

# ALASKA PHN ACADEMY 1<sup>ST</sup> QUARTER CLASS 1

Introduction to the PHN Academy

Instructor: Jerry Troshynski

## Purpose:

To introduce the PHN Academy program, share and listen to expectations, orient to iLinc webcasting software, review telephone/teleconference etiquette, and review the PHN Academy syllabus. Homework will be assigned.

## Instructor's Notes

1 week before first class, send out PHN Academy syllabus, outline of 1<sup>st</sup> quarter, powerpoint (iLinc orientation), and "Teleconference etiquette" Word document, "Know Your Community" exercise.

## Objectives:

At the completion of this class, the participant will:

1. Be welcomed by Staff Development Coordinator Jerry Troshynski
2. Learn the iLinc webcasting program
3. Learn telephone/teleconference etiquette
4. Review the PHN Academy program and syllabus.
5. Receive "Know Your Community" assignment
6. Receive "PHN in the 21<sup>st</sup> Century" video assignment

## Equipment Needed

Telephone, computer with iLinc software

## Materials

- Powerpoint
- "Telephone/teleconference etiquette" worksheet
- "Public Health Nursing in the 21<sup>st</sup> Century" video series

## Outline:

1. Initial welcome and introductions.
2. Iinc Orientation
3. Telephone/teleconference etiquette
4. Review syllabus
5. Local community assignment
6. PHN in the 21<sup>st</sup> Century assignment

## Web Links

Northwest Center for Public Health Practice, iLinc home: <http://nwcphp.ilinc.com> (save this in your favorites)

## Assignments for Next Week

"Know Your Community" exercise, videotape 1 "PHN in the 21<sup>st</sup> Century"

## Prep for Next Week

Next week's agenda and powerpoint; Links to community assessment tools; Data links

# ALASKA PHN ACADEMY 1<sup>ST</sup> QUARTER CLASS 2

**Knowing Your Local Community  
(Community Assessment)**

**Instructor: Jerry Troshynski**

## **Purpose:**

To learn the various community assessment tools and explore data resources.

## **PHN Core Competency Domains referenced:**

- #1 – Analytic Assessment Skills
- #2 – Policy Development/Program Planning Skills
- #5 – Community Dimensions of Practice Skills

## **Instructor's Notes**

Utilize synchronized iLinc web browser to explore internet data sites. Pre-load these into "favorites" file

## **Equipment Needed**

Telephone, computer with iLinc software

## **Materials**

- Powerpoint
- iLinc software

## **Web Links**

AK DCED community data page,  
[http://www.commerce.state.ak.us/dca/commdb/CF\\_COMDB.htm](http://www.commerce.state.ak.us/dca/commdb/CF_COMDB.htm)

[http://www.epodunk.com/communities\\_ak.html](http://www.epodunk.com/communities_ak.html)

MAPP website:  
[http://mapp.naccho.org/mapp\\_introduction.asp](http://mapp.naccho.org/mapp_introduction.asp)

CDC community assessment initiative page  
<http://www.cdc.gov/epo/dphsi/ai/resources.htm>

Alaska Center for Health Data and Statistics page  
<http://www.hss.state.ak.us/dph/infocenter/>

## **Next Week**

Send out agenda, powerpoint, "Core Functions Handout 2", "Model Core Functions and 10 Essential Services", "The Essential Services of Public Health – Gebbe and Tilson, 2004", handout "10 Essential Services of Public Health".

## **Objectives:**

At the completion of this class, the participant will:

1. Examine a variety of community assessment tools
2. Explore data sources for local communities

## **Outline:**

1. Survey of community assessment tools
  - a. MAPP
  - b. Other tools (APEX, PATCH, Compass, etc.)
2. Data resources for local communities
  - a. DHSS data page
  - b. Other internet sources
    - i. CDC
    - ii. Census
  - c. Local assessments
    - i. Local HHS agencies
    - ii. Chambers of Commerce
    - iii. Resource, Conservation and Development Districts
    - iv. Borough/city planners
    - v. Native corporations
    - vi. University sources

**ALASKA PHN ACADEMY 1<sup>ST</sup> QUARTER CLASS 3**  
**Core Functions and 10 Essential Services**                      **Instructor: Jerry Troshynski**

**Purpose:**  
 To learn the Core Functions and 10 Essential Services of Public Health as defined by the Institute of Medicine (1988)

**PHN Core Competency Domains referenced:**  
 #2 – Policy Development/Program Planning Skills  
 #6 – Basic Public Health Sciences Skills  
 #8 – Leadership and Systems Thinking Skills

**Objectives:**  
 At the completion of this class, the participant will:

1. Learn and discuss the Core Functions of Public Health, and how they apply both locally and statewide.
2. Learn and discuss the 10 Essential Services of Public Health and how they apply both locally and statewide

**Outline:**

1. Core Functions of Public Health
  - a. Core Functions in your health center
  - b. Core Functions as they apply to the Section of PHN
2. 10 Essential Services of Public Health
  - a. 10 Essential Services in your health center
  - b. 10 Essential Services as they apply to the Section of PHN

**Instructor’s Notes**  
 This PH theory is the cornerstone of the PHN Academy

**Equipment Needed**  
 Telephone, computer with iLinc software

- Materials**
- Powerpoint
  - Model Core Functions and 10 Essential Services
  - Core Functions Handout
  - 10 Essential Services handouts
  - “Public Health Nursing in the 21<sup>st</sup> Century” video series

**Next Week**  
 Agenda, powerpoint, “Final PHN Core Competencies” – Quad Council document, “ANA Scope and Standards of PHN Practice”, PDF handout “Population Based Practice” from the Henry Street Consortium, handout “Public Health Principles”.

# ALASKA PHN ACADEMY 1<sup>ST</sup> QUARTER CLASS 4

Competencies, Scope and Standards

Instructor: Jerry Troshynski

## **Purpose:**

To learn and discuss the PHN Core Competencies (Quad Council) and the ANA Scope and Standards of Public Health Nursing

## **PHN Core Competency Domains referenced:**

#8 – Leadership and Systems Thinking Skills

## **Objectives:**

At the completion of this class, the participant will:

1. Learn and discuss the PHN Core Competencies as defined by the Quad Council
2. Learn and discuss the ANA Scope and Standards of PHN Practice

## **Outline:**

1. PHN Core Competencies and the Quad Council
  - a. 8 domains of PHN Competency
  - b. Population-based public health nursing
  - c. Levels of practice
  - d. Levels of prevention
2. ANA Scope and Standards of PHN Practice
  - a. Basic tenets of public health nursing
  - b. PHN distinguished from other specialities
  - c. Ethical responsibilities
  - d. Education
  - e. 8 standards of care

## **Instructor's Notes**

This PH theory is a cornerstone of the PHN Academy

## **Equipment Needed**

Telephone, computer with iLinc software

## **Materials**

- Powerpoint
- PHN Core Competencies – Final draft
- ANA Scope and Standards of PHN Practice – PDF
- Handout – Population Based Practice
- Handout – Public Health Principles
- “Public Health Nursing in the 21<sup>st</sup> Century” video series

## **Next Week**

Agenda, powerpoint, handout – “Nursing Process and Population-based PHN”, Minnesota Department of Health; handout – “Population-based PHN Definition”, University of Minnesota; handout – “PHN Intervention Wheel”, LOK et al.; handout – “Henry Street Consortium Menu” PDF

# ALASKA PHN ACADEMY 1<sup>ST</sup> QUARTER CLASS 5

PHN Intervention Wheel

Instructor: Jerry Troshynski

**Purpose:**

To learn and discuss the Minnesota PHN Intervention Wheel

**PHN Core Competency Domains referenced:**

All 8 domains.

**Objectives:**

At the completion of this class, the participant will learn and discuss the Minnesota PHN Intervention Wheel

**Outline:**

1. PHN Intervention Wheel
  - a. Individual, Community and Systems focus
  - b. Population-based
  - c. The interventions

**Instructor's Notes**

This PH theory is a cornerstone of the PHN Academy

**Equipment Needed**

Telephone, computer with iLinc software

**Materials**

- Powerpoint
- Handout – PHN Intervention Wheel
- Handout – Population based PHN definition
- Handout – Population Based Practice
- Handout – Nursing process and population based PHN
- Handout – “Henry Street Consortium Menu” PDF
- “Public Health Nursing in the 21<sup>st</sup> Century” video series

**Next Week**

Agenda, powerpoint, handout – “Profiles in Caring: Lillian Wald” PDF; article – “Articulating the culture and tradition of community health nursing”, SmithBattle et.al PDF; pamphlet – “Highlights in nursing history in Alaska”, Nord 1993 PDF

# ALASKA PHN ACADEMY 1<sup>ST</sup> QUARTER CLASS 6

Competency Development in Population-Based

Instructor: Jerry Troshynski

Practice – History of Public Health And Public Health Nursing

## Purpose:

To gain an appreciation for the history of public health in general and of public health nursing in particular.

## PHN Core Competency Domains referenced:

- #4 – Cultural Competency Skills
- #5 – Community Dimensions of Practice Skills
- #6 – Basic Public Health Sciences Skills
- #8 – Leadership and Systems Thinking Skills

## Objectives:

At the completion of this class, the participant will learn and appreciate the history of public health, especially the history of public health nursing

## Outline:

1. History of public health
2. History of public health nursing
  - a. VNS, Frontier Nursing Service, Red Cross
  - b. Public health nursing in Alaska
3. Cornerstones of public health nursing
4. Alaska public health nursing “culture”
5. Public health in America today
6. Population based PHN practice

## Instructor’s Notes

“Well behaved women rarely make history”

- Laurel Thatcher Ulrich

“If you would understand anything, observe its beginning and its development”

- Aristotle

## Equipment Needed

Telephone, computer with iLinc software

## Materials

- Powerpoint
- Handout – “Profiles in Caring: Lillian Wald PDF
- Pamphlet – “Highlights in nursing history in Alaska” PDF
- “Public Health Nursing in the 21<sup>st</sup> Century” video series

## Next Week

Agenda, powerpoint, handout – “focus groups”; article – “Making Data Available”, Asaro et.al.; handout – “Data Resources”;

**ALASKA PHN ACADEMY 1<sup>ST</sup> QUARTER CLASS 7**  
**Competency Development in Population-Based Practice – Data Applications**      **Instructor: Jerry Troshynski**

<p><b><u>Purpose:</u></b>          To understand the application of data in public health nursing activities, both locally and statewide.</p> <p><b><u>PHN Core Competency Domains referenced:</u></b>          All 8 domains</p>	<p><b><u>Instructor’s Notes</u></b>          In this class students will report on their community assessment assignments.</p> <p><b><u>Equipment Needed</u></b>          Telephone, computer with iLinc software</p>
<p><b><u>Objectives:</u></b>          At the completion of this class, the participant will demonstrate the use of data in public health nursing applications.</p> <p><b><u>Outline:</u></b></p> <ol style="list-style-type: none"> <li>1. Applications of data to your community             <ol style="list-style-type: none"> <li>a. Identifying and prioritizing community needs</li> <li>b. Evaluating health status in your community</li> </ol> </li> <li>2. Students report on their individual community assessments</li> <li>3. Discussion of program evaluation, planning and outcome measures, quality assurance</li> <li>4. Making data available</li> </ol>	<p><b><u>Materials</u></b></p> <ul style="list-style-type: none"> <li>▪ Powerpoint</li> <li>▪ Handout – Data Resources</li> <li>▪ Article – “Making Data Available”</li> <li>▪ “Public Health Nursing in the 21<sup>st</sup> Century” video series</li> </ul> <p><b><u>Next Week</u></b>          If needed, we will continue with an “overflow” class. Otherwise, we will proceed to the next quarter, “Communicable Disease Focus”.</p> <p><b><u>For Next Quarter</u></b>          2<sup>nd</sup> Quarter syllabus; Class 1 agenda and powerpoint; handout – “Community Assessment Tools”</p>

# ALASKA PHN ACADEMY 2<sup>nd</sup> QUARTER CLASS 1

Communicable Disease Focus – How We Get Our Data

Instructors: Jerry Troshynski  
Toni Hackney

## **Purpose:**

To understand how we get our data and what we do with it.

## **PHN Core Competency Domains referenced:**

- #1 – Analytic Assessment Skills
- #2 – Policy Development/Program Planning Skills
- #6 – Basic Public Health Sciences Skills
- #7 – Financial Planning and Management Skills
- #8 – Leadership and Systems Thinking Skills

## **Objectives:**

At the completion of this class, the participant will demonstrate awareness of our PHN data systems and how the data is applied.

## **Outline:**

1. The RPMS system
2. NIPS Data Bases
3. Community surveys
4. Community assessments

## **Instructor's Notes**

Nurse Consultant (informatics) Toni Hackney will be a guest lecturer

## **Equipment Needed**

Telephone, computer with iLinc software

## **Materials**

- Powerpoint
- Handout – Community Assessment Tools
- “Public Health Nursing in the 21<sup>st</sup> Century” video series

## **Next Week**

Agenda, powerpoint, “The Revised Alaska PH Statute, HB 95” PDF; article “Health of the People: The Highest Law?”, Gostin PDF

## **Web Link (for next week)**

DPH Section of Epidemiology site, Conditions Reportable: <http://www.epi.hss.state.ak.us/pubs/conditions/default.stm>

# ALASKA PHN ACADEMY 2<sup>nd</sup> QUARTER CLASS 2

**Communicable Disease Prevention: Laws,  
Roles and Partners**

**Instructor: Jerry Troshynski**

## **Purpose:**

To understand Alaska statutory authority for public health, reportable communicable diseases, roles of PHNs and other partners.

## **PHN Core Competency Domains referenced:**

#2 – Policy Development/Program Planning Skills

#5 – Community Dimensions of Practice Skills

#8 – Basic Public Health Sciences Skills

## **Objectives:**

At the completion of this class, the participant will review Alaska statutory authority to provide public health services, recount the reportable communicable diseases, define the roles of PHN and the Section of Epidemiology in disease investigation, and be aware of PHN roles with other providers. Participants will also relate communicable disease activities to the core functions and 10 essential services.

## **Outline:**

1. Statutory Authority
2. Reportable Communicable Diseases
3. Roles of PHN and EPI
4. Alaska State Labs
5. Other providers (Native Health System, private providers)
6. Communicable disease prevention as a core function
7. Communicable disease prevention and the 10 essential services.

## **Instructor's Notes**

### **Equipment Needed**

Telephone, computer with iLinc software

### **Materials**

- Powerpoint
- Article – Gostin
- Text of revised public health law

### **Website**

- <http://www.epi.hss.state.ak.us/pubs/conditions/default.stm>

### **Next Week**

Agenda, powerpoint, Article – “Putting the where back into epidemiology”, Hoskins

**ALASKA PHN ACADEMY 2<sup>nd</sup> QUARTER CLASS 3**  
**Communicable Disease Prevention - Investigation    Instructor: Jerry Troshynski**

<p><b><u>Purpose:</u></b>          To provide a “primer” on basic epidemiology and discuss the importance of the community assessment in outreach, intervention and prevention</p> <p><b><u>PHN Core Competency Domains referenced:</u></b>          #1 – Analytic Assessment Skills          #4 – Cultural Competency Skills          #6 – Basic Public Health Sciences Skills</p>	<p><b><u>Instructor’s Notes</u></b></p> <p><b><u>Equipment Needed</u></b>          Telephone, computer with iLinc software</p> <p><b><u>Materials</u></b></p> <ul style="list-style-type: none"> <li>▪ Powerpoint</li> <li>▪ Article – “Putting the where back into epidemiology”, Hoskins</li> <li>▪ “Public Health Nursing in the 21<sup>st</sup> Century” video series</li> </ul>
<p><b><u>Objectives:</u></b>          At the completion of this class, the participant will understand basic principles of epidemiology, how to use the community assessment to facilitate a disease investigation, and will understand outreach, intervention and prevention strategies.</p>	
<p><b><u>Outline:</u></b></p> <ol style="list-style-type: none"> <li>1. A Primer on Epidemiology</li> <li>2. Using the community assessment to facilitate investigation</li> <li>3. Outreach/Intervention/Prevention</li> </ol>	<p><b><u>Next Week</u></b>          Agenda, powerpoint, Handout – “Isolation Guidelines”; handout – “Patient Management”; article – “Toronto Nurses’ Experiences with SARS”, Hall et al; website – <a href="http://www.bt.cdc.gov">http://www.bt.cdc.gov</a></p>

**ALASKA PHN ACADEMY 2<sup>nd</sup> QUARTER CLASS 4**  
**Communicable Disease Prevention - Bioterrorism And Preparedness**      **Instructors: Jerry Troshynski**  
**Sandra Woods**

<p><b><u>Purpose:</u></b>          To provide an introduction to the issues surrounding Bioterrorism, preparedness and newly emerging diseases.</p> <p><b><u>PHN Core Competency Domains referenced:</u></b>          #2 – Policy Development/Program Planning Skills          #6 – Basic Public Health Sciences Skills          #8 – Leadership and Systems Thinking Skills</p>	<p><b><u>Instructor’s Notes</u></b>          Sandra Woods, preparedness trainer, or Kathy Miller, preparedness nurse consultant will co-teach this class</p> <p><b><u>Equipment Needed</u></b>          Telephone, computer with iLinc software</p>
<p><b><u>Objectives:</u></b>          At the completion of this class, the participant will be introduced to the basic issues surrounding Bioterrorism, preparedness and newly emerging diseases</p> <p><b><u>Outline:</u></b></p> <ol style="list-style-type: none"> <li>1. Potential agents</li> <li>2. Potential scenarios</li> <li>3. Newly emerging diseases</li> <li>4. Interventions, planning and preparation</li> </ol>	<p><b><u>Materials</u></b></p> <ul style="list-style-type: none"> <li>▪ Powerpoint</li> <li>▪ Handout – Isolation Guidelines</li> <li>▪ Handout – Patient management</li> <li>▪ Article – “Nurses’ experience with SARS”</li> <li>▪ Website – <a href="http://www.bt.cdc.gov">http://www.bt.cdc.gov</a></li> </ul> <p><b><u>Next Week</u></b>          Agenda, powerpoint, CDC immunization web site  <a href="http://www.cdc.gov/node.do/id/0900f3ec8000e2f3">http://www.cdc.gov/node.do/id/0900f3ec8000e2f3</a> , State of Alaska web site  <a href="http://www.epi.hss.state.ak.us/default.jsp">http://www.epi.hss.state.ak.us/default.jsp</a> , handout “Model of Core Functions”, handout “PHN Intervention Wheel”</p>

## ALASKA PHN ACADEMY 2<sup>nd</sup> QUARTER CLASS 5

Communicable Disease Prevention - Vaccine  
Preventable Diseases and DPH/PHN Interventions

Instructors: Jerry Troshynski  
Doreen Stangel  
or Marcy Custer

### **Purpose:**

To provide an overview, from a population-based perspective, of vaccine preventable diseases and DPH/PHN interventions

### **PHN Core Competency Domains referenced:**

- #2 – Policy Development/Program Planning Skills
- #3 – Communication Skills
- #5 – Community Dimensions of Practice Skills
- #6 – Basic Public Health Sciences Skills
- #8 – Leadership and Systems Thinking Skills

### **Objectives:**

At the completion of this class, the participant will gain an overview, from a population-based perspective, of vaccine preventable diseases and DPH/PHN interventions.

### **Outline:**

1. Review of the diseases
2. Outreach and social marketing
3. Role of surveillance
4. Core Functions, 10 Essential Services, PHN Competencies, PHN Interventions

### **Instructor's Notes**

Doreen Stangel, EPI education and training coordinator or Marcy Custer, PHN MCH consultant will co-teach this class

### **Equipment Needed**

Telephone, computer with iLinc software

### **Materials**

- Powerpoint
- Website - <http://www.cdc.gov/nodde.do/id/0900f3ec8000e2f3>
- Website - <http://www.epi.hss.state.ak.us/default.jsp>
- Handout – “Model of Core Functions”
- Handout – “PHN Intervention Wheel”

### **Next Week**

Agenda, powerpoint, website: <http://www.findtbresources.org/scripts/index.cfm>, handout – “TB Core Competencies 2”; handout – TB Competencies Table; Epi bulletin – “TB report 2005”; Epi bulletin – “New TB 21006”

## ALASKA PHN ACADEMY 2<sup>nd</sup> QUARTER CLASS 6

Communicable Disease Prevention - Tuberculosis

Instructors: Jerry Troshynski  
Karen Martinek

### **Purpose:**

To provide an overview, from a population-based perspective, of tuberculosis in Alaska

### **PHN Core Competency Domains referenced:**

All 8 domains

### **Objectives:**

At the completion of this class, the participant will gain an overview, from a population-based perspective, of tuberculosis in Alaska.

### **Outline:**

1. History of TB in Alaska
2. Current rates
3. At-risk populations
4. Prevention strategies
5. Screening and treatment
6. DOT and accountability
7. Hard to reach populations
8. TB sweeps

### **Instructor's Notes**

Karen Martinek, nurse epidemiologist from the section of epidemiology will co-teach. Last class of the 2<sup>nd</sup> quarter.

### **Equipment Needed**

Telephone, computer with iLinc software

### **Materials**

- Powerpoint
- website:  
<http://www.findtbresources.org/scripts/index.cfm>
- handout – “TB Core Competencies 2”
- handout – TB Competencies Table
- Epi bulletin – “TB report 2005”
- Epi bulletin – “New TB 21006”

### **Next Quarter**

Send out syllabus for 3<sup>rd</sup> quarter, week 1 agenda and powerpoint, organization charts, PHN service map.

Assign the viewing of “Communicating Across Cultures” by Fr. Michael Oleksa, a 4 part video series.

**ALASKA PHN ACADEMY 3<sup>rd</sup> QUARTER CLASS 1**  
**Systems and Cultures – PHN Systems Orientation Instructor: Jerry Troshynski**

**Purpose:**  
 To provide an overview of Alaska’s public health system, and the role of public health nursing within that system.

**PHN Core Competency Domains referenced:**  
 #2 – Policy Development/Program Planning Skills  
 #4 – Cultural Competency Skills  
 #5 – Community Dimensions of Practice Skills  
 #8 – Leadership and Systems Thinking Skills

**Objectives:**  
 At the completion of this class, the participant will gain an understanding of the Alaska public health system, and the role of PHN within that system.

**Outline:**

1. PHN Systems Orientation
  - a. DHSS
  - b. DPH
    - i. SOPHN
    - ii. Other Sections
  - c. Section of Public Health Nursing
    - i. Nursing Administration
    - ii. Regional Organization
    - iii. Local Organization
    - iv. Grantees
  - d. Our PHN Partners
    - i. Native Health Corporations
    - ii. Community Partners
    - iii. Private Sector

**Instructor’s Notes**  
 It is essential that new PHNs understand that they are part of a larger public health system, and to understand their role within that system.

**Equipment Needed**  
 Telephone, computer with iLinc software

- Materials**
- Agenda and powerpoint
  - Article – “Public Health Infrastructure Change...”, Berkowitz et.al.
  - Article – “Preparing currently employed PHNs...”, Gebbe et.al.
  - Organization Charts – DHSS, DPH, and PHN
  - Alaska PHN Map

**Next Week**  
 Agenda, powerpoint, document – Our PHN Vision, articles – “Public Health Nursing in the 21<sup>st</sup> Century”, “Population Based Public Health Nursing 1 & 2, “Populations into Focus 1 & 2”, “Public Health Principles”

**ALASKA PHN ACADEMY 3<sup>rd</sup> QUARTER CLASS 2**  
**Systems and Cultures – PHN Mission and Values Instructors: Jerry Troshynski Rhonda Richtsmeier**

<p><b><u>Purpose:</u></b>          To review and discuss the mission and values of Alaska public health nursing.</p> <p><b><u>PHN Core Competency Domains referenced:</u></b>          #2 – Policy Development/Program Planning Skills          #4 – Cultural Competency Skills          #7 – Financial Planning and Management Skills          #8 – Leadership and Systems Thinking Skills</p>	<p><b><u>Instructor’s Notes</u></b>          Chief of PHN Rhonda Richtsmeier will address this class.</p> <p><b><u>Equipment Needed</u></b>          Telephone, computer with iLinc software</p> <p><b><u>Materials</u></b></p> <ul style="list-style-type: none"> <li>▪ Agenda and powerpoint</li> <li>▪ Handout – “Our PHN Vision”</li> <li>▪ Handout – “Public Health Principles”</li> <li>▪ Handout – “Public Health Nursing in the 21<sup>st</sup> Century”</li> <li>▪ Article – “Populations into Focus 1&amp;2”</li> <li>▪ Article – “Population Based Public Health Nursing 1&amp;2”</li> </ul> <p><b><u>Next Week</u></b>          Agenda, powerpoint, Fr. Oleksa tapes “Communicating Across Cultures”, Articles “Developing Culturally Competent Health Knowledge...”, “Culture: A Process That Empowers”, handout – “Cultural Competence Self-Test”.</p>
<p><b><u>Objectives:</u></b>          At the completion of this class, the participant will understand and discuss the mission and values of Alaska public health nursing</p> <p><b><u>Outline:</u></b></p> <ol style="list-style-type: none"> <li>1. Mission of public health nursing</li> <li>2. Values of public health nursing</li> <li>3. Alaska PHN culture</li> </ol>	

**ALASKA PHN ACADEMY 3<sup>rd</sup> QUARTER CLASS 3**  
**Cultural Competency** **Instructor: Jerry Troshynski**

**Purpose:**  
 To learn the impact of culture on the ability to provide population-based public health nursing services.

**PHN Core Competency Domains referenced:**  
 #2 – Policy Development/Program Planning Skills  
 #4 – Cultural Competency Skills  
 #8 – Leadership and Systems Thinking Skills

**Objectives:**  
 At the completion of this class, the participant will understand and discuss the importance of culture in communication, discuss local Alaskan cultures, and the tribal system in Alaska.

**Outline:**

1. Cross-Cultural Communication (Fr. Oleksa Tapes)
2. Specific local cultures
3. Tribal system

**Instructor’s Notes**  
 We will be discussing the Fr. Oleksa 4 part videotape series, “Communicating Across Cultures”

**Equipment Needed**  
 Telephone, computer with iLinc software

- Materials**
- Agenda and powerpoint
  - Article – “Developing culturally competent health knowledge”, Tsai et.al.
  - Article – “Culture – a process that empowers”, Phillips
  - Handout – Culturally competence self-test
  - Videos – “Communicating Across Cultures”, Fr. Michael Oleksa

**Next Week**  
 Agenda, powerpoint, article – “Population Health and Rural Culture”, Hartley; article – “Leadership to reduce health disparities”, Keltner et.al; handout – “Cultural Competency Resource List”; article – “Gemeinschaft/Gesellschaft”, Mellow; article – “Rural Sociology”, Nichols; article – “Rural-Urban Continuum”, Bell; handout – “Rural-urban differences bibliography”

**ALASKA PHN ACADEMY 3<sup>rd</sup> QUARTER CLASS 4**  
**Cultural Competency (continued) Instructor: Jerry Troshynski**

**Purpose:**  
 To learn the impact of culture on the ability to provide population-based public health nursing services.

**PHN Core Competency Domains referenced:**  
 All 8 Domains

**Objectives:**  
 At the completion of this class, the participant will understand and discuss the importance of culture in communication, discuss local Alaskan cultures, and the tribal system in Alaska. The participant will also understand and discuss rural/urban differences.

**Outline:**

1. Tribal and native law
2. Sovereignty issues
3. Other Alaskan cultures
4. Rural/urban differences

**Send Out Next Week**  
 Article – “Home Visitors’ Beliefs and Practices...”, Pratt et.al.; Article – “Inside the Black Box of Home Visiting”, Hebbeler et.al

**Instructor’s Notes**  
 We will discuss the unique role that tribal and Native law play in Alaska, discuss tribal sovereignty issues, and discuss other Alaska cultures. In addition, the class will discuss rural/urban differences. How do you define rural? Is it geographic, or is the definition part of a worldview?

**Equipment Needed**  
 Telephone, computer with iLinc software

**Materials**

- Agenda and powerpoint
- Articles – “Population Health and Rural Culture”, Hartley; “Leadership to reduce health disparities”, Keltner et.al; “Gemeinschaft Gesellschaft”, Mellow; “Rural Sociology”, Nichols; article – “Rural-Urban Continuum”, Bell;
- handouts – “Rural-urban differences bibliography”; “Cultural Competency Resource List”

**Next Week**  
 4<sup>th</sup> Quarter syllabus, agenda and powerpoint for next class

# ALASKA PHN ACADEMY 4<sup>th</sup> QUARTER CLASS 1

Specific Programs/Skills Development  
Child Health

Instructors: Jerry Troshynski  
Marcy Custer

## **Purpose:**

To review the various child health programs in Alaska, and relate them to the core functions, 10 essential services, PHN intervention wheel, PHN Core Competencies, and population based public health nursing

## **PHN Core Competency Domains referenced:**

- #1 – Analytic Assessment Skills
- #2 – Policy Development/Program Planning Skills
- #5 – Community Dimensions of Practice Skills
- #6 – Basic Public Health Sciences Skills

## **Objectives:**

At the completion of this class, the participant will understand and discuss Alaska’s child health programs and will relate them to core functions, 10 essential services, the PHN Intervention Wheel, PHN Core Competencies, and population based public health nursing.

## **Outline:**

1. Well Child/EPSTD
2. Home visiting programs
3. Child care consultation
4. Other PHN child health services

## **Instructor’s Notes**

Marcy Custer, MCH nurse consultant will join us for this discussion

## **Equipment Needed**

Telephone, computer with iLinc software

## **Materials**

- Agenda and powerpoint
- Articles – “Home Visitors’ Beliefs and Practices...”, Pratt et.al.; “Inside the Black Box of Home Visiting”, Hebbeler et.al.

## **Next Week**

Agenda, powerpoint, website: [http://www.hss.state.ak.us/dph/ipems/injury\\_prevention/akfvpp/default.htm](http://www.hss.state.ak.us/dph/ipems/injury_prevention/akfvpp/default.htm) ; handout – “Chapter 47, current child abuse statutes”; article – “Health Alert – Strengthening the health care system’s response to domestic violence”, Chamberlain; article – “Domestic violence, a primary care issue for rural women”, Chamberlain; article – “Domestic Violence and Child Abuse: Lessons learned in rural Alaska”, Chamberlain.

## ALASKA PHN ACADEMY 4<sup>th</sup> QUARTER CLASS 2

Specific Programs/Skills Development  
Child And Domestic Abuse

Instructors: Jerry Troshynski  
Jo Gottschalk

### Purpose:

To review the various child health programs in Alaska, and relate them to the core functions, 10 essential services, PHN intervention wheel, PHN Core Competencies, and population based public health nursing

### PHN Core Competency Domains referenced:

- #1 – Analytic Assessment Skills
- #2 – Policy Development/Program Planning Skills
- #5 – Community Dimensions of Practice Skills
- #6 – Basic Public Health Sciences Skills

### Objectives:

At the completion of this class, the participant will understand and discuss child and domestic abuse issues in Alaska from a population-based PHN perspective.

### Outline:

1. Resources in your community
2. Relevant statutes
3. Safety issues for PHNs
4. Child abuse and neglect reporting
5. Statutory and professional obligations
6. Child abuse/neglect in Alaska
7. Office of Children's Services and PHN
8. Population based approach

### Next Week

Agenda and powerpoint, weblink:  
<http://www.epi.hss.state.ak.us/mchebi/default.stm> ,  
Section of Women's, Children's and Family Health  
resource for data books and other publications;

### Instructor's Notes

Jo Gottschalk of the Alaska Family Violence Prevention Project is the guest speaker.

### Equipment Needed

Telephone, computer with iLinc software

### Materials

- Agenda and powerpoint
- Website:  
[http://www.hss.state.ak.us/dph/ipems/injury\\_prevention/akfvpp/default.htm](http://www.hss.state.ak.us/dph/ipems/injury_prevention/akfvpp/default.htm)
- Handout – “Chapter 47, current child abuse statutes
- Articles – “Health Alert – Strengthening the health care system's response to domestic violence”, Chamberlain; “Domestic violence, a primary care issue for rural women”, Chamberlain; “Domestic Violence and Child Abuse: Lessons learned in rural Alaska”, Chamberlain.

# ALASKA PHN ACADEMY 4<sup>th</sup> QUARTER CLASS 3

Specific Programs/Skills Development  
Reproductive Health

Instructors: Jerry Troshynski  
Liz Smaha or EPI Rep

**Purpose:**

To learn about and discuss Alaska's reproductive health programs from a population based public health nursing perspective.

**PHN Core Competency Domains referenced:**

- #1 – Analytic Assessment Skills
- #2 – Policy Development/Program Planning Skills
- #4 – Cultural Competency Skills
- #5 – Community Dimensions of Practice Skills
- #6 – Basic Public Health Sciences Skills

**Objectives:**

At the completion of this class, the participant will understand and discuss Alaska's reproductive health programs from a population-based PHN perspective.

**Outline:**

1. Statutes in Alaska
2. Statewide statistical picture
  - a. Family planning
  - b. STIs
3. Family planning interventions
4. STI interventions
5. Options and resources
6. Population based approach

**Instructor's Notes**

Liz Smaha, ANP, or a representative from the Section of Epidemiology will join us for this discussion

**Equipment Needed**

Telephone, computer with iLinc software

**Materials**

- Agenda and powerpoint
- <http://www.epi.hss.state.ak.us/mchept/default.stm> , Section of Women's, Children's and Family Health resource for data and other publications

**Next Week**

Agenda, powerpoint, websites:  
<http://www.hss.state.ak.us/dbh/> ,  
Alaska Suicide Prevention Plan 2005 (pdf), Alaska Center for Health Data and Statistics,  
<http://www.hss.state.ak.us/dph/infocenter/>

# ALASKA PHN ACADEMY 4<sup>th</sup> QUARTER CLASS 4

Specific Programs/Skills Development  
Behavioral Health

Instructors: Jerry Troshynski  
Representative from DBH

## Purpose:

To learn about and discuss Alaska's behavioral health system and programs from a population based public health nursing perspective.

## PHN Core Competency Domains referenced:

- #1 – Analytic Assessment Skills
- #2 – Policy Development/Program Planning Skills
- #4 – Cultural Competency Skills
- #5 – Community Dimensions of Practice Skills
- #6 – Basic Public Health Sciences Skills
- #8 – Leadership and Systems Thinking Skills

**Objectives:** At the completion of this class, the participant will understand and discuss Alaska's behavioral health care system and how behavioral health issues impact the health of populations.

## Outline

1. Statewide statistical picture
2. Services throughout the state
3. Suicide prevention efforts
4. Substance abuse in Alaska
5. Core Functions, 10 Essential Services, PHN Interventions, and PHN Core Competencies

## Instructor's Notes

Behavioral health issues, most especially substance abuse, impacts the health of individual Alaskans and the population in general. A representative from the Division of Behavioral Health will be invited to participate.

## Equipment Needed

Telephone, computer with iLinc software

## Materials

- Agenda and powerpoint
- PDF file: Alaska Suicide Prevention Plan 2005
- Websites:  
<http://www.hss.state.ak.us/dh/>,  
<http://www.hss.state.ak.us/dph/infocenter/>

## Next Week

Agenda, powerpoint, website:  
<http://www.hss.state.ak.us/dph/infocenter/>,  
<http://www.hss.state.ak.us/dph/chronic/default.htm>

<b>ALASKA PHN ACADEMY 4<sup>th</sup> QUARTER CLASS 5</b>	
<b>Specific Programs/Skills Development Chronic Disease and Health Promotion</b>	<b>Instructors: Jerry Troshynski Representative from DPH</b>
<p><b><u>Purpose:</u></b> To learn about and discuss the impact on Alaska's population of chronic diseases, and health promotion programs from a population based public health nursing perspective.</p> <p><b><u>PHN Core Competency Domains referenced:</u></b> #1 – Analytic Assessment Skills #2 – Policy Development/Program Planning Skills #4 – Cultural Competency Skills #5 – Community Dimensions of Practice Skills #6 – Basic Public Health Sciences Skills #8 – Leadership and Systems Thinking Skills</p> <p><b><u>Objectives:</u></b> At the completion of this class, the participant will understand and discuss the impact of chronic diseases on Alaska's population, as well as health promotion strategies to decrease chronic disease risk.</p> <p><b><u>Outline</u></b></p> <ol style="list-style-type: none"> <li>1. Chronic Disease in Alaska</li> <li>2. Prevention and Promotion Strategies for the community</li> <li>3. Resources in Alaska</li> <li>4. Core Functions, 10 Essential Services, PHN Interventions and Core PHN Competencies</li> </ol>	<p><b><u>Instructor's Notes</u></b> As Alaska's population ages, more emphasis must be given to health promotion and the prevention of chronic disease. A representative from the Section of Chronic Disease Prevention and Health Promotion will participate.</p> <p><b><u>Equipment Needed</u></b> Telephone, computer with iLinc software</p> <p><b><u>Materials</u></b></p> <ul style="list-style-type: none"> <li>▪ Agenda and powerpoint</li> <li>▪ <a href="http://www.hss.state.ak.us/dph/infocenter/">http://www.hss.state.ak.us/dph/infocenter/</a></li> <li>▪ <a href="http://www.hss.state.ak.us/dph/chronic/default.htm">http://www.hss.state.ak.us/dph/chronic/default.htm</a></li> </ul> <p><b><u>Next Week</u></b> Agenda, powerpoint</p>

# ALASKA PHN ACADEMY 4<sup>th</sup> QUARTER CLASS 6

Specific Programs/Skills Development

Instructors: Jerry Troshynski

## Advanced Training in Public Speaking and Presenting

### Purpose:

To learn about basic communication principles, basic powerpoint principles, and the PHN role in community health communication.

### PHN Core Competency Domains referenced:

#2 – Policy Development/Program Planning Skills

#3 – Communication Skills

#4 – Cultural Competency Skills

#5 – Community Dimensions of Practice Skills

#8 – Leadership and Systems Thinking Skills

**Objectives:** At the completion of this class, the participant will understand and discuss basic communication principles and will have the opportunity to put their communication skills into practice.

### Outline

1. Communication principles
2. PHN role in community communication
3. Powerpoint principles
4. Core Functions, 10 Essential Services, PHN Interventions and PHN core competencies.

### Instructor's Notes

It is one thing to be well-versed in the science of public health and public health nursing, yet another to be able to effectively communicate your knowledge. Communication skills are a domain of PHN core competencies. Such skills are important if PHNs are to serve as advocates or leaders in their communities.

### Equipment Needed

Telephone, computer with iLinc software

### Materials

- Agenda and powerpoint
- <http://www.hss.state.ak.us/dph/infocenter/>
- <http://www.hss.state.ak.us/dph/chronic/default.htm>

### Next Week

Agenda, powerpoint, PHN budget, PHN organization chart

**Assignment** Design a presentation and present it to a group.

**ALASKA PHN ACADEMY 4<sup>th</sup> QUARTER CLASS 7**

**Specific Programs/Skills Development  
Management – Budget and hiring processes**

**Instructors: Jerry Troshynski  
Member of PHN  
Management team**

**Purpose:**

To learn about the PHN budget, as well as the Alaska hiring process.

**PHN Core Competency Domains referenced:**

#7 – Financial Planning and Management Skills

**Objectives:** At the completion of this class, the participant will increase his/her familiarity with the Alaska PHN budget and the state of Alaska hiring process.

**Outline**

1. PHN Budget and how it works
2. The state hiring process
3. Core Functions, 10 Essential Services, PHN interventions and PHN core competencies.

**Instructor's Notes**

Two of the most critical activities any manager participates in are budget management and hiring competent staff.

**Equipment Needed**

Telephone, computer with iLinc software

**Materials**

- Agenda and powerpoint
- PHN Budget
- PHN Organization chart

**Next Week**

Final evaluation

# ALASKA PHN ACADEMY 4<sup>th</sup> QUARTER CLASS 8

## Final Evaluation

Facilitator: Jerry Troshynski

### Purpose:

To provide feedback for subsequent PHN Academy classes.

### PHN Core Competency Domains referenced:

#8 – Leadership and Systems Thinking Skills

**Objectives:** At the completion of this class, the participant will provide feedback on the PHN Academy.

### Outline

1. Summary
2. Wrap-up and discussion

### Instructor's Notes

This final class will be spent with a focus group format, and students will complete the final evaluation on-line. A post-test will follow in 2-4 weeks.

### Equipment Needed

Telephone, computer with iLinc software

### Materials

- Agenda and powerpoint
- Final evaluation tool on survey-monkey.
- Post-test in 2-4 weeks