

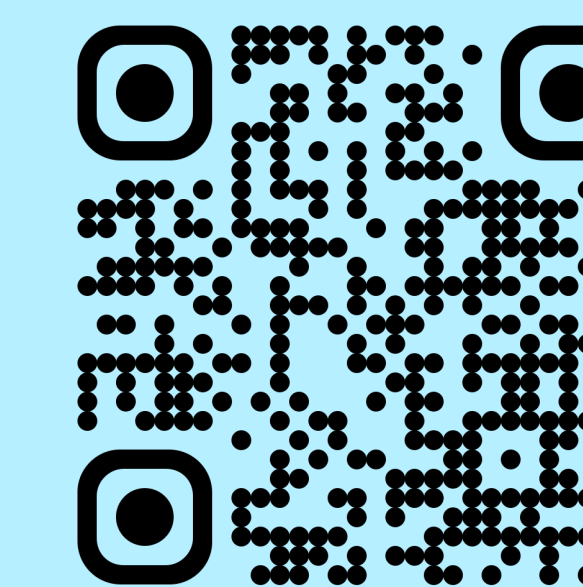
Development of Educational Materials for Community Health Worker Training in Nicaragua

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Background

AMOS Health and Hope (AMOS) is a Christian 501(c)(3) nonprofit organization that exists to improve the health of impoverished communities by working alongside them in health, education, and development. In this practicum experience, I had the opportunity to travel to Managua, Nicaragua in June 2022 to learn about the health systems in place and develop the educational materials for community health worker training that AMOS provides to these communities.

Population

The population that AMOS primarily focuses on are rural communities that lack access to healthcare resources, particularly primary care. My task was to provide educational materials for the people in these communities that provided this lifesaving care, known as *promotores*, as well as other AMOS health staff.

Learning Objectives

1. Apply knowledge learned through MPH courses to travel to Nicaragua and learn about the health systems in place.
2. Analyze the current training materials, healthcare model, and organization history to understand AMOS values and purpose.
3. Develop educational materials to support AMOS staff in organizing and training new staff and various AMOS community health workers.

Activities

The majority of my day-to-day activities involved working on the new training materials in the AMOS headquarters. Yet, there was much variety in my time in Nicaragua, including visiting a rural community for three days, volunteering at the AMOS summer health fair, and facilitating planning meetings for the training materials.



Figure 1. Training manual for all types of community health workers with AMOS.



Figure 2. Mini guidebook for health promoters in rural communities trained by AMOS.

Deliverables

There were two deliverables as a result of my time spent with AMOS Health and Hope. The first, depicted in **Figure 1**, was a training manual for all different types of community health workers that function within the AMOS organization. The document, spanning 99 pages long and written in Spanish, can also be used to orient new AMOS staff to the structure of their healthcare model. The manual contains general organizational details, as well as education on how to perform a physical exam, anatomy and physiology, vital signs, types of medication, and what to do in a medical emergency.

The second deliverable, shown in **Figure 2**, was a mini-guide that functions as a shortened version of the main manual. Its use is to act as a quick reference and take-home summary for the health promoters in the rural communities.

Lessons Learned

There are several lessons I have taken from my time in Nicaragua with AMOS:

- Addressed healthcare barriers through a health promoter model and updated training materials.
- Recognized the value of directly engaging with communities in their health journey.
- Improved bilingual abilities, which is a massive benefit when working in international capacities.

Public Health Implications

From a public health perspective, these deliverables aid in the organization and training of the next generation of community health workers, especially *promotores*, in rural Nicaraguan communities. This aids AMOS in expanding primary care to hundreds.

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