

**Community Outreach Skills  
Objectives, Learning Activities, Resources**

<b>Topic</b>	<b>Objectives</b>	<b>Learning Activities</b>	<b>Resources</b>
<b>Week 1 Community Outreach Skills</b>	1. Identify special needs of vulnerable individuals & families in the community.	<u>Homework</u> <u>Assignment:</u> Community Outreach Plan Assignment - Imagine being a homeless person in your neighborhood (25% of COS grade)	ppt Introduction Community Outreach Skills  ppt Dr. Craig Nakatsuka
<b>Week 2 Homeless Ministry: Working with Unsheltered Homeless in the Community</b>	1. Communicating with homeless client – develop communicating skills 2. Identify community services and resources for homeless	<u>Lab:</u> Interviewing homeless person	Guest speaker Sam Ng or other Homeless Outreach Worker in Community

<b>Week 3 Wellness Health Promotion</b>	1. Define health promotion. 2. Identify levels of prevention. 3. Identify health promotion activities. 4. Complete own personal health assessment. 5. Write a personal Wellness Plan and Daily Diary	<u>Lab:</u> Selecting a healthy plate  <u>Lab:</u> Complete own personal health assessment.  <u>Homework</u> <u>Assignment:</u> My Wellness Plan & Daily Diary (25% of COS grade)	ppt Health Promotion  <i>Ke Ola Kino Maika'i: Good Health</i>
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Topic	Objectives	Learning Activities	Resources
<b>Week 4</b> <b>Teaching the Client About Common Disorders</b>	<ol style="list-style-type: none"> <li>1. Define patient education.</li> <li>2. Identify examples of patient's rights.</li> <li>3. Identify 3 learning domains.</li> <li>4. Describe 3 learning styles.</li> <li>5. Explain Maslow's Hierarchy of Human Needs.</li> <li>6. Identify the components of the nursing process.</li> <li>7. Identify the steps for a teaching plan.</li> <li>8. Explain how to prevent an asthma attack.</li> <li>9. Recognize when a person is having an asthma attack.</li> </ol>	<p><u>Lab</u>: Practice teaching with classmate</p> <p><u>Homework Assignment</u>: Practice asthma teaching with non-family member (Teaching Plan Assignment 25% of COS grade)</p>	<p>ppt Teaching <i>Living Well by Breathing Better</i></p> <p>Carter pp175, 190—194, 435</p>
<b>Week 5</b> <b>Common Skin Conditions and Skin Care Among Homeless</b>	<ol style="list-style-type: none"> <li>1. Identify causes of skin conditions among homeless</li> <li>2. Assess the skin using medical terminology.</li> <li>3. Describe types of skin lesions.</li> <li>4. Describe the guidelines for skin care.</li> <li>5. Identify factors that may delay healing of wounds.</li> <li>6. Identify the 3 classifications of burns.</li> <li>7. Identify factors that promote wound healing.</li> </ol>	<p><u>Lab</u>: Wound care. How to clean and bandage wounds</p> <p><u>Lab</u>: Prepare short fact sheet for one skin condition (group or individual assignment)</p> <p><u>Quiz</u>: Common Skin Conditions, Skin Care, Preventing Asthma Attack, and Recognizing Asthma Attack (25% of COS grade)</p>	<p>ppt Common Skin Conditions and Skin Care</p> <p>Carter ppg. 160-163; 499-504</p>

Topic	Objectives	Learning Activities	Resources
<b>Week 6 Introduction to Medication</b>	<ol style="list-style-type: none"> <li>1. Identify forms of medication</li> <li>2. Explain types of medication action.</li> <li>3. List the routes of medication administration.</li> <li>4. Practice measuring medications correctly.</li> <li>5. Read examples of medication prescription correctly.</li> </ol>	<u>Lab:</u> Medication lab – reading medication labels, administering proper dosage	ppt Introduction to Medication
<b>Week 7 Substance Abuse Among the Homeless &amp; Community Services/Resources</b>	<ol style="list-style-type: none"> <li>1. Define substance abuse.</li> <li>2. Define the words: addiction and withdrawal.</li> <li>3. Explain the association of substance abuse and homelessness.</li> <li>4. Identify community resources for clients with substance abuse.</li> </ol>	Lecture	Substance Abuse Counselor or Community Professional Debbie Shin, Salvation Army Rehabilitation Center  Carter pp 205
<b>Week 8 Mental Illness Among the Homeless &amp; Community Services/Resources</b>	<ol style="list-style-type: none"> <li>1. Describe what a mental health disorder is.</li> <li>2. List common mental health disorders among homeless.</li> <li>3. Define words: coping mechanisms, defense mechanisms, anxiety, depression, suicide, delusions, hallucinations.</li> </ol>	Lecture	Guest speaker  Carter pp 201-204
<b>Week 9 Community Visit</b>	Visit Homeless in the Community OR Visit a Resource/Service		
<b>Week 10 Debrief</b>	Debrief: Community Visit		