Workers with their community members on the prevention of infectious diseases and how to live with a chronic illness.

## **ASYNCHRONOUS SESSIONS**

### **Module 1 – Introduction to Kambia and Sustainable Development**

- Watch the “Global Brigades Foundations” video that reviews the Holistic Model and the community development approach and activities of the NGO.

**Quiz 1** - Global Brigades foundations.

- Watch the video to learn about the Honduran context.

**Quiz 2** - The Honduras context.

### **Module 2 – Reflection and Action**

- Students watch the reflection and action videos  
**Activity 1:** Students write a reflection and action activity  
**Activity 2:** self reflection



### Module 3 – Introduction to the Medical and Healthcare Systems in Honduras

- Watch the “This is Honduras” video.
- Watch the “Global Brigades Medical Program in Honduras” video.
- Watch the “Healthcare System in Honduras” video.

**Quiz 3** - Medical and healthcare systems in Honduras.

**Activity 3** - Students reflect and write responses to the following questions:

- What is the difference between training medical doctors in Honduras compared to training medical doctors in your country?
- What are the strengths and weaknesses of the Honduras healthcare system?
- Compare and contrast the Honduras healthcare system with the one in your home country (Think about aspects such as: cost, quality, medications, insurance, accessibility, coverage, etc.)

**Activity 4** - Review the Spanish Medical Vocabulary and Phrasebook to understand some of the terms used in the clinic’s recorded video.

### Module 4 – Community Selection Process

- Watch the Community Selection Process video to become familiar with the process our teams use to identify new partner communities and how the Rapid Needs Assessment (RNA) data is collected.
  - **Quiz 4** - Community Selection Process quiz.
  - **Activity 5** - Students analyze Rapid Needs Assessment data from three different communities in Honduras and complete the assignment.

### Module 5 – Social Determinants of Health

- Watch the Social Determinants of Health video.
  - **Activity 6:** Students write brief responses to the questions on the Social Determinants of Health video.



## Module 6 – Introduction to Community Health Workers (CHWs)

Watch the *Community Health Worker/Entrepreneur Program* video to learn how CHWs support primary healthcare in remote communities in Honduras.

- **Activity 7:**  
Research the roles of Community Health Workers in Tanzania and the USA. Then, compare and contrast your findings with the CHW program in Honduras.
- **Activity 8:**  
Students will be assigned a topic for the Training of Trainers (TOT) session.
- **Activity 9:**  
Students will write questions to assess the CHWs' knowledge of the topic they will present during the TOT session.
- **Activity 10:** Working on the TOT and the Educational Materials to be used by CHWs in Honduras.

### Developing the TOT and Educational Materials for CHWs in Honduras

In this activity, students will receive guidance on how to design a Training of Trainers (TOT) session and create educational materials for Community Health Workers (CHWs) in Honduras.

The materials should include the following components:

- **A description of the medical condition**, covering: Signs and symptoms, Routes of transmission (if applicable), Prevention strategies, Recommendations to improve quality of life. **Treatment information**, specifically: Common Western medications used
- **Educational content must be written in Spanish** to ensure accessibility for CHWs.



To enhance understanding and engagement, students are encouraged to incorporate:

- Visual aids (e.g., posters, diagrams, infographics), Music or songs related to health education, Short skits or role-plays to demonstrate key concepts in an interactive way

## **Module 7 – Meeting the Community Health Workers (CHW)**

- **Activity 11:**

During a live session, students will interview the CHWs to get to know them and assess their current level of knowledge on the topic assigned to the nursing students for the upcoming TOT (Training of Trainers) session.

## **Module 8 – Clinic Preparation**

- Watch the Infectious Disease video and
  - **Activity 12: Infectious and Chronic Diseases**  
Students are assigned one infectious disease and complete the brief research assignment.
- Watch the Chronic Diseases video.
  - **Activity 13** - Students are assigned one chronic disease and complete the brief research assignment.
  - **Quiz 5** - chronic and infectious disease
- Watch the Commonly Prescribed Medications video.
  - **Activity 14:** Students get an assigned medication and complete a brief research assignment.
- Watch the Traditional Medicine Class
  - **Activity 15** - Students learn about traditional medicine and answer some questions.
- Watch the video on How to analyze data”
  - **Activity 16:** Answer the questions on how to analyze data
- Read the information about how to conduct a medical consultation ””



- **Activity 17:** Answer some questions about the reading
- Read the Case studies
  - **Activity 18:** Provide the solution to the case studies

## **Module 9 – Rural and Mobile Clinics**

- Students watch a rural clinic video
- Activity 19: Answer the following questions:
  - List some of the social determinants of health and the consequences on the health of the community members
  - After watching the first medical case, think about a piece of advice you will give to the patient to avoid being sick again or to have a better quality of life
  - After watching the dental station, write how this patient can avoid getting an extraction again and what advice you will give him/her to improve their oral condition.

## **Module 10 – TOT Training Presentation, Final Reflection, and Program Evaluation**

- **Activity 20:** TOT Presentation to CHWs
  - Students will present their Training of Trainers (TOT) session live to the Community Health Workers (CHWs).
  - They will showcase the educational materials they have developed and engage the CHWs in an interactive training experience.
- **Activity 21: Final Reflection and Program Evaluation**

Students will reflect on their experience throughout the program.

They will evaluate:

  - What they learned, how their understanding of community health and global healthcare systems has evolved, the impact they believe their contributions made to the CHWs, and the community.





## Module 11 – Final Impact Report and Call to Action

- **Activity 22:** TOT Impact Report **video** and Program Invitation

The Program Associate (PA) will upload a video summarizing the impact of the TOT program, including:

- Number of CHWs trained, the communities represented, and highlights from the live session.