

 Adaptive Athletics Community
Healthcare Worker Model Program

Guía Training: Day 2

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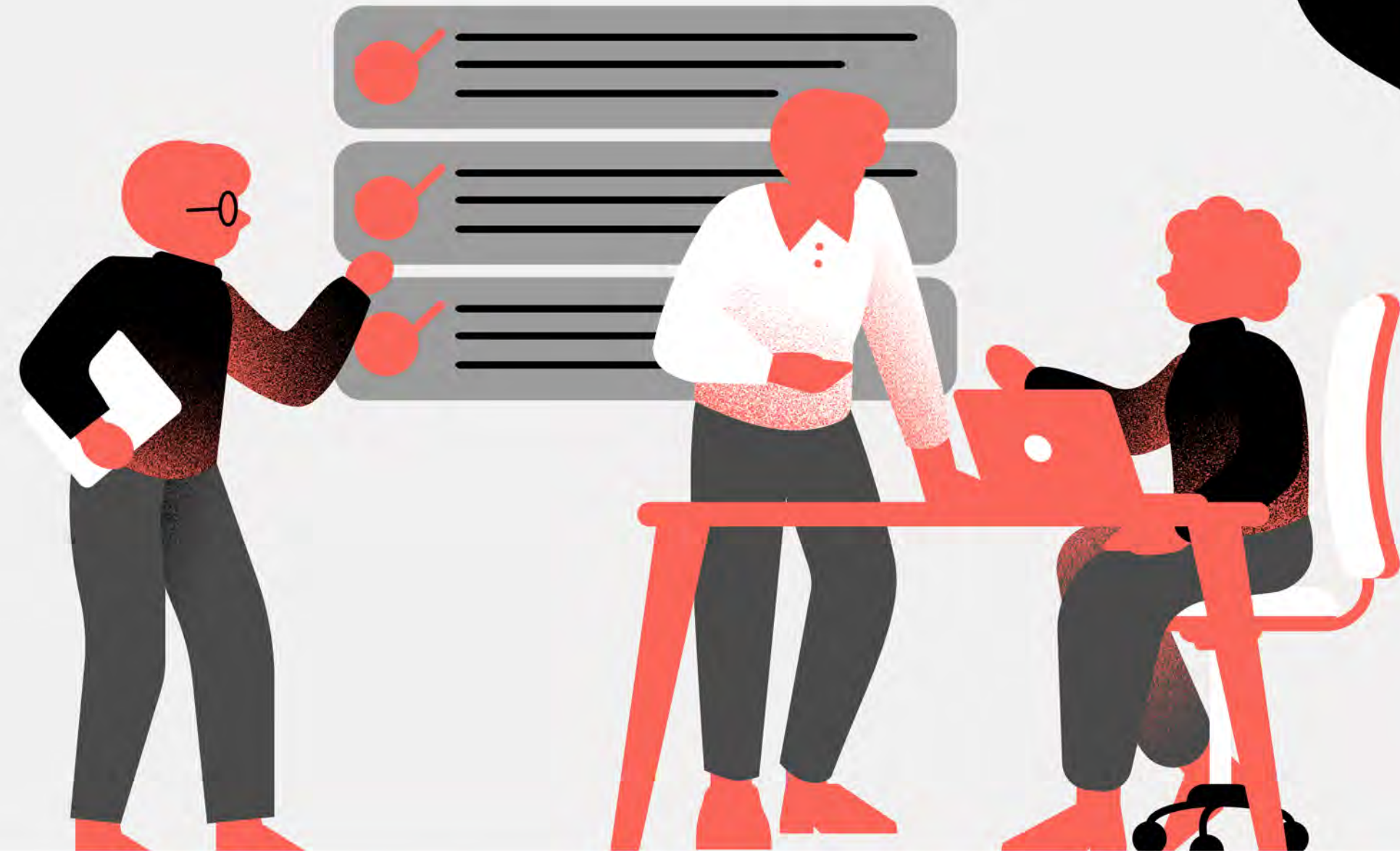


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What We Will Talk About

- Mock interview
- Quality of Life Domains
- Needs Assessment (prompts)
- Expanding knowledge on your Mentees
 - Types of Mentees
 - Mobility Impairments
- Understanding Trauma
- Ethics and Boundaries



EXAMPLES OF PROGRESS NOTE/MENTORSHIP AGREEMENT FROM MOCK INTERVIEWS

On the first meeting:

- Fill out mentorship agreement
 - Write your name and the athletes name at the top
 - Fill out the mentees goals and what they want to accomplish under mentees goals
 - Put your goals for yourself in order for you to help your athlete
 - Mentorship activities section: put action items for both mentee and mentor on how to help each other out during the program
 - Set a meeting time/date and sign



EXAMPLES OF PROGRESS NOTE/MENTORSHIP AGREEMENT FROM MOCK INTERVIEWS

- Fill out athletes and your name w/ date at the top of the progress note
- Document things that you think are important (I wrote things at the bottom of the page)
- Fill out progress note/meeting journal after the meeting
 - Go over each section and what it means/how it is useful
- Double check to see if all information that was given was filled out on the progress Note
- Turn in within 24 hours



How to improve Quality of Life

The following factors have been associated with increasing quality of life

Physical Health

Emotional Health

Mental Health

(Teoli, 2023)

Physical health

Exercise

Pain Management

Self-Care

Sleep

Nutrition

(Rimmer, 2022)

Mental Health

hobbies

depression/loneliness

core values

self-care

managing negative thoughts

(Rimmer, 2022)

Emotional health

outdoor time in nature

relationships

spiritual practice

inner peace

contribution to society/community

(Rimmer, 2022)

establish your mentees' needs

health insurance

emotional support

affordable child care

legal advice

low-income housing

welfare

social security disability

food stamps

outdoor time in nature

translation/interpretation

employment training

immigration law

education/school

transportation

TYPES OF MENTEES

Distant/online

“I don’t want to bother”

enthusiastic

“we can work together on my work”

Too busy

“I don’t know what to ask”

change of course/career/profession

“Where’s the manual”

“sounds interesting”

(Alves, 2023)

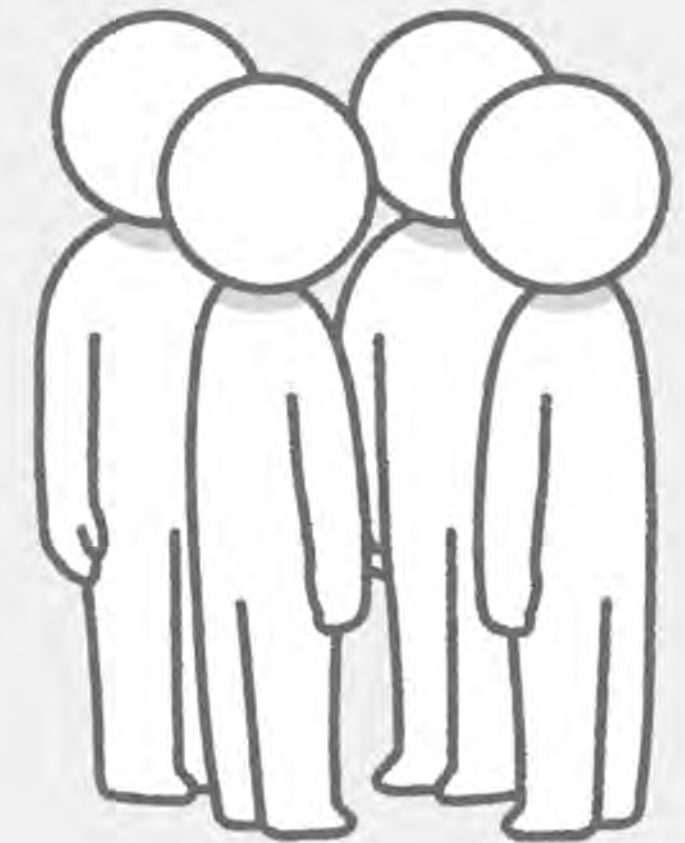
Addressing Different Types of Mentees

Distant/Online

- remind them of benefits, overarching goal, and support they'll receive from you
- encourage in person meetings
- how can you further accommodate them?
- Reach out to RA

“We can work together on my work”

- establish specific tasks for your mentee
- refrain from using collaborative phrases such as:
 - “let’s...”
 - “we...”



(How Do You Deal With Team Mentors or Mentees Who Are Reluctant, Resistant, or Unresponsive to Mentoring?, 2023)

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**How would YOU
approach these
individuals?**

Addressing Different Types of Mentees

“I don’t know what to ask”

- use Needs Assessment/Topics of Discussion
 - physical health, mental health, emotional health

“I don’t want to bother”

- remind them of your role and motivation to be their mentor
- goal of this project

Too busy

- can you adapt your schedule?
- review mentorship agreement; availability, meeting format, etc.
- if your mentee becomes unresponsive after 3 attempts, reach out to RA



Addressing Different Types of Mentees

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Mobility impairments/Physical disabilities

- Common symptoms
- Employment rates
- Other statistics



Spinal Cord Injury

Paraplegia: injuries below T1

Quadriplegia: injuries above T1

National Spinal Cord Injury Statistical Center (2023)

- **Occupational Status**

- Since 2015, **18% are employed at year 1 post-injury.**
- employment rate increases over time to **31% at 30 years post injury**

- **Causes**

- **Vehicle crashes**
- **falls.**
- Acts of **violence** (primarily gunshot wounds)
- **sports/recreation activities**



Spinal cord injury (Post, 2021)

- **Education**

- ~25% of persons with tSCI have a college degree

- **Marital Status**

- percentage of people who are married is relatively consistent up to year 30 post-injury, with single/never married status slowly decreasing and divorce status gradually increasing

- **Re-Hospitalization**

- 30% of persons with tSCI are re-hospitalized
- Length of hospital typically 18 days.
- Causes: diseases of genitourinary system, skin, respiratory, & digestive

Spinal Cord Injury

- Education

- **~25% have a college degree**, compared with 45% of people who survived 40 years of injury.

- Marital Status

- percentage of married people is consistent up to year 30 post-injury, with **single/never married status slowly decreasing** and **divorce status gradually increasing**.

- Re-Hospitalization

- **30% are re-hospitalized**
- Length of hospital stay: 18 days.
- Causes: diseases of genitourinary system, skin, respiratory, & digestive

Lower limb amputation

The removal of a part, or multiple parts, of the lower limb.

- **150,000 patients per year**
- **Wound complications**
 - dehiscence, seroma, hematoma, can occur in **12% to 34% of BKA** (below the knee) patients and **6% to 16% of AKA** (above the knee) patients.
- **Phantom limb pain**
 - pain that persists after complete tissue healing and is characterized by dysesthesia at the level of the absent limb.
 - **“burning”, “throbbing”, “stabbing, sharp”, “abnormal position”**



(Molina, 2022)

Osteogenesis Imperfecta

- **“Brittle bone disease”**
- Occurs in **1 in 15,000 to 20,000 births**
- Management
 - Mild: subtle restriction, avoid contact sports
 - Moderate to Severe: rehabilitation and orthopedic interventions, management of acute fractures and scoliosis
 - Severe: an intramedullary rod with osteotomy used to correct severe bowing of long bones
- **High education and employment rates**

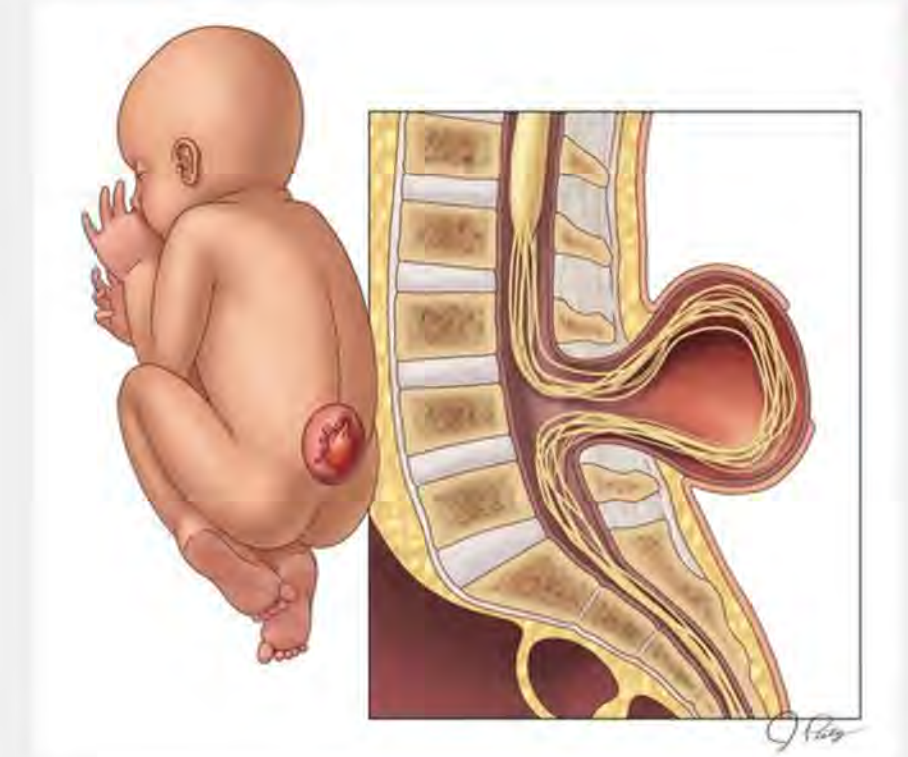
(Subramanian, 2023)



Spina Bifida

A type of neural tube defect

- occurs among **1 in every 2,875 births** in the US each year.
 - **Hispanic women** have the highest rate of having a child with spina bifida in the US.
 - Prevention efforts include getting enough folic acid daily before and during early pregnancy
- **Symptoms**
 - Bladder and bowel problems (incontinence)
 - Sexual dysfunction
 - Weakness and loss of sensation below the defect
 - paralysis/cognitive impairments
 - Orthopedic malformations (e.g. club feet)



(Centers for Disease Control and Prevention, 2023)

Cerebral palsy

CP applies to a number of non-progressive motor disorders of the central nervous system.

- Effects:
 - inability to control bodily movement
 - speech or hearing impairments
- Approximately **1 million people** in the U.S have CP
- **Birth injuries**
 - 0% of CP cases are caused by labor and delivery events
 - 70% are caused by events during pregnancy
 - Roughly 10% of asphyxia (lack of oxygen) events result in cerebral palsy
- According to the CDC, **75% to 85% of children with CP have spastic CP**. This condition makes muscles stiff, resulting in awkward movements and impaired walking ability.

(Centers for Disease Control and Prevention, 2022)

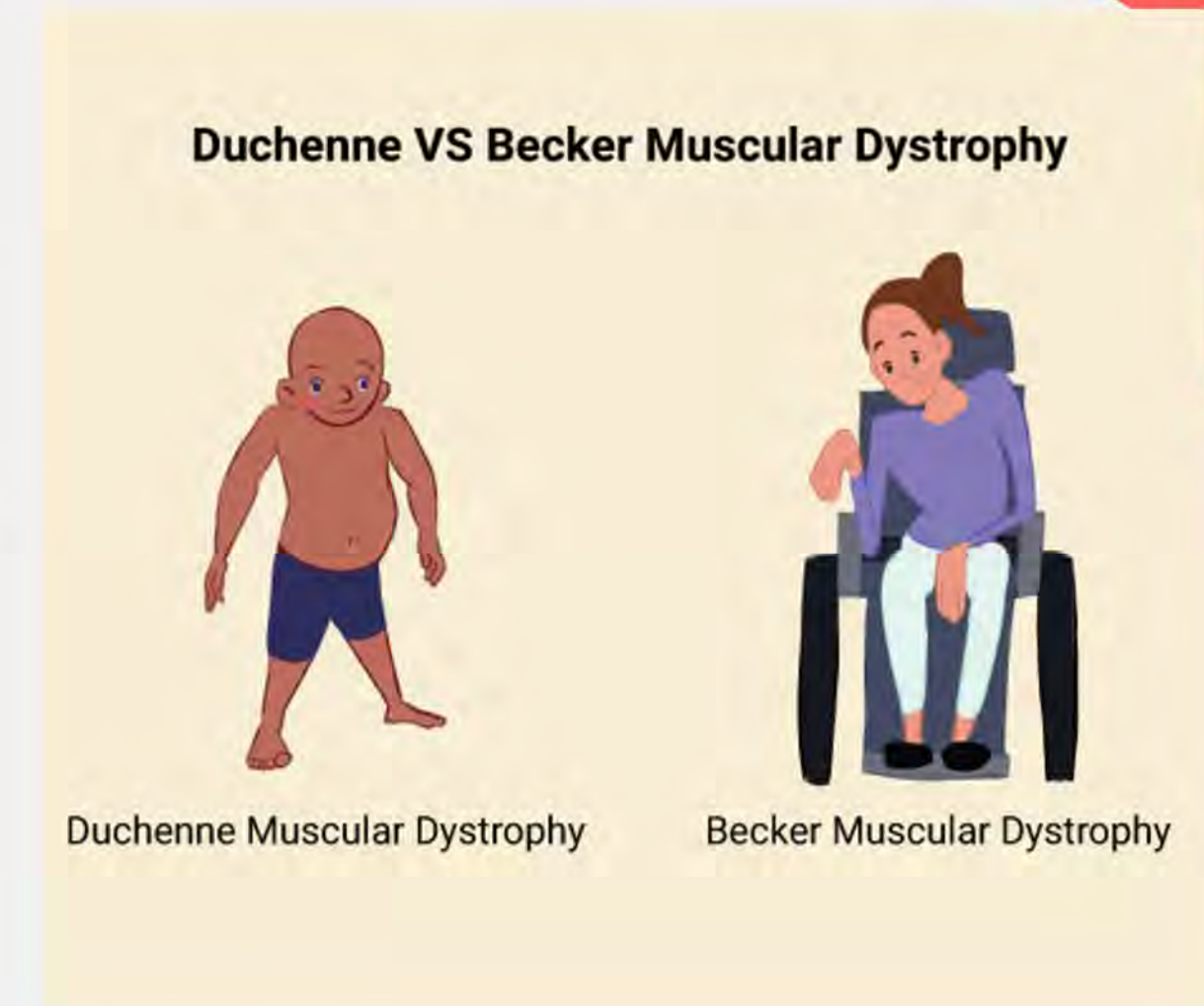
Muscular Dystrophy

- **Degeneration of voluntary muscles** of the trunk and lower extremities.
- **Chronic weakness, fatigue, respiratory/cardiac issues**
- **Duchenne muscular dystrophy (DMD)**
 - one of the most severe forms of inherited muscular dystrophies
 - most common hereditary neuromuscular disease
- **Becker muscular dystrophy (Becker MD or BMD)**
 - genetic disorder that gradually makes the body's muscles weaker and smaller

(Centers for Disease Control and Prevention, 2022)

Muscular Dystrophy

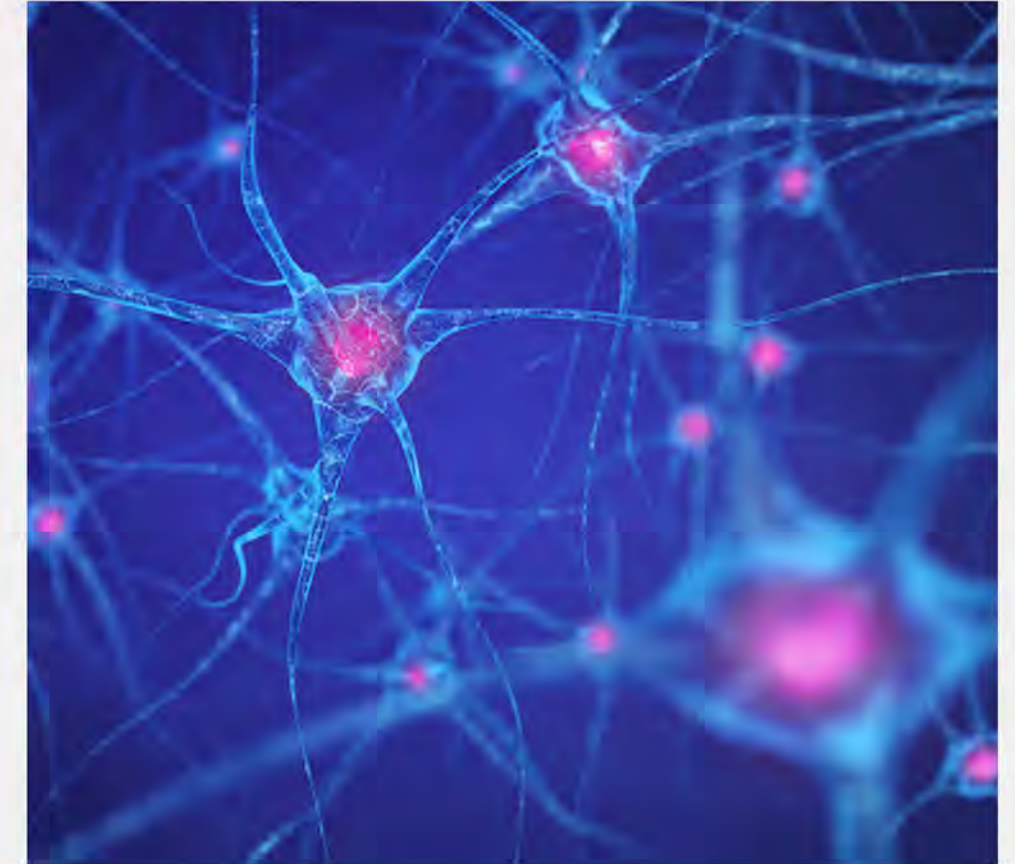
- **More common in males**
 - About 1 in every 5,000 males aged 5-9 years
- DMD symptoms usually begin before 5 years of age. In BMD, symptoms usually appear later
- Heart, lungs, throat, stomach, intestines, and spine can also be affected
- **Wheelchair use**
 - By 15-24 yrs old, 90% of individuals with MD use wheelchairs



(Centers for Disease Control and Prevention, 2022)

Multiple Sclerosis

- **Decline of muscle control**
- **Symptoms**
 - blurred or double vision, legal blindness, tremors, limb weakness unsteady gait, paralysis, slurred speech, or cognitive dysfunction.
- onset between **20 and 40 years old**
- Approximately **1.8 million people** have MS worldwide.
- More common in **young adults and in females**
- MS can improve or stabilize by being treated with medicines depending on the severity of the disease and symptoms.



(World Health Organization, 2023)

Checking for Understanding



Understanding and dealing with trauma

- What is trauma?
- Trauma response
- Healing from trauma



What is Trauma?

- An emotional response to a terrible event like an accident, rape or natural disaster (APA, n.d.)
- Trauma Response:
 - Shock/Denial
 - Unpredictable emotions, flashbacks, strained relationships
 - Immediately after the event headaches and nausea are seen



(Berthold & Skinner, 2016)

Healing From Trauma

- No uniformed pathway to healing
- Your role ISN'T to take over the individual's healing path
 - accessing services and treatments
 - Identifying local resources for survivors of trauma
- Engaging with other individuals
- **Trauma is inherently isolating, and rebuilding healthy connections with others is often a key element of healing.**



(Berthold & Skinner, 2016)

Ethics and boundaries

- What is the difference between ethics and the laws?
 - Ethics is about doing what is morally right and typically addresses issues such as **informed consent, confidentiality, protection against discrimination**, and so on.
 - Laws are **established by governments** to prevent and punish behavior that is destructive to a society's well-being.



(Gundugurti et al., 2022)

Ethics and boundaries

While watching this video, think about what the CHW did well



Ethics and boundaries

How could this interaction have been better?



Thank you for listening!
Reach out for any questions.



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Trauma response

- Physical responses: How trauma affects bodies and physical health.
- Emotional responses: Common feelings experienced.
- Behavioral responses: Changes in behavior.
- Cognitive responses: How trauma may impact the way that minds function and common thoughts arise, including the way that survivors think about themselves and the future.
- Spiritual/religious or philosophical responses: The impact on spiritual, religious, or more general values and beliefs. Not everyone is religious or spiritual, yet they may have strong values and ideas that provide them with a sense of meaning for life.
- Impact on relationships and community: How trauma may influence relationships with friends and family, participation in education and work, and so on. How trauma affects communities.

MOTIVATIONAL INTERVIEWING

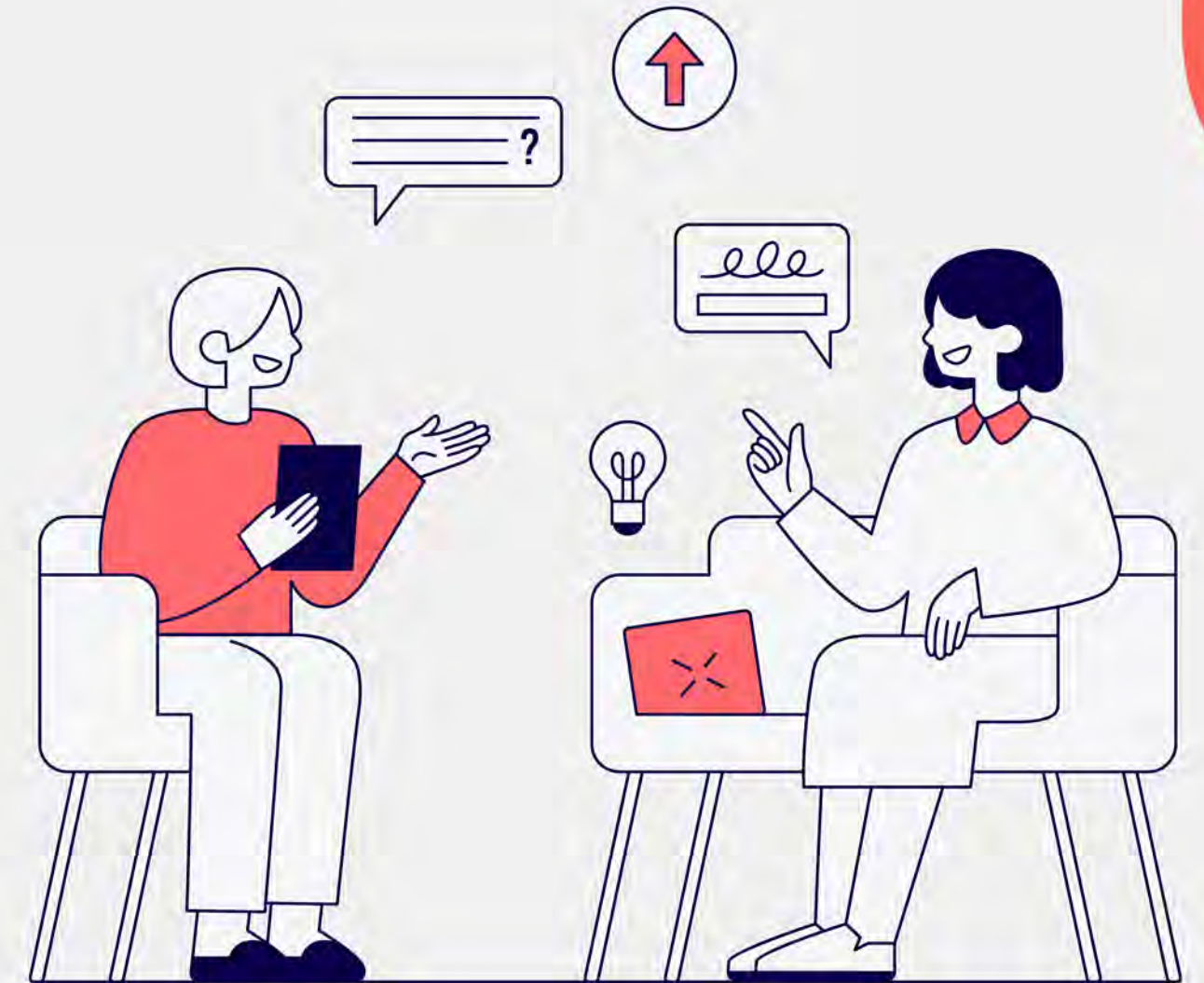
- What is it?
 - a discussion technique used to help the recipient identify goals and perform behavior changes
- OARS Model of Communication
 - Open Questions
 - “what concerns do you have?”
 - Affirmations
 - “you did a great job in xyz...”
 - Reflections
 - “I noticed this upset you...”
 - Summaries
 - “Here’s my understanding of our discussion...let me know if I missed anything”

Cole, S. A., Sannidhi, D., Jadotte, Y. T., & Rozanski, A. (2023). Using motivational interviewing and brief action planning for adopting and maintaining positive health behaviors. *Progress in Cardiovascular Diseases*, 77, 86–94. <https://doi.org/10.1016/j.pcad.2023.02.003>

MOTIVATIONAL INTERVIEWING

Keep in mind Motivational Interviewing is...

- NON-judgmental
- NON-confrontational
- NON-adversarial
- based on the athlete's agenda and goals
- takes practice!



Kibbe, D. (2020b). Motivational interviewing (MI). <https://www.hrsa.gov/>.
<https://www.hrsa.gov/sites/default/files/hrsa/rural-health/motivational-interviewing.pdf>

SUMMARY OF KEY LEARNINGS

Training Course Objective:

Write the objective of the training course here.

Topic Areas Discussed:

Write the topic area.

Write the topic area.

Write the topic area.

Skills Acquired:

Write here.

Write here.

Write here.

Key Takeaways:

Write here.

Write here.

Write here.

Distant/

Training Course Objective:

Write the objective of the training course here.

Topic Areas Discussed:

Write the topic area.

Write the topic area.

Write the topic area.

Skills Acquired:

Write here.

Write here.

Write here.

Key Takeaways:

Write here.

Write here.

Write here.

TOPICS COVERED

Write the 1ST topic area under the main concept.

- List the associated skill.
- List the associated skill.
- List the associated skill.

Write the 2ND topic area under the main concept.

- List the associated skill.
- List the associated skill.
- List the associated skill.

Write the 3RD topic area under the main concept.

- List the associated skill.
- List the associated skill.
- List the associated skill.

TOPIC AREA THREE

Further, discuss the third topic area here.

WRITE A SUBTOPIC.

Briefly elaborate on what the subtopic is all about.

WRITE A SUBTOPIC.

Briefly elaborate on what the subtopic is all about.

WRITE A SUBTOPIC.

Briefly elaborate on what the subtopic is all about.



DISCUSSION BOARD

You can use this board to start an open discussion.

Press "S" to create sticky notes.

Write a lesson learned.

— Add Text —→

Identify challenges or obstacles keeping you from understanding the skill or concept.

Copy a note, drag it to the board, and write your ideas.

Copy a note, drag it to the board, and write your ideas.

RESOURCE PAGE

Use these design resources in your Canva Presentation.
Happy designing! Delete or hide this page before presenting.



RESOURCE PAGE

Is presenting live not your thing? No worries! You can record your Canva Presentation so your audience can watch at their own pace. Remember to delete or hide this page before presenting.

Click the Share button on the top right corner of your screen and select 'Present and Record.'

Click 'Go to recording studio' to choose the video and audio source for your video presentation.

Feel free to choose the 'No camera' option and record your voice only.

You can start recording and press pause between takes if you have to.

Once you're done, download your Canva Presentation in MP4 file format or get a link to your Talking Presentation and share it with others.

You can also record a video inside the editor! Go to 'Uploads' and click on 'Record yourself.'