

# Foundational Health Education Program Outline

## Introduction

The Comprehensive Foundational Health Education Program has been developed for health professionals who wish to develop their knowledge and skills in patient/client education.

The program has been developed by faculty with experience in the area of client education, and has been accredited by the Canadian Council for Continuing Education in Pharmacy (CCCEP). Continuing Education Units (CEUs) are awarded with successful completion of the sections as follows:

- Pear Comprehensive Foundational Health Education Program – **12.5 CEUs**

The Pear Comprehensive Foundational Health Education program has also been approved by the Canadian Network of Respiratory Care (CNRC). Therefore participants who successfully complete this program and a disease management program are eligible to challenge the CNRC's certification exam.

This outline provides an overview of the program including topics covered, average hours for completion, and evaluations.

## PROGRAM FACULTY

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- Michael Boivin BScPhm, CTE, CDE, CTH (author)
- Rose Patodia BScPhm, CGP (author)
- Andrea White Markham RRT, CRE, CTE (author & assessor)
- Anna Romano BScPhm, CRE, CTE (reviewer & assessor)

# Program Prerequisites

## WHO IS ELIGIBLE TO TAKE THIS PROGRAM?

While anyone who is interested in these topics is eligible to take the program and receive a Certificate of Completion, only those candidates who meet the following criteria will be eligible to challenge the CNRC's credentialing exams:

- Those who hold a degree or diploma in a recognized healthcare profession
- Those whose scope of practice includes counselling clients

You will be asked to identify your credentials and year of graduation when you enroll in the program.

For more information on the exams, including the competencies/learning objectives covered by the exams, please see [CNRC - Certification exams](#)

## WHAT COURSES DO I NEED TO TAKE TO BE ELIGIBLE TO CHALLENGE THE CNRC CERTIFICATION EXAM?

There are a number of certification exams available through the Canadian Network for Respiratory Care, e.g. Certified Asthma Educator, Certified COPD Educator, Certified Respiratory Educator, and Certified Tobacco Educator. This program will meet the criteria for the education section any of the exams offered by the CNRC.

If you have not yet met the criteria for the CNRC exam, yet have completed the equivalent of one of the programs with a different provider who is approved by the CNRC, you are free to take Pear's programs to complete your required courses and challenge the CNRC exam. For example, if you have completed the TEACH program offered by CAMH, and have the certificate to demonstrate completion, you can complete the requirements by taking Pear's Comprehensive Foundational Health Education program. Similarly, if you are a CRE or CAE, you can complete Pear's Tobacco Education Program to be eligible to challenge the CTE exam. See the table below for some of the options. Note the table is not to be assumed as a complete listing of programs.

CNRC exam	Courses you might already have	Pear program you need to meet the CNRC criteria
CAE; COPD; CRE	Asthma and/or COPD from accredited program, e.g. Pear, RespTrec, OPA	Foundational Health Education
CTE	Tobacco from accredited program, e.g. Pear, TEACH	Foundational Health Education
CTE	Education from an accredited program, e.g. if you are a CAE, CRE	Tobacco educator

Please check with CNRC for eligibility of other programs you may have taken.

<http://cnrchome.net/CNAC%20approved%20Educator%20Programs.html>

Once you have registered with CNRC to challenge an exam, Pear Healthcare Solutions Inc. will provide CNRC with confirmation of the program(s) that you have successfully completed. You will be asked for permission for Pear Healthcare Solutions to share this information with CNRC when you register to participate in the program.

# Program Content

## HOW LONG WILL EACH SECTION TAKE TO COMPLETE?

The Comprehensive Foundational Health Education program includes sections which group the topics into modules.

- Each section consists of a number of modules that take approximately 30-45 minutes to complete.
- You may choose to spend more time on the topic by completing supplemental reading.
- Modules all conclude with a short quiz that takes approximately 5-10 minutes to complete. The time to complete the assessments will vary.

Please see the table below for a list of the modules in the program.

Program	Section	MODULES (approximately 30-45 minutes each)
Foundational Health Education	Health theories and models	Introduction Health Promotion Health Promotion Theories and Frameworks Theories of Teaching and Learning Health Belief Model Social Cognitive Theory The Self-Efficacy Theory, Theory of Planned Behaviour and the Confidence-Conviction Model The Transtheoretical Model <i>Assignment: Reflection on Theories and Models</i>
	The Patient/client interaction	Communication Methods and Techniques Motivational Interviewing Principles Motivating Change Through MI Methods for Providing Feedback Assessing the Patient/Client Collaborative Goal Setting Lesson Planning Adapting Practice Evaluating Learning Progress <i>Assignment: Education Plan</i> <i>Assignment: Demonstration of Motivational Interviewing</i>
	Program evaluation and professionalism	Resource Management Resource Management – Technology Acting Ethically and Professionally Advocacy, Documentation and Collaboration

## WHAT ARE THE REQUIRED READINGS FOR THIS PROGRAM?

The required text for this course is CNRC Foundational Health Education Workbook. The modules for this program have been developed based on this workbook, and it will be a good exam prep resource. The text is available from the CNRC website at <http://cnrchome.net/index.html>. All other required readings are linked in the modules.

# Evaluation

## HOW MANY AND WHAT TYPE OF ASSESSMENTS ARE REQUIRED IN THESE PROGRAMS?

Each module will end with quiz of 7-10 multiple choice questions. You must achieve a score of 70% or greater for the section to successfully complete each section. You will be given 2 opportunities to complete each quiz. If you do not achieve a score of 70% on any individual quiz, you may wish to contact the faculty for additional help. If you do not successfully achieve a passing score on a unit, i.e. do not achieve an average score of 70% on all the quizzes in that unit, you must contact the faculty to identify learning plan and next steps to complete the program.

Some modules will include a reflection or demonstration (video) assignment. These assignments must be submitted for evaluation to Pear Healthcare Solutions Inc. and this may be done in a variety of ways:

### Submit your assignments by doing the following:

- Q Click the link [bit.ly/pearassignments](http://bit.ly/pearassignments) or copy and paste bit.ly/pearassignments into the address bar of your web browser
- Q Drag and drop your file(s) into Dropbox
- Q Add a title to your file with:
  - the date "YYYY-MM-DD"
  - your "First and Last Name" (e.g. "2017-01-31 John Smith")

Note: Once you submit your file, the Pear team will be notified automatically.

**If you are unable to use Dropbox for submissions, please contact Anna Romano at [a.romano@pearhealthcare.com](mailto:a.romano@pearhealthcare.com) for alternate methods.**

## WHAT ARE THE ASSIGNMENTS REQUIRED FOR SUBMISSION?

The following table provides an overview of the assignments for submission according to each section. The table provides information related to the assignment and the time requirement.

Details of three of the assignments can be found in the sample rubrics found AFTER the table.

FOUNDATIONAL HEALTH EDUCATION ASSIGNMENTS:			
SECTION	ASSESSMENT	TIME REQUIREMENTS	OTHER INFORMATION
Foundational Health Education	Reflection on theories and models (Module 1.9)	30-45 minutes per reflection	Submit as Word document. Approximately 2 pages Formative feedback within 10 working days.
	Development of Education plan (Module 2.10)	30-45 minutes	Submit as a Word document. Summative feedback within 10 working days. Must achieve 70% or resubmit.
	Demonstration of motivational interviewing and reflection (Module 2.11)	45-60 minutes (includes prep, 5-10 minute video taping etc.)	Submit video and written self-evaluation and reflection. Formative feedback within 10 working days.

**Note:** Individuals taking the Pear Foundational Health Education who have completed Tobacco Education equivalent course elsewhere are required to complete the Capstone Project. Please contact Pear Healthcare Solutions faculty for information on this assignment via email at [submissions@pearhealthcare.com](mailto:submissions@pearhealthcare.com).

## WHAT ARE THE TIMELINES FOR SUBMISSION?

You may choose to submit your assignments one at a time or together after you complete the entire section. For those who are taking the Foundational Health Education Program and Comprehensive Tobacco Education Program, we suggest you complete all the assignments from the Foundational Health Education section prior to completing the assignments for the Tobacco Education Section. This allows you opportunity to learn from the feedback received from the Pear Healthcare Solutions faculty and demonstrate any recommended changes in your practice on subsequent submissions.

All assignments must be received by Pear Healthcare Solutions at least 6 weeks prior to the CNRC credentialing exam to be assured that you will be eligible to challenge the exam. This timeline allows time for Pear Healthcare Solutions faculty to score submissions, provide feedback, for resubmissions and scoring to occur should this be required and Pear Healthcare Solutions consultation with CNRC regarding eligible candidates within 10 days of the exam. A suggested timeline for candidates planning to challenge the November CNRC exam might be:

### **Exam date – 3rd Friday of November**

- Submit Foundational Health Education assignments by 3<sup>rd</sup> Friday in September
- Receive feedback on Foundational Health Education assignments within 10 working days
- Resubmit any required assignments within 2 weeks
- Receive feedback within 10 working days
- Submit Tobacco Education assignments by 3<sup>rd</sup> Friday in October
- Receive feedback on Tobacco Education assignments within 10 working days
- Resubmit any required assignments prior to 0900 2nd Monday in November
- Receive feedback by end of the week.

## MAY I SEE THE RUBRICS?

The following are a sample of the rubrics for the programs:

### SAMPLE RUBRIC: Reflection on theories and models

Reflection contains:	Satisfactory/Not Satisfactory	Comments
Identification of model or theory and its relationship to a personal education or behaviour change event AND to current education methods	Yes No	
Exploration of reaction to above	Yes No	
Exploration of rationale for reaction	Yes No	
Discussion of use of model/theory in patient education methods	Yes No	
Development of goal statement based on findings	Yes No	
Development of implementation and evaluation strategies to meet the goal	Yes No	



## SAMPLE RUBRIC: Self-Assessment of demonstration of motivational interviewing

Criteria	Comments
Client-centred approach	
Evidence of Spirit of MI	
Linked lesson to patient goal	
Identified barriers to success	
Appropriate use of theory/model to overcome barriers	
Effective communication, e.g. plain language, OARS	
Demonstrated ongoing assessment/evaluation	
Appropriate use of resources	

## SAMPLE RUBRIC: The reflection rubric for patient interaction

The Pear Healthcare Solutions faculty will identify where you have met the criteria for your reflection. Faculty may also make comments on your reflection regarding statements you make, however these may not affect the scoring.

Reflection contains:	Yes/ No	Comments
Overall reaction to viewing the videos.		
Identification of what was accomplished in the session		
Identification of gaps in the session		
Exploration of reaction to above (i.e. reaction to accomplishments and gaps)		
Exploration of rationale for reaction		
Development of goal statement based on findings		
Development of plan to improve skills. Plan includes strategies to achieve goal and to evaluate progress/success.		

## HOW LONG DOES IT TAKE TO RECEIVE FEEDBACK ON MY ASSIGNMENTS?

Written and videotaped assignments will be assessed and feedback provided within 10 working days of submission unless otherwise notified by faculty. Online quizzes provide immediate feedback once submitted.

# Other Information

## HOW LONG DO I HAVE TO COMPLETE EACH SECTION?

You have 2 years from your registration to complete the section. In some cases, extensions may be granted, e.g. maternity leave. Extensions are granted on a case-by-case basis. If you require an extension you must apply in writing to the Program Manager (Anna Romano) including:

- Request for extension
- Reason for extension
- Revised completion date
- Any other relevant information

## WHO DO I CONTACT WITH QUESTIONS?

If you have any questions about the content of the modules or quizzes, or the assessments, please contact Anna Romano at [submissions@pearhealthcare.com](mailto:submissions@pearhealthcare.com)