



Cancer Education with Storytelling Course Tuesday & Thursdays, 12:00 to 1:00pm September 13 - November 29, 2018



This live online cancer education course is approved for
22 hours of CHA/P continuing education.

This will be the last time the Cancer Education with Storytelling course is offered.

This free cancer education course is open to Alaska Community Health Aides, Community Health Practitioners, Community Health Aides, Behavioral Health Aides, and Community Health Representatives. Learn ways to prevent cancer, decrease cancer risks, and if diagnosed with cancer to live well along the cancer journey.

Discussion topics are:

- Self-care
- Understanding Cancer Basics
- Cancer and our Genes
- Using Stories to Share Cancer and Wellness Information
- Finding Medically-accurate Resources
- Tobacco and Cancer
- Men's Health
- Women's Health
- Colon Health
- Nutrition and Physical Activity
- Cancer Treatments
- Cancer Pain
- Loss, Grief, and End-of-Life Comfort Care



What Our Learners Have Said About The Course

"I am enjoying these classes very much and they have such great information, and it's so good just to refresh our minds."

"I liked the topic and the people who presented the information. They were fun and engaging!"

"It is a convenient way to learn and earn CME's."



To enroll, email ljrevels@anthc.org by September 11, 2018.

Dance of Life



Any questions? Feel free to contact one of the instructors:

Melany Cueva, RN, EdD
Phone: 907-729-2441
mcueva@anthc.org

Laura Revels, BA
Phone: 907-729-2906
ljrevels@anthc.org

Cancer Education For Community Health Aides in Alaska



CHP F214 Cancer: Risks, Diagnosis and Treatment Cancer Education with Storytelling



This online learning course is approved for 3 University of Alaska Fairbanks (UAF) credits. Additionally, CHA/Ps will receive 20 hours of CE for completing all 10 modules and 22 hours of CHAP CE for successful course completion.

Faculty:

Laura Revels BA

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Course Dates and Times:

September 20 – November 29, 2018 Tuesday and Thursday from 12:00 noon to 1:00 pm
There will be no class November 22.

Course Description: This course combines cancer basics with storytelling to support participants to increase their knowledge of cancer, develop an audio story, and share cancer information with people in their community. Cancer basics includes: information about what is cancer, what causes cancer, cancer among Alaska Native people, cancer risk factors, healthy lifestyle choices, and the importance of having recommended screening exams. Information about cancer diagnosis, treatment, and support and comfort measures are presented. An emphasis is placed on knowledge application to assist course participants to support people within their social networks to understand the ways they can prevent cancer, decrease their cancer risk, and if they are diagnosed with cancer to live well along their cancer journey.

Objectives:

Upon completion of this course, participants will be able to:

- Discuss pathways for self-care.
- Identify ways to include daily, healthy activities to support wellness.
- Discuss ways to reduce cancer risk, including healthy choices about nutrition, physical activity, alcohol, and tobacco use.
- Know recommended cancer screening exams and screening guidelines for breast, cervical, colorectal, and prostate cancers.
- Discuss the barriers and benefits of cancer screening.
- Answer common questions about cancer screening exams and procedures.
- Know possible cancer warning signs using the word C.A.U.T.I.O.N.
- State how a cancer diagnosis is made.
- Understand basic cancer words including biopsy, malignant, benign, tumor, primary site, metastasis, remission, and stage of cancer.
- Explain the importance of early detection for cancer treatment.
- Know cancer resources to find help and learn more.
- Apply cancer knowledge to create a cancer education message.
- Share cancer information.

Overview of the 11-week online Cancer Education with Storytelling Course

Week	Date	Topic	Content	Assignments
1	Sept. 20	Welcoming, Introductions, Course Overview, and Self-Care	Emphasizes the importance of self-care as a patient care provider and healthy ways of living.	Complete: *Pre-course Needs Assessment *Self-Health Assessment *Informed Consent Weekly Post: What do you enjoy doing for self-care/fun?
2	Sept. 25	Understanding Cancer Basics	Discuss how a cancer diagnosis is made, types of cancers, and common medical words.	Weekly Post: How do we make a difference in the story of cancer for ourselves, our families, our patients, and our communities? Module to be Completed BEFORE Class: Cancer Basics
	Sept. 27	Cancer and Our Genes	Discuss the role genes play in cancer and the differences among sporadic, familial, and hereditary cancers.	No Weekly Post. Module to be Completed BEFORE Class: Cancer and Our Genes
3	Oct. 2	Let's Talk Story: Using stories to share cancer and wellness information.	Sharing what is story and how it can be used to help facilitate conversations around cancer and wellness ways.	Weekly Post: Please post a personal picture, and share with us what happened before, during, and after this picture.
	Oct. 4	Finding Medically-Accurate Resources	Discuss how to find medically-accurate information online and identify reliable resources.	No Weekly Post
4	Oct. 9	Using Cancer Information Resources	*Think of a question you have about cancer and using one of the helpful resources listed online find an answer to your question. During this class each course participant will have 5 minutes to present: 1. The cancer question you asked. 2. Why you chose this question. 3. What you learned. 4. What resource or resources you used to find medically-accurate information. 5. If you would recommend this resource and why.	Before Class Post: 1. The cancer question you asked. 2. Why you chose this question. 3. What you learned. 4. What resource or resources you used to find medically-accurate information. 5. If you would recommend this resource and why. 6. Did this assignment remind you of a story or trigger a story idea? Please share in your post. Come to class prepared to share your resource.

Week	Date	Topic	Content	Assignments
	Oct. 11	Tobacco and Cancer	Together we will discuss helpful ways to support people choosing to stop tobacco use including: the 5 As (Ask, Advise, Assess, Assist, Arrange), motivational interviewing, harmful effects of tobacco use, as well as quit tips.	Weekly Post: What are your challenges, successes, and experiences with supporting people to be tobacco free? Module to be Completed BEFORE Class: Tobacco and Cancer
5	Oct. 16	Men's Health	Learn about prostate, colorectal, and testicular cancers, as well as ways to stay healthy and ways to decrease cancer risk.	Weekly Post: How do you encourage men to have recommended screening exams? Challenges and Successes? Module to be Completed BEFORE Class: Staying Strong, Staying Healthy – Men's Health
	Oct. 18	Women's Health	Learn about women's cancers as well as clinical breast exams, mammograms, Pap tests and the HPV vaccine to help prevent or find and treat cancer early.	Weekly Post: How do you encourage women to have recommended screening exams? Challenges and Successes? Module to be Completed BEFORE Class: Women and Cancer (There are 2 parts to this module)
6	Oct. 23	Colon Health	Learn about recommended screening exams that prevent colorectal cancer by finding and removing polyps (abnormal growths in the colon or rectum) before they become cancer, and ways to find colorectal cancer early when it can best be treated.	Weekly Post: Please post how the course is going for you. *Are you learning what you hoped to learn? *What's working well? *What could we do better? Module to be Completed BEFORE Class: Awakening Choices – Colon Health
	Oct. 25	Nutrition and Physical Activity	Discuss eating well, being active, and decreasing cancer risk.	Weekly Post: You are invited to a healthy potluck to decrease your cancer risk- what food will you bring? What traditional foods are common in your community? What are fun ways that you stay physically active? Module to be Completed BEFORE Class: Nutrition & Physical Activity
7	Oct. 30	Healthy Behaviors to Decrease	Research a lifestyle behavior that effects cancer risk. During this class each course participant will	Before Class Post: 1. The behavior you chose. 2. Why you chose that topic. 3. Description of risk factor. 4. Things people can do to influence that risk factor.

Week	Date	Topic	Content	Assignments
			<p>have 5 minutes to present:</p> <ol style="list-style-type: none"> 1. The behavior you chose. 2. Why you chose that topic. 3. Description of risk factor. 4. Things people can do to influence that risk factor. 	<p>5. Did this assignment remind you of a story or trigger a story idea? Please share in your post.</p>
	Nov. 1	Focusing Your Story	<p>We will discuss ways to create a story in 250-300 words. Your typed story will serve as your “script” for your audio story</p> <p>We will also cover who do you want to hear your story – who is your main audience?</p>	<p>Weekly Post:</p> <p>Watch the 3 assigned digital stories and answer these questions about that story in your post:</p> <ol style="list-style-type: none"> 1. What stood out for you in the stories? 2. Were you able to relate to the stories? 3. What new insights or learnings did you get from the stories? 4. What do you think you may do now after viewing these stories? 5. Send your story idea to lirevels@anthc.org by November 4th. 6. Type up a draft of your story to share in our November 6th class.
8	Nov. 6	Story Circle	<p>The Story Circle is an important part of the script-building session. The whole group will convene in the Story Circle to share their scripts and provide guided feedback. The group will act as an initial audience.</p>	<p>Weekly Post:</p> <p>Due November 6th: Post your 250 to 300-word story.</p>
	Nov. 8	Recording your Story	<p>How to record your story using either Voice Recorder (free with Microsoft Office Suite) or your smart phone.</p>	<p>Weekly Post:</p> <p>Due November 16th: Post your first draft recording of your story.</p>
9	Nov. 13	Cancer Treatments: What to Expect	<p>Discuss common cancer treatments, side effects and comfort measures.</p>	<p>Weekly Post:</p> <p>How do we take care of ourselves as a caregiver when someone is diagnosed and treated with cancer?</p> <p>What are some ways we can provide comfort and support when someone we know is diagnosed with cancer?</p> <p>Module to be Completed BEFORE Class: Cancer Treatments</p> <p>Optional Module to be Completed: Cancer Survivorship</p>

Week	Date	Topic	Content	Assignments
	Nov. 15	Cancer Pain: Assessment and Management	Discuss ways to identify, manage, and relieve pain associated with cancer or cancer treatments.	Weekly Post: 1. Tell at least one person something you have learned so far during this course. Post who you talked with (friend, family, etc.), what you shared, and their reaction. 2. Due November 23: Finalize the recording of your story and post. Module to be Completed BEFORE Class: Cancer Pain
10	Nov. 20	Loss, Grief and End-of-Life Comfort Care	Discuss loss and grief, the grieving process, and healthy coping skills.	Weekly Post: What are traditions within your family, community or culture to support grief and healing from loss? Module to be Completed BEFORE Class: Loss, Grief, and End-of-Life Comfort Care Optional Module to be Completed: Children and Grief
	Nov. 22	NO CLASS		
11	Nov. 27	Sharing Storytelling	Each course participant will have 5 minutes to share their audio recording of their story.	
	Nov. 29	Course Wrap-Up	Now What? How can you use this learning in your community? What will you do because of this learning? Where do we go from here? How can you share with others?	Complete End-of-Course Evaluation

Assignments: Participants are required to complete the assignments as listed below.

1. **Actively participate** in each of the weekly meetings or listen to the audio recording. If you are unable to attend a specific class, please notify either Laura or Melany by phone or email. **(Total = 20 points)**
2. **Complete all 10 online learning modules**, successfully pass each quiz, and complete each module evaluation before each class. *This is required to receive a passing grade in the course.* **(Total = 20 points)**
3. **Participate in the Weekly Posts.** Share your ideas in the weekly posts and respond to at least one classmates' post each week. (10 weeks **Total = 30 points**)
4. **Using Cancer Information Resources Assignment (Total =10 points)**
Present and Post. Think of a question you have about cancer and using one of the helpful resources listed online find an answer to your question. Post online: 1) what you asked; 2) what you learned; 3) what resource you used, and 4) if you would recommend this resource and why.
5. **Healthy Behaviors to Decrease Cancer Risk Assignment (Total = 10 points)**
Choose 1 of the options below. Present and Post.
Option 1: Tell a traditional story, what it means, and what we can learn from it that will help us live a healthier life. Post the story and a paragraph describing your response to the story.
Option 2: Choose a lifestyle behavior that effects cancer risk. Tell the class the cancer risk factor you picked as your topic, why you chose that topic, describe the topic, and what people can do to influence that risk factor, action plan or tips. Post online should Include: 1) Your topic and why you chose the topic; 2) description of risk factor; and, 3) why it is important, include action plan/tips.
6. **Storytelling Assignment (Total = 10 points)**
Write a personal 200-250 word script/story that shares a cancer education message and builds upon cancer knowledge learned as part of this course. Record your voice reading your cancer education script. Share your audio story during the course. Share your audio story with at least one other person.
7. **Complete all end-of-course evaluations and course paperwork.**

Course Policies:

1. Attendance and class participation are part of your grade.
2. If you are unable to attend a specific class, please notify the instructor by phone or e-mail.
3. Assignments are due on the scheduled dates, unless prior discussion with an instructor.

Course Grade:

A = 90- 100 points

B = 80-89 points

C = 70-79 points

D = 60-69 points

F = below 59 points

ALL 10 online learning modules must be successfully completed in order to receive a passing grade.

Course Evaluation: This online cancer education course is being offered with funding support from the National Cancer Institute. In order to best learn your experience with online learning, each participant needs to complete a pre-course needs assessment, a self-health assessment, an end-of-course written evaluation, a 2-3 month post-course telephone interview, and a 5-6 month post-course internet survey. Additionally, course participants need to sign an informed consent. In appreciation for participants' time, a \$50 VISA gift card will be given to each person at the end of the telephone interview and the 5-6 month post-course survey.

Support Services: The faculty will work with each course participant to help obtain the academic or technical support needed to successfully complete the course.

Disability Services: The Office of Disability Services implements the Americans with Disabilities Act (ADA), and insures that UAF students have equal access to the campus and course materials. Your instructors will work with the office of Disabilities Services to provide reasonable accommodations to students with documented disabilities. If you need their assistance contact them directly at 474-7043.



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Office: Room 410 of the Healthy Communities
Building (HCB)

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Dance of Life



Cancer Education For Community Health Aides in Alaska



CHP F214 Cancer: Risks, Diagnosis and Treatment Course Application

If you are interested in participating in the Cancer Education with Storytelling distance learning course, please answer the following questions and submit **before September 11, 2018** to ljrevels@anthc.org.

Course size is limited to 15 participants.

1. Why are you interested in attending the Cancer Education with Storytelling distance learning course?

2. How do you think this course will change the way you do your job?

Participant contact information:

Name: _____

Phone: _____

Email: _____

Address: _____

Region in Alaska: _____

What best describes your role in the community (CHAP, BHA, CHR, etc.):
