



**CERVICAL CANCER EDUCATIONAL
OUTREACH INTERVENTION**

MODULE 2



National Center for Health in Public Housing
a project of North American Management

Wednesday, December 11, 2019

DISCLAIMER



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- The mission of the National Center for Health in Public Housing (NCHPH) is to strengthen the capacity of federally funded Public Housing Primary Care (PHPC) health centers and other health center grantees by providing training and a range of technical assistance.



MUTE



CHAT



RAISE HAND



Q&A

MODULE 1 REVIEW

- Discussed the fundamentals of cervical cancer prevention
- Identified cervical cancer prevention methods
- Discussed the goals of the AMIGAS program



LEARNING OBJECTIVES

Describe

A CHW's responsibilities for AMIGAS



Learn

about the AMIGAS toolbox



Understand

How CHWs can be effective cervical cancer screening promoters

WHAT IS A COMMUNITY HEALTH WORKER (CHW)?

- Frontline public health worker who is a trusted member or has an unusually close understanding of the community they serve. (APHA, 2019)
- Experts in reaching vulnerable, low-income and underserved members of their populations.
- Instrumental in bridging the gap between local communities to needed health services.
- Work in a wide array of tasks and environments
- Help health care systems address the social determinants of health
- Work in urban and rural environments



WHAT ARE THE RESPONSIBILITIES OF A CHW?

- Offer interpretation and translation services.
- Provide culturally appropriate health education and information.
- Help women get the care they need.
- Provide informal guidance, counseling, and guidance on health behaviors.
- Serve as advocates for individual and community health needs
- Participate in evaluation and research



BE AN EFFECTIVE CHW

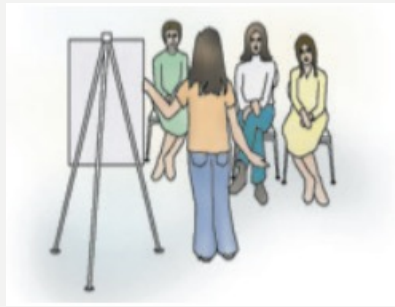
- Be friendly
- Introduce yourself and have a small conversation before you start
- Encourage women to ask questions and share their stories
- Know your material and know your terminology such as the basics of the female body, cervical cancer, testing methods.
- Always try to improve your sessions.
- Be knowledgeable of your community's resources
- Listen to your audience



Be an effective CHW

- Have a plan and identify your specific goals as a CHW for your target population
- Two lesson plans provided by AMIGAS
- Lesson Plan 1 – Individual Visit
- Lesson Plan 2 – Group Session





LESSON PLANS - INDIVIDUAL VISIT & GROUP SESSION

To take:	Goals	Important points
Promotora Instruction Guide	Explain what is a Pap test	Getting a Pap test can help women stay healthy
Toolbox	Discuss importance of a Pap test	Cervical Cancer is easier to cure if it is found in time.
	Find out the woman's current Pap testing knowledge and practice	It's important for ALL women to get a Pap test
	Discuss any concerns woman may have about Pap test	Women can get a Pap test in this community
	Develop an action plan with the woman	Make a promise to yourself and your family to get a Pap Test
	Provide information about where and how to get a Pap test	

POLL QUESTION 1

- Have you used any evidence-based educational materials to provide cervical cancer screening promotion for your organization?
 - a. Yes
 - b. No
 - c. No, but considering it

AMIGAS TOOLBOX



- A set of cervical cancer screening education tools.
- Used to transport the information you need to provide to the women in your community
- You may use your organization's logo to promote health services

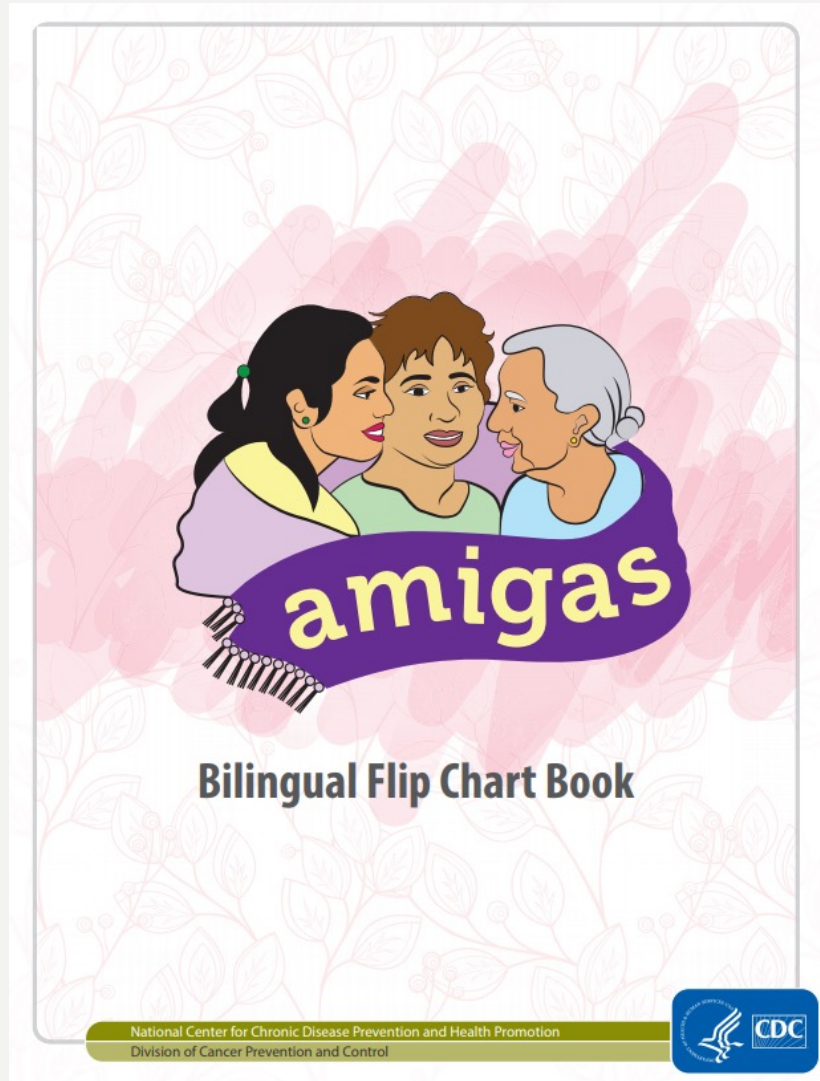
AMIGAS TOOLBOX

Tool	
1.	Flipchart
2.	Body diagrams
3.	Contact sheets
4.	Message cards
5.	Resource sheet
6.	Appointment cards
7.	Medical instruments
8.	Regalitos
9.	Group Games
10.	Promise sheet
11.	Brochures
12.	AMIGAS handout
13.	Evaluation form



Source: AMIGAS Promotora Instruction Guide

FLIPCHART



- Contains information about what is Cervical Cancer and the purpose of a Pap Test.
- Provides detailed information on who can get a Pap Test.
- Stresses the importance of a Pap Test
- Can be used as an education tool for your group or individual sessions
- An important tool that can help guide learning sessions.
- Should be read out loud to your audience while they see the material you are presenting.
- Don't be afraid to include your own experiences with Pap testing

FLIPCHART EXAMPLE



¿Quiénes pueden contraer el cáncer cervical (del cuello de la matriz)?

Who can get cervical cancer?

¿Quiénes se deben hacer pruebas de detección?

Si una mujer tiene entre 21 y 29 años, debe hacerse la prueba de Papanicolaou cada 3 años. A los 30 años, las mujeres tienen dos opciones: hacerse una prueba de Papanicolaou cada 3 años, o hacerse una prueba de Papanicolaou junto con una prueba de detección del VPH cada 5 años.

Who should get screened?

If a woman is age 21-29, she should get a Pap test every 3 years. After age 30, a woman has 2 choices: a Pap test every 3 years or a Pap and a HPV test every 5 years.

BODY DIAGRAMS

- 2 body diagrams – show female reproductive system and how a Pap Test is done.
- Diagrams are labeled in English and Spanish with technical words of the body and instruments used during a Pap Test
- Diagrams are to help women understand the reproductive system and what happens during a Pap test.

Diagrama del cuerpo / Body Diagram

El sistema reproductivo de la mujer

- El **útero** o matriz está ubicado debajo de su estómago.
- El **cérvix** está ubicado en la parte baja de la matriz.
- El cérvix se abre a la **vagina** que va hacia el exterior del cuerpo.

Las trompas del falopio / Fallopian Tubes
Los ovarios / Ovaries
El endometrio / Endometrium
El cuello de la matriz (El cérvix) / Cervix
La vagina / Vagina
El útero (La matriz) / Uterus

* Diagrama en grande
* Enlarged Diagram

The Female Reproductive System

- The **uterus** or womb is located below your stomach.
- The **cervix** is located in the lower portion of the womb.
- The cervix opens into the **vagina**, which leads to the outside of the body.

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Hacerse la prueba de Papanicolaou Getting a Pap Test

La vejiga / Bladder
El cuello de la matriz (El cérvix) / Cervix
El cepillito de la citología / Cytology Brush
La vagina / Vagina
El espéculo / Speculum
El útero (La matriz) / Uterus
El colon / Colon
El recto / Rectum

* Diagrama en grande
* Enlarged Diagram

US Department of Health and Human Services - Centers for Disease Control and Prevention CS258933-E

CONTACT SHEETS

- Keeps track of the women you speak with on Pap testing.
- For individual and group visits
- Helpful in keeping track of conversations as women get closer to getting regular pap tests
- Every woman should complete the contact sheet with personal information.
- For CHWs and program use only

CONTACT SHEET

A. Name: Phone Number:

B. Have you had a Pap test in the last 3 years? Yes No

C. After this meeting, what is your plan for getting a Pap test? (Mark one only.)

Continue getting a Pap test regularly.

Not ready to get a Pap test yet.

Think about getting a Pap test.

Call for an appointment to get a Pap test.

D. Promises to myself include the following:

1.

2.

3.

Follow-Up (for Program Use Only)

Date: Location:

Number of Participants: Promotora:

Notes:

.....

.....

.....

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Hoja de Contacto
Resumen de Información Personal

..... Teléfono:

¿ha tenido una prueba de Papanicolaou en los últimos 3 años? Sí No

Después de esta reunión ¿cuál es su plan para hacerse una prueba de Papanicolaou? (Marque una sola opción.)

Continuar haciéndome la prueba de Papanicolaou regularmente.

No estoy lista para hacerme la prueba de Papanicolaou.

Pensar en hacerme la prueba de Papanicolaou.

Llamar para hacer una cita para hacerme la prueba de Papanicolaou.

¿Qué me hice a mi misma son:

.....

.....

.....

.....

(para Uso del Programa)

..... Lugar:

Participantes: Promotora:

.....

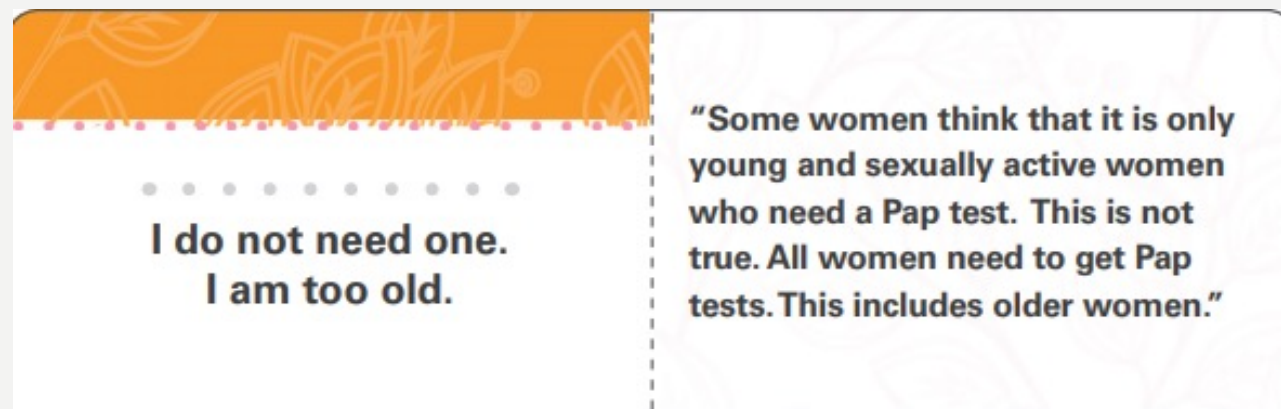
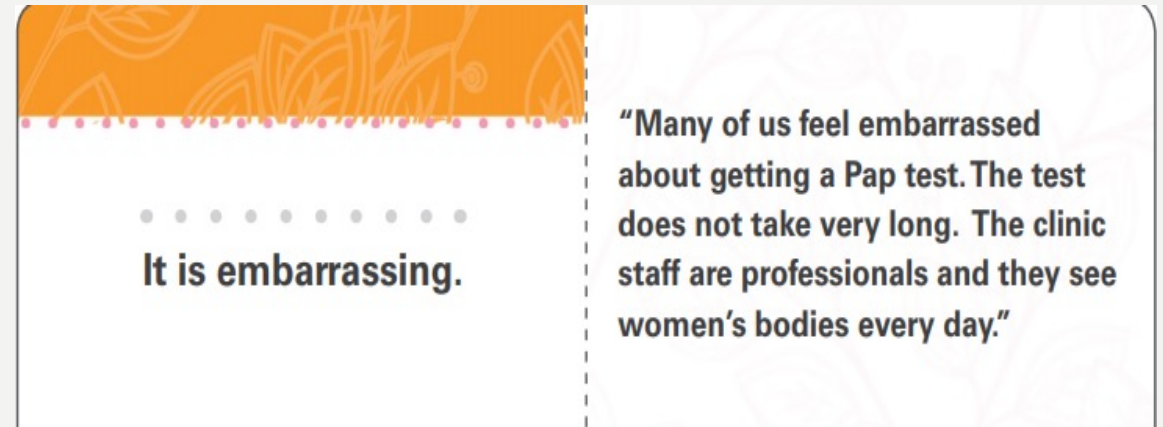
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MESSAGE CARDS

- Based on information learned from previous experiences from some Latinas.
- Front: What a woman might say
- Back: Example of what YOU can say
- Be creative when using them!






POLL QUESTION 2

- What are some possible barriers you think may influence Latinas in your community from getting a Pap test? Out of the 4, which do you think is a major reason why?
 - a. Insurance
 - b. Transportation
 - c. Language
 - d. Cultural Beliefs

RESOURCE SHEET

- Each resource sheet is specific to each promotora program as it varies on the location where the program is implemented
- A tool to go over with carefully with participants
- Always make sure information is current



RESOURCE SHEET

Clinic	Location, Phone Number, and Web Site	Hours	Price of Pap Test	Spanish-speaking staff?	Child Care?	Bus Route Number

OTHER INFORMATION

Transportation

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Health Insurance

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Health Information

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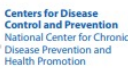


Some advice to help you prepare for the Pap test:

- You should have the test when you are not on your period.
- Stop using any vaginal douches, foams, creams, gels, or medicine for the vagina 2 days before the test, unless if it is prescribed by your doctor. These products may hide abnormal cells.
- You should not have sex 1–2 days before the test.

Promotora's Name:

Phone:

Other info:

RESOURCE SHEET EXAMPLE- YAKIMA HEALTH CENTER

Clinic	Location, Phone Number, and Website	Hours	Price of Pap Test	Spanish-speaking staff?	Child Care?	Bus Route #
Community Health of Central Washington	1806 Lincoln Ave Yakima, WA 98902 (509) 452-4520 http://chcw.org	Monday through Friday 8:00 am to 7:30 pm. Outside these hours, call (509) 452-4520	Please check your local clinic for the current cost.	Yes	No	1, 8
Grandview Medical/Dental Clinic (YVFWC)	1000 Wallace Way Grandview, WA 98930 (509) 882-3444 www.yvfwc.com/locations/grandview-medical-dental-clinic	7:30 am to 8:00 pm, Monday through Friday.	Dependent on income - if the individual doesn't qualify under special programs	Yes	No	Call PFP (see number below) or Community Health Services.
Mountain View Women's Health Center (YVFWC)	240 Division St. Grandview, WA 98930 (509) 882-4700 www.yvfwc.com/locations/mountainview-womens-health-center	8:00 am to 5:00 pm, Monday through Friday.	Dependent on income - if the individual doesn't qualify under special programs. Free Pap testing is available for those who qualify under the BCHP Plan.	Yes	No	Not on Yakima Transit Bus route. Call Maria Barrahas at clinic office for pick up.
Toppenish Medical/Dental Clinic (YVFWC)	518 W 1st Ave Toppenish, WA 98948 (509) 865-5600 www.yvfwc.com/locations/toppenish-medical-dental-clinic	7:30 am to 8:00 pm Monday through Friday and 9:00 am to 4:00 pm Saturday.	Sliding fee scale available, based on income and family size. Medicaid, Medicare and Healthy Options are also accepted.	Yes	No	Call PFP (see number below) or Community Health Services.
Yakima Neighborhood Health Services (YNHS)	12 S. 8th St. Yakima, WA 98907 (509) 454-4143 http://ynhs.org/	7:45 am to 6:30 pm, Monday through Friday; 8:30 am to 6:00 pm, Saturday.	Sliding fee scale available; many different programs available for eligible individuals including BCHP Plan, WIC, Take Charge, and Non-Citizens Family Planning.	Yes	No	Call PFP (see number below) or Community Health Services at clinic.

Other Information:	
Transportation	Yakima Transit: (509) 575-6175 or https://yakimatransit.org/ People for People (PFP) Transportation or Interpreter Services: (509) 248-6793 or toll free 1 (800) 233-1624 Email: adminreception@pfp.org
Health Insurance	Call Yakima Neighborhood Health Services (YNHS) at (509) 454-4143 for help with Washington's Children's Health Insurance Program or their Covering Kids and Families programs.
Health Information	Yakima Health District, Breast, Cervical and Colon Health Program includes program overview and eligibility information www.yakimacounty.us/294/Breast-Cervical-Colon-Health Washington State Department of Health www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Cancer/BreastCervicalandColonHealth

APPOINTMENT CARDS

- Reminds women of the date, time, location of her next Pap Test.
- Includes helpful reminders when calling for an appointment



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Date: _____ **Time:** _____

Clinic: _____

Location: _____

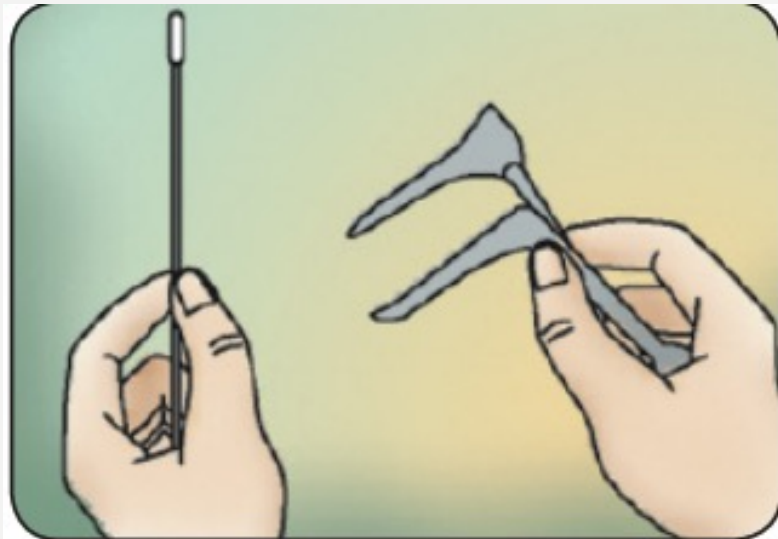
Things you might want to ask about when making your appointment:

- Transportation to the clinic
- Directions to the clinic
- Spanish-speaking doctor
- Childcare services

And remember:

- You should have the test when you are not on your period

MEDICAL INSTRUMENTS



- Speculum and cyto brush
- Used during a Pap test
- Speculum is the instrument used to put into the vagina and open up the wall of the vagina so the cervix can be seen clearly.
- Cytobrush used to take some cells from the cervix for sampling.
- Use examples of physical instruments only if you think it will be helpful to demonstrate

REGALITOS & GROUP GAMES

- Regalitos are used to thank women for taking their time to meet with you.
- Also serves as an incentive.
- Other incentives are: Prize raffles
- Regalitos are not necessary if you don't want to use them. Have your organization budget for regalitos if you do decide to use them
- Group games are to make the learning sessions a dynamic and fun experience for the women.
- Examples of these in the [Promotora Guide](#)



PROMISE SHEET



Mi Promesa

Por mi misma, y por mi familia, es importante hacerme la prueba de Papanicolaou. Yo:

- Pensaré en hacerme la prueba de Papanicolaou.
- Hablaré con mi pareja, amiga, pariente o la promotora acerca de hacerme la prueba de Papanicolaou.
- Usaré la *Hoja de Recursos* para hacerme la prueba de Papanicolaou.
- Haré una cita para hacerme la prueba de Papanicolaou.
- Encontraré alguien quien me cuide a mis niños (nietos).
- Encontraré un modo de llegar a la cita.
- Iré a hacerme la prueba de Papanicolaou.
-

Yo prometo a mi misma y a mi familia a seguir estos pasos:

Firmado por: _____



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My Promise

For me and my family, it is important that I get a Pap test. I will:

- Think about getting a Pap test.
- Talk to my husband/boyfriend, a friend, a relative, or the *promotora* about getting a Pap test.
- Use the *resource sheet* to help me get a Pap test.
- Make an appointment to get a Pap test.
- Find someone to watch my children (grandchildren).
- Find a way to get to my appointment.
- Go for a Pap test.
-

I promise, to myself and to my family, to take these steps by

Sign

**I will make a promise to myself and to my family!
Getting a Pap test can help me stay healthy!**



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- A commitment tool for women that show the specific actions she will take towards getting a Pap Test.
- Presents the next steps according to each woman's action plan
- Includes a date by which she has agreed to do actions by
- Reminders to themselves about getting a pap test and always focus on the positive.

AMIGAS HANDOUT

AMIGAS
Cómo ayudar a las mujeres a cu

Hacerse la prueba de Papanicoláu puede ayudarles a las muj
 Las células anormales que se encuentran en etapas iniciales para prevenir el cáncer. Por eso es tan importante que tod Papanicoláu regularmente.

El cáncer de cuello uterino es más fácil de curar si se detecte
 Si se detecta y trata en etapas iniciales, el cáncer de cuell de curación.

Es importante que todas las mujeres se hagan pruebas de detección del cáncer de cuello uterino regularmente, ya sea mediante la prueba de Papanicoláu sola o mediante la prueba de Papanicoláu junto con la prueba de detección del VPH.

- Si una mujer tiene entre 21 y 29 años, se debe hacer la prueba de Papanicoláu cada 3 años.
- Después de los 30, las mujeres tienen 2 opciones: hacerse una prueba de Papanicoláu cada 3 años o hacerse una prueba de Papanicoláu junto co cada 5 años.
- Es especialmente importante que las mujeres latinas se h tienen un mayor riesgo de cáncer de cuello uterino porque con menos frecuencia.

Las mujeres pueden hacerse la prueba de Papanicoláu en est
 Hable con su promotora acerca de los centros médicos de su hacer la prueba de Papanicoláu. Ella la ayudará a encontrar ur

Prométase y prométale a su familia que se hará la prueba de l
 Llame a su promotora o centro médico HOY para programar s

Nombre de la promotora:
 Agencia:
 Teléfono:
 Información adicional:

AMIGAS
HELPING WOMEN TAKE CARE OF THEIR HEALTH

Getting a Pap test can help women stay healthy
 Abnormal cells that are found early can usually be treated to prevent cancer. That's why it's so important that we all get our Pap tests regularly.

Cervical cancer is easier to cure if it is found in time
 If detected and treated early, cervical cancer is highly curable.

It is important for all women to get regular cervical cancer screenings – either through a Pap test alone or with Pap and HPV tests

- If a woman is age 21–29, she should get a Pap test every 3 years.
- After age 30, a woman has 2 choices: a Pap test every 3 years or a Pap test and HPV test every 5 years.
- It is especially important for Latina women to get a Pap test. They are at higher risk of cervical cancer because they get Pap tests less often.



Women can get a Pap test in this community
 Talk with your *promotora* about the clinics in your community where you can get a Pap test. She will help you find a place that is right for you.

Make a promise to yourself and your family to get a Pap test
 Call your *promotora* or medical clinic TODAY to schedule your Pap test.

Promotora's Name:
 Agency:
 Phone:
 Other info:

- A one-page take-home information sheet.
- English in one side and the other in Spanish.
- Provides basic information of the AMIGAS program
- Make extra copies so that women can share with their friends and family.
- Make sure YOUR information is included in the sheet so that they can contact you.

EVALUATION FORM



EVALUATION FORM-POST SESSION

Materials

Check one response per question.

1. Were the materials you received interesting? Yes No Does not apply

2. Did the brochures help your learning? Yes No Does not apply

Promotoras

3. Was your *promotora* a good teacher? Yes No Does not apply

4. Did the *promotora* appear to know the material she was teaching? Yes No Does not apply

5. Did the *promotora* answer all of your questions? Yes No Does not apply

6. Did the *promotora* listen to your opinions? Yes No Does not apply

Classroom or training facilities

7. Were you comfortable in the room? Yes No Does not apply

8. Were you at ease in the group? Yes No Does not apply

General


9. Would you recommend this program to your friends? Yes No Does not apply

10. What did you like most about the program?
.....


11. What did you like least about the program?
.....

Additional comments:
.....
.....
.....

Name (optional): Phone number (optional):



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- For promotoras to gather feedback from the women in the community.
- Information gathered helpful to improve sessions
- Given out at the end of each session

ACCESS TOOLS

- Moodle Profile:

NCHPH Learning Collaborative: Cervical Cancer

<https://ncfcs.org/moodle/moodle/>

Q&A

- If you would like to ask the presenter a question, please submit it through the questions box on your control panel
- If you are dialed in through your telephone and would like to verbally ask the presenter a question, use the “raise hand” icon on your control panel and your line will be unmuted.

NEXT ON MODULE 3:

- Learn how to use AMIGAS toolbox step by step
- Learn on the challenges that may arise in the field of health promotion
- Discuss basic concepts of cultural competency

SAVE THE DATE!

Please visit our website at www.nchph.org to stay tuned for symposium updates!



SAVE THE
DATE

*Health in Public Housing
National Training Symposium
2020*

June 18 – 19, 2020

*The Westin Alexandria Old Town
Alexandria, VA*

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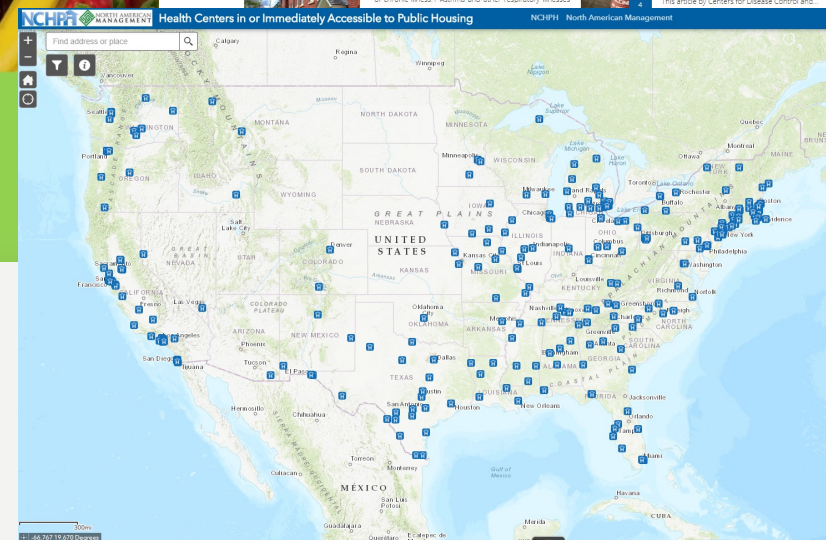
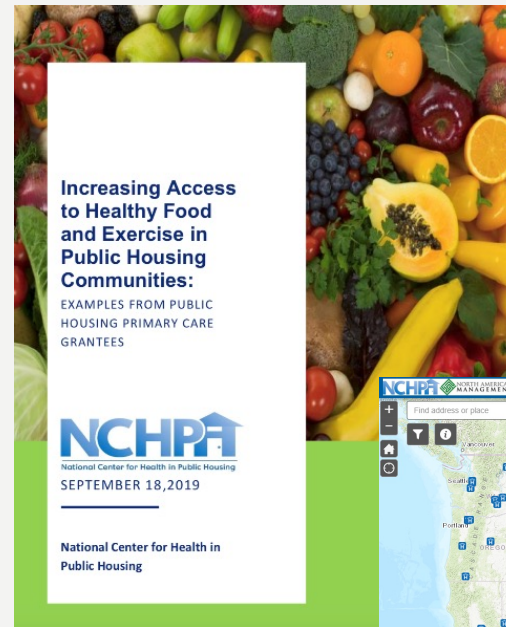
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