

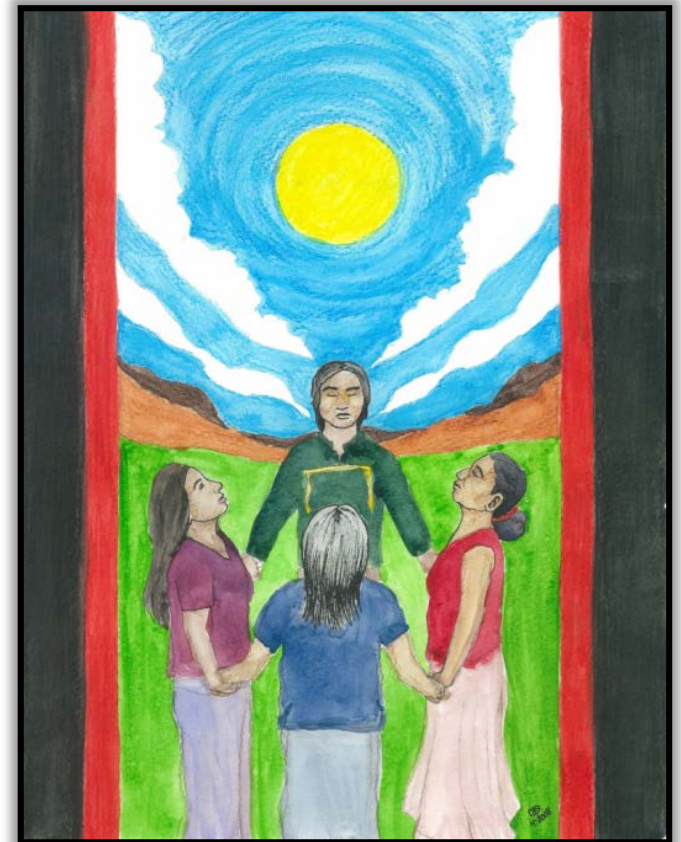
Culturally-Responsive, Online Cancer Education Inspires Health Behavior Change



Melany Cueva, Laura Revels, Katie Cueva, Anne Lanier, Mark Dignan

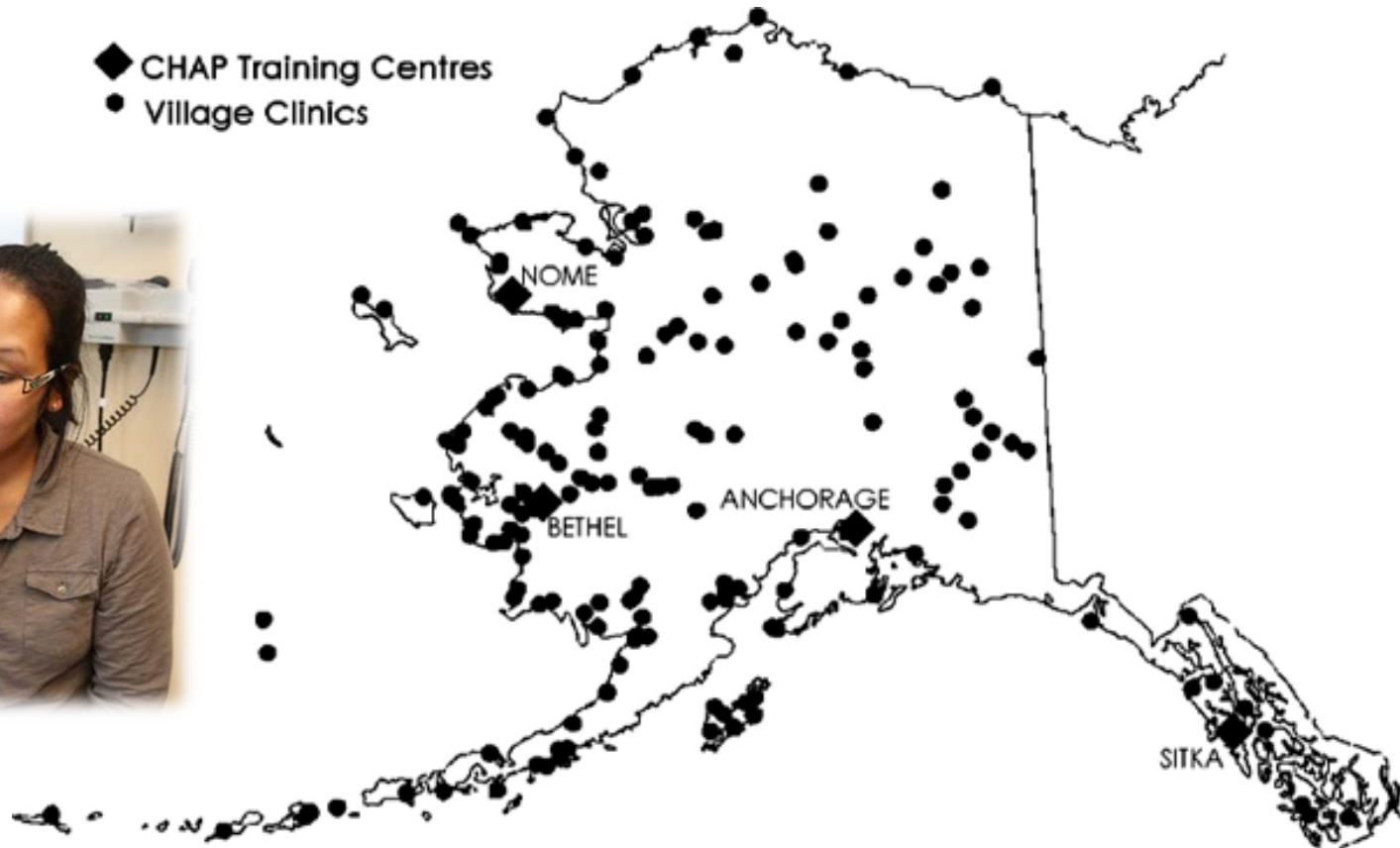
Acknowledgements

- * Alaska's Community Health Aides/Practitioners
- * Research reported in this presentation was supported by the National Cancer Institute of the National Institutes of Health under Award Number R25CA186882. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institute of Health.



Alaska's Community Health Aides/ Practitioners

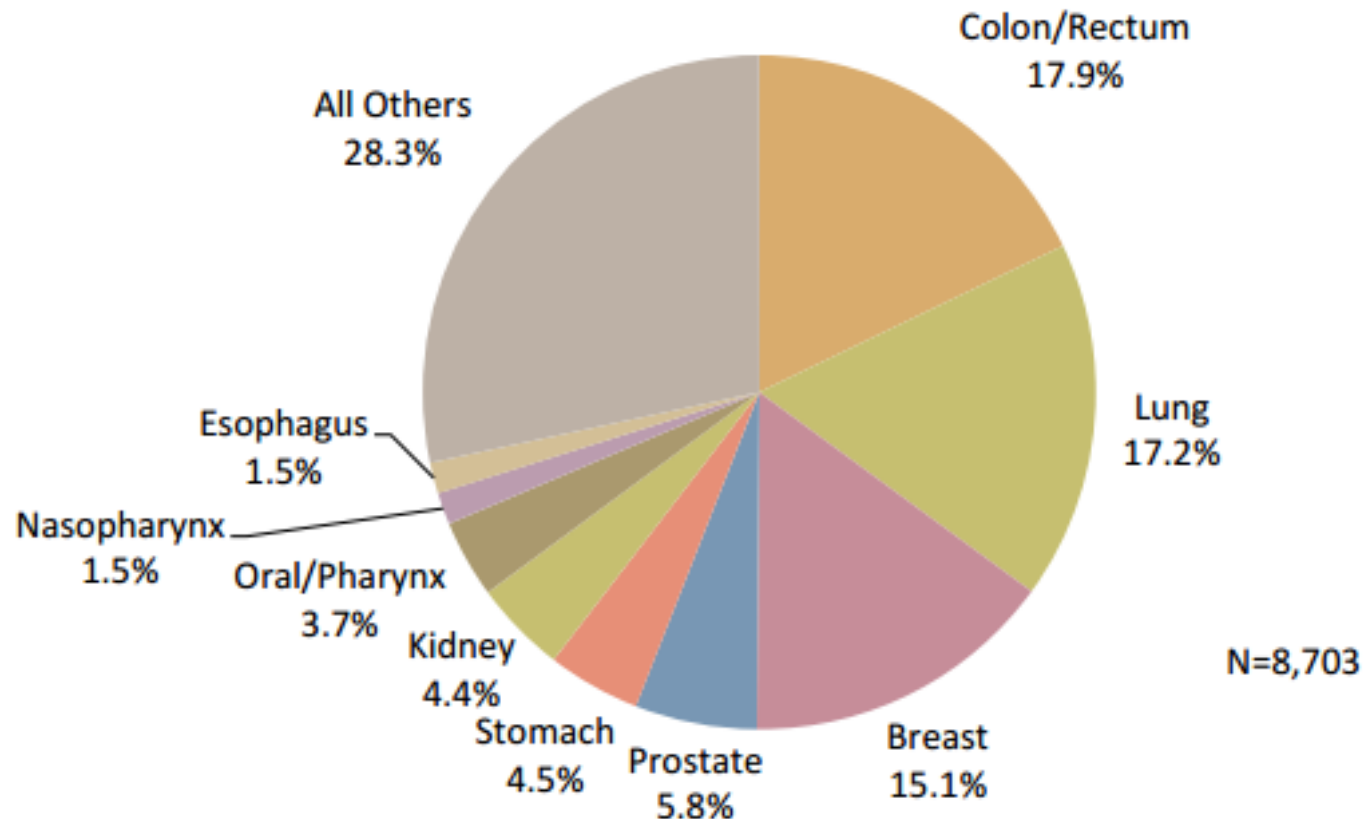
◆ CHAP Training Centres
● Village Clinics



Leading Cancers Among Alaska Native People

Cancer Incidence by Cancer Site, Alaska Native People Statewide, 1984-2013

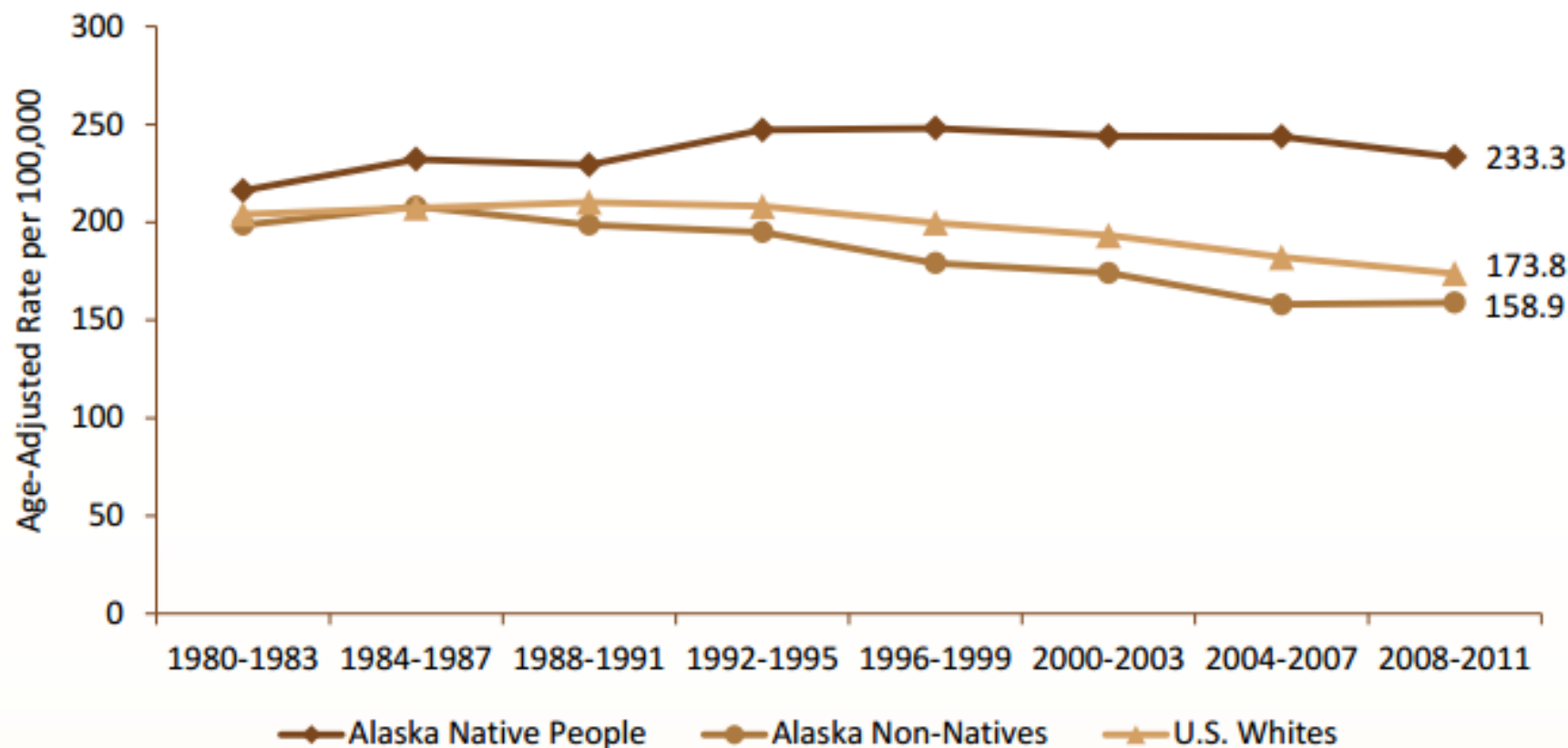
Data Source: Alaska Native Tribal Health Consortium, Alaska Native Tumor Registry



Disparities in Cancer Mortality

Average Annual Age-Adjusted Cancer Mortality Rates per 100,000 Population, 1980-2011

Data Sources: Alaska Bureau of Vital Statistics; Centers for Disease Control and Prevention, National Center for Health Statistics



Note: U.S. White data in the last time period are for 2008-2010. Rates are age-adjusted to the U.S. Standard Population.

1 in every 5 deaths



Disparities in Modifiable Cancer Risk Factors



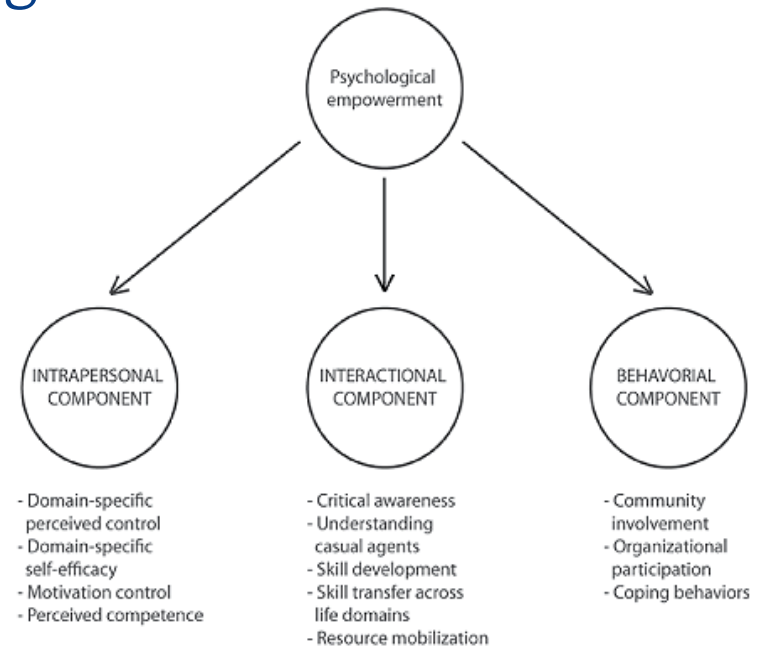
Photo source: State of Alaska Dept. of Health & Social Services, Play Every Day.

In-Person Cancer Education



Theoretical Framework

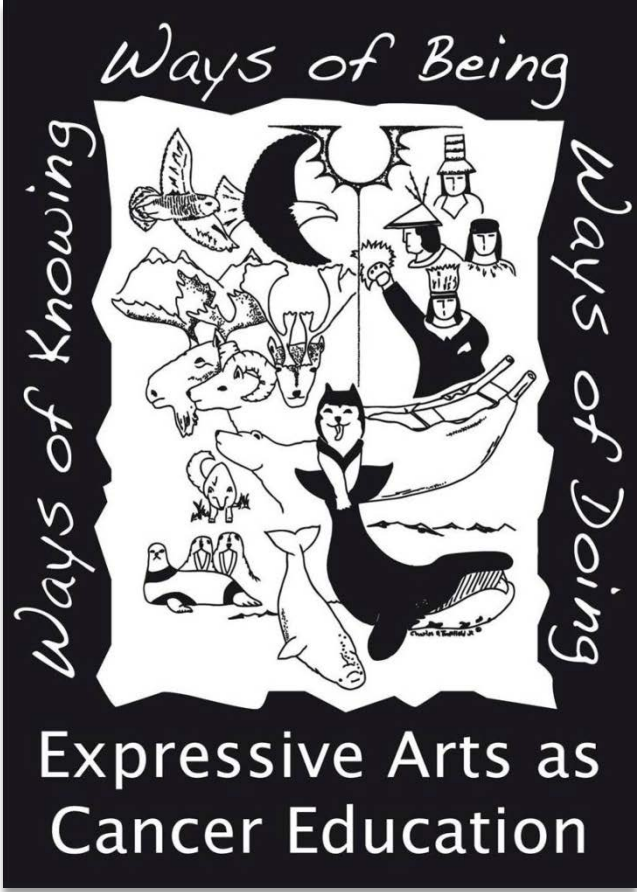
- * Community-Based Participatory Action Research (CBPAR)
- * Honors Indigenous Ways of Knowing
- * Informed by Empowerment Theory
 - * Empowerment Processes
 - * Empowerment Outcomes



Changing the Story of Cancer

“Cancer – A Six Letter Word that Can Change Your Life”, by Robyn Howarth

Lessons Learned: Culturally-Relevant Ways of Knowing



- * Story
- * Humor
- * Relationships
- * Expressive Arts
 - * Dance
 - * Song
 - * Drawing
 - * Sculpting



Distance-Delivered Cancer Education



<https://anthc.remote-learner.net/>

What do you think culturally-relevant online education looks/feels like?



<https://anthc.remote-learner.net/>

Multi-faceted Approach

- * Focus Group
- * Key Stakeholder Survey
- * Key Informant Interviews
- * Literature Review



Focus Group



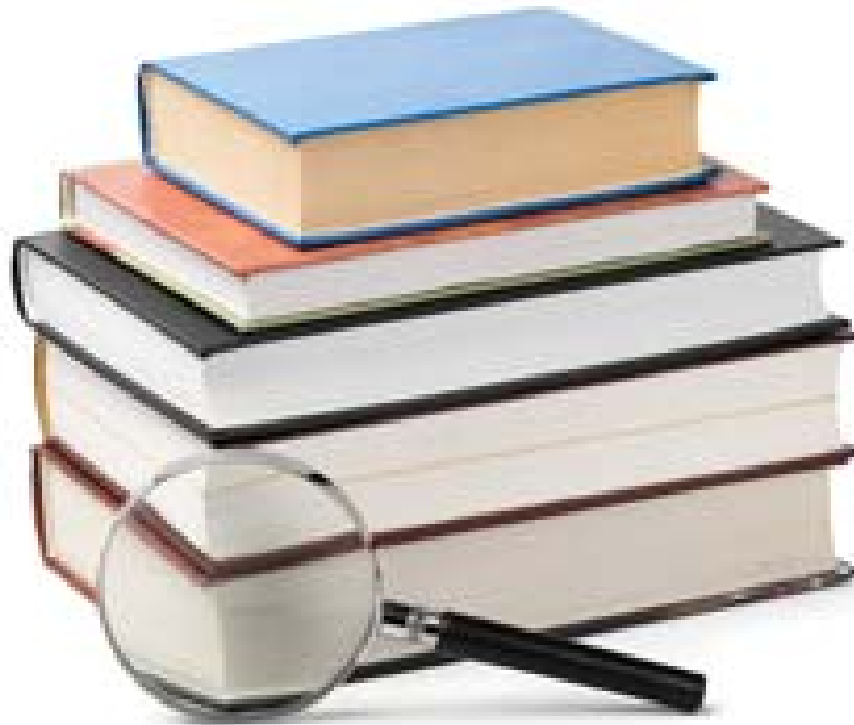
Key Stakeholder Survey



Key Informant Interviews



Literature Review



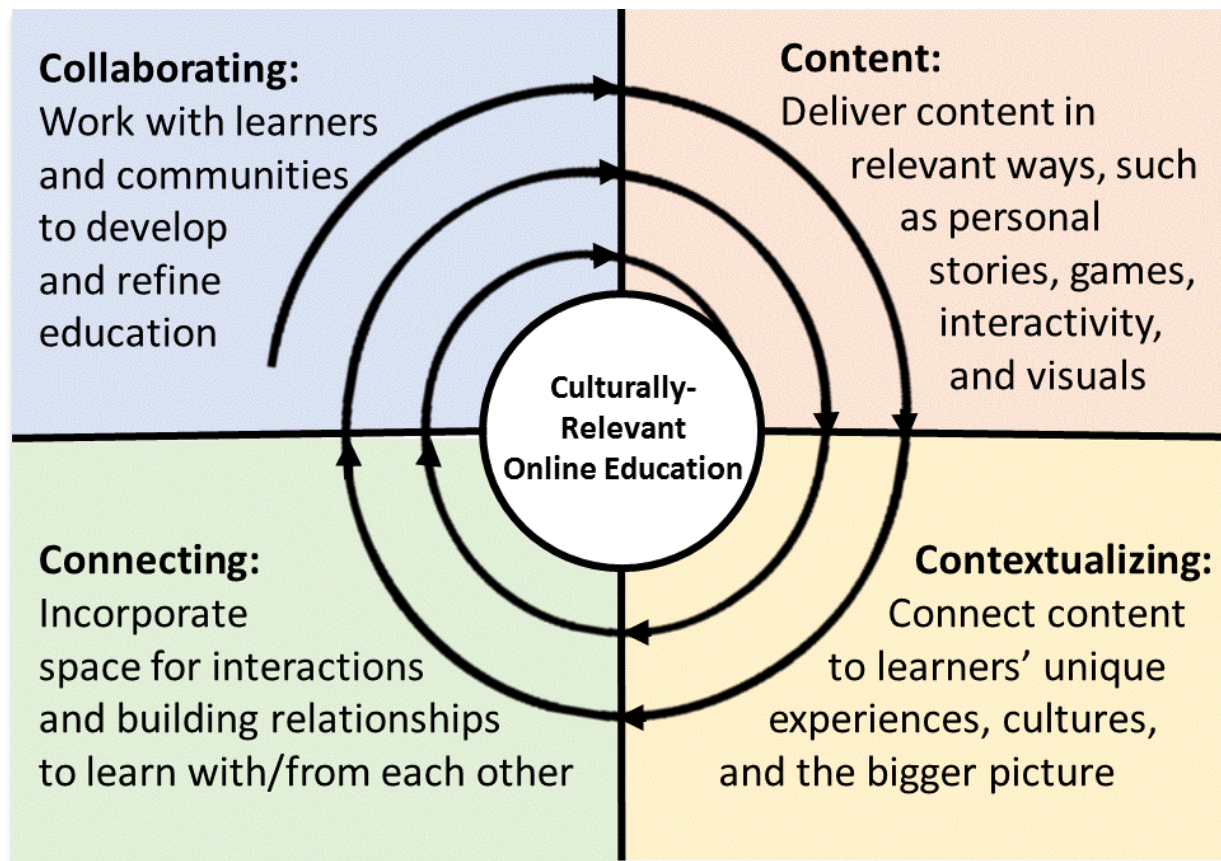
Culturally-respectful online cancer education with, and for, Alaska Native people includes

- * Local information (data, stories, visuals, etc.)
- * Personal stories
- * Visuals
- * Respect for individual learners' cultures.

“I think this is a great step in the right direction for educating ourselves about cancer, how to cure it; how to manage it/live with it everyday. Quyannakpuk for making these first steps!”



Themes



Online Cancer Education Modules



What is Grief?

Grief is one of the ways people react to losing someone or something they care about. A person, their family, and community may grieve the loss of how things used to be. Loss can be felt by a person or by a group.

"Grief shared is grief diminished."
~ Claudette Amadon, Former
Oncology Nurse at ANMC



 Click to listen to a story about grieving the loss of how things used to be.



Throughout the course, watch the movie clips to hear the resilient stories of men whose lives have been affected by prostate, colorectal, and testicular



Community Health Aide Program | Distance Learning Network | Cancer Education | Alaska Native Tribal Health Consortium

Alaska Community Health Center 3 South

Secure

ImportedMy Websites

https://anthc.remote-learner.net/course/index.php?categoryid=8

Alaska Native Tribal Health Consortium - Distance Learning Network

HomeCoursesCancer Education - Continuing Education

Manage courses

CANCER EDUCATION COMMUNITY ACTIVITIES

The following activities are designed to compliment the Understanding Cancer Manual. Each of these links will open a PDF document in a new browser window that you can save and print off. Have fun learning about cancer by sharing each activity with your community.

Active Listening

Bingo

Blueberry Story

Breast Health Necklace

Bumping for Goals

Community Core Values

Community Snapshot

Creating a Colorful Colon

Creating a Net

Drawing Community Messages

Hats Off for Health

Healthy Habits Card

Motivational Interviewing

Moving for Health

Penny Game

Radio Show

Readers' Theatre

Sculpting with Play Dough

Talking Journey Questions

True False Game

Visioning

Wellness Dance

Wellness Picnic

If you share an activity in your community, please let us know how it worked by emailing Melany Cueva.

CANCER EDUCATION RESOURCES

Cancer Education Movies and Digital Stories

Cancer Education Glossary

National Cancer Institute Dictionaries

Helpful Resources

Understanding Cancer Manual

Course categories:

Cancer Education - Continuing Education

Welcome to Online Cancer Education!

The following cancer education modules will help you support the people in your community to understand the ways they can prevent cancer, decrease their cancer risk, and, if they are diagnosed with cancer, to live well along their cancer journey.

You are able to earn CHAP Continuing Education (CE) for each module.

All cancer education modules have video and audio. The modules can be completed in any order and each module does not have to be completed in one session.

Computer Requirements:

A computer with Internet access that can play movies and audio.

A printer to print your CE certificate.

Please feel free to contact Melany Cueva or Laura Revels, if you have questions or suggestions about the cancer modules.

Dance of Life

Cancer Education for Alaska Community Health Action

Search courses:

Go

Cancer Basics

+

⌵

Cancer Treatments

+

⌵

Cancer and Our Genes

+

⌵

Staying Strong Staying Healthy - Men's Health

+

⌵

Women and Cancer

+

⌵

Awakening Choices - Colon Health

+

⌵

Tobacco and Cancer

+

⌵

Cancer Pain

+

⌵

Loss, Grief, and End-of-Life Comfort Care

+

⌵

Nutrition & Physical Activity

+

⌵

Evaluation Templates

+

⌵

Add a new course

The following activities are designed to compliment the Understanding Cancer Manual. Each of these links will open a PDF document in a new browser window that you can save and print off. Have fun learning about cancer by sharing each activity with your community.

- Active Listening
- Bingo
- Blueberry Story
- Breast Health Necklace
- Bumping for Goals
- Community Core Values
- Community Snapshot
- Creating a Colorful Colon
- Creating a Net
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- Hats Off for Health
- Healthy Habits Card
- Motivational Interviewing
- Moving for Health
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- Cancer Education Movies and Digital Stories
- Cancer Education Glossary
- National Cancer Institute Dictionaries
- Helpful Resources
- Understanding Cancer Manual

Alaska Native Tribal Health Consortium - Distance Learning Network
Home Courses Cancer Education - Continuing Education

Manage courses

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Search courses:

Go

 Cancer Basics

④ + ①

 Cancer Treatments

 Cancer and Our Genes

 Staying Strong Staying Healthy - Men's Health

 Women and Cancer

 Awakening Choices - Colon Health

 Tobacco and Cancer

 Cancer Pain

④

 Loss, Grief, and End-of-Life Comfort Care

 Nutrition & Physical Activity

 Evaluation Templates

[Add a new course](#)

Online Cancer Education Modules

ANTHC - DLN: Cancer E... Course: Cancer Basics

Secure | https://anthc.remote-learner.net/course/view.php?id=67

Imported My Websites UAA Work Files Web Tools MyCalendar City University Google Scholar Storytelling Class FB MyMSN Gmail ANTHC Email LinkedIn Twitter Pinterest Disqus Tumblr Medium Zotero GoogleHangouts GoogleDocs

CHAP
DISTANCE LEARNING NETWORK

RESOURCES MY COURSES

Laura Revels Student

Cancer Basics
Home Courses Cancer Education - Continuing Education Cancer Basics

CANCER BASICS' RESOURCES

The Alaska Native Tumor Registry is a collection of complete cancer incidence data for all cancers diagnosed among Alaska Native people since 1969.

- Alaska Native Epidemiology Center

Cancer Basics Module

Discussion

Quiz

Evaluation

Certificate

Welcome to Cancer Basics

Learn about cancer, what it is, how it develops, what causes cancer, how a cancer diagnosis is made and common medical words used to describe cancer. Emotional responses to a cancer diagnosis and ways to provide support are also presented. Additionally, information and data about cancer incidence and mortality among Alaska Native people are included.

At the end of this module, each participant will be able to:

- Explain the difference between normal cell and cancer cell function and growth
- Explain the difference between benign and malignant tumors
- State how a cancer diagnosis is made
- Understand the importance of cancer site, grade, and stage
- Identify ways to provide comfort and support for people diagnosed with cancer and their caregivers

In order to earn CHAP continuing education for this module you must:

- Complete Cancer Basics module
- Participate in one discussion (optional)
- Pass the quiz
- Complete the evaluation

Click on "Cancer Basics" link below to have the learning module open in a new window.

 Cancer Basics



Discussion ►

[Internet Access](#)

[No Internet](#)

End-of-Module Evaluations

9 * How will you use the information you learned during this cancer education module? (Check all that apply)

- ☒ **With my patients**
- ☐ With my family
- ☐ With my friends
- ☒ **With my community**
- ☒ **For myself**
- ☐ Please tell us more:

10 * Will the information in this module make a difference in the ways you take care of yourself? Within the next 6 months, I plan to... (Check all that apply)

- ☐ Not make any changes
- ☒ **Get information about having a recommended screening exam**
- ☒ **Schedule a recommended screening exam**
- ☒ **Have a recommended screening exam**
- ☐ Stop using tobacco
- ☐ Cut down on my tobacco use
- ☐ Increase my physical activity
- ☐ Eat healthier
- ☐ Please tell us more:

11 * As a result of completing this online learning module, I plan to... (Check all that apply)

- ☒ **Talk with my patients about cancer screening more often.**

Online Learners

- * 733 evaluation surveys completed between March 2015 and April 2017
- * 119 unique CHA/P learners January 2016-April 2017



Learner Demographics

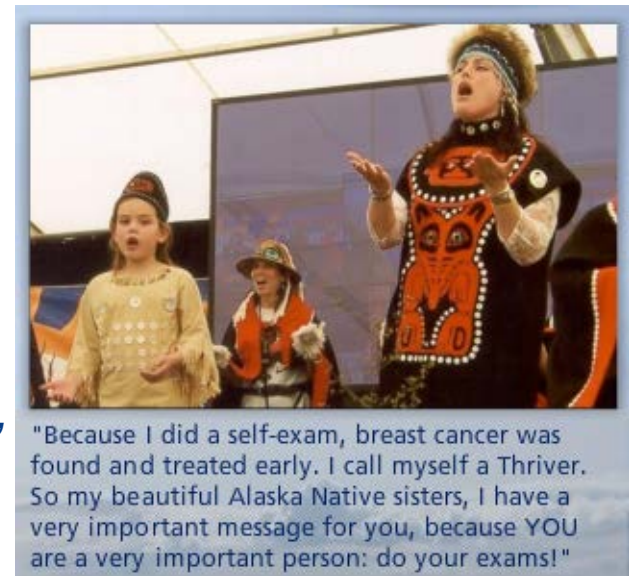
	Unique CHA/P Learners N (%)	Total CHA/P Pop. N (%)
Total	119 (100%)	379 (100%)
Gender		
Female	103 (87%)	324 (85%)
Male	16 (13%)	55 (15%)
Ethnicity		
Alaska Native	96 (81%)	303 (80%)
Caucasian	24 (20%)	30 (8%)
Other	*	46 (12%)
Age		
20-29	23 (19%)	101 (27%)
30-39	33 (28%)	116 (31%)
40-49	32 (27%)	71 (19%)
50-59	21 (18%)	68 (18%)
60+	10 (8%)	23 (6%)
Employment		
Community Health Aide	45 (38%)	194 (51%)
Community Health Practitioner	61 (51%)	185 (49%)

Informative and Culturally-Respectful

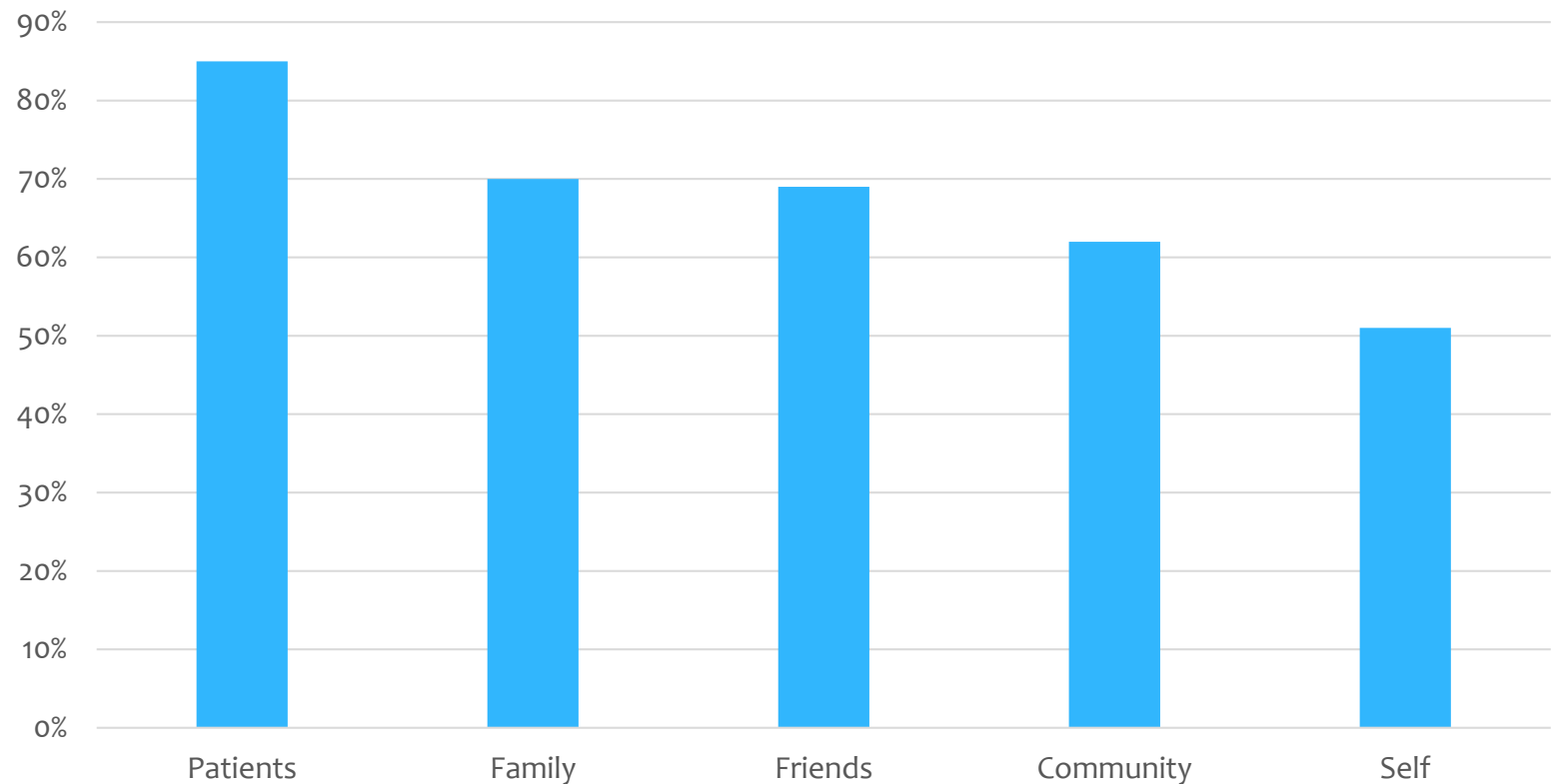
- * Was this cancer education module respectful of you and your culture?
 - * 97% (surveys) Yes
- * Did you learn what you hoped to learn?
 - * 100% Yes

"This was a meaningful and well made learning module, as every single one of us can take tips and apply it in our lives Also the subject matter is sacred, has to do with honoring our loved ones and most often we are uncertain and don't know how to approach something as important as those two things".

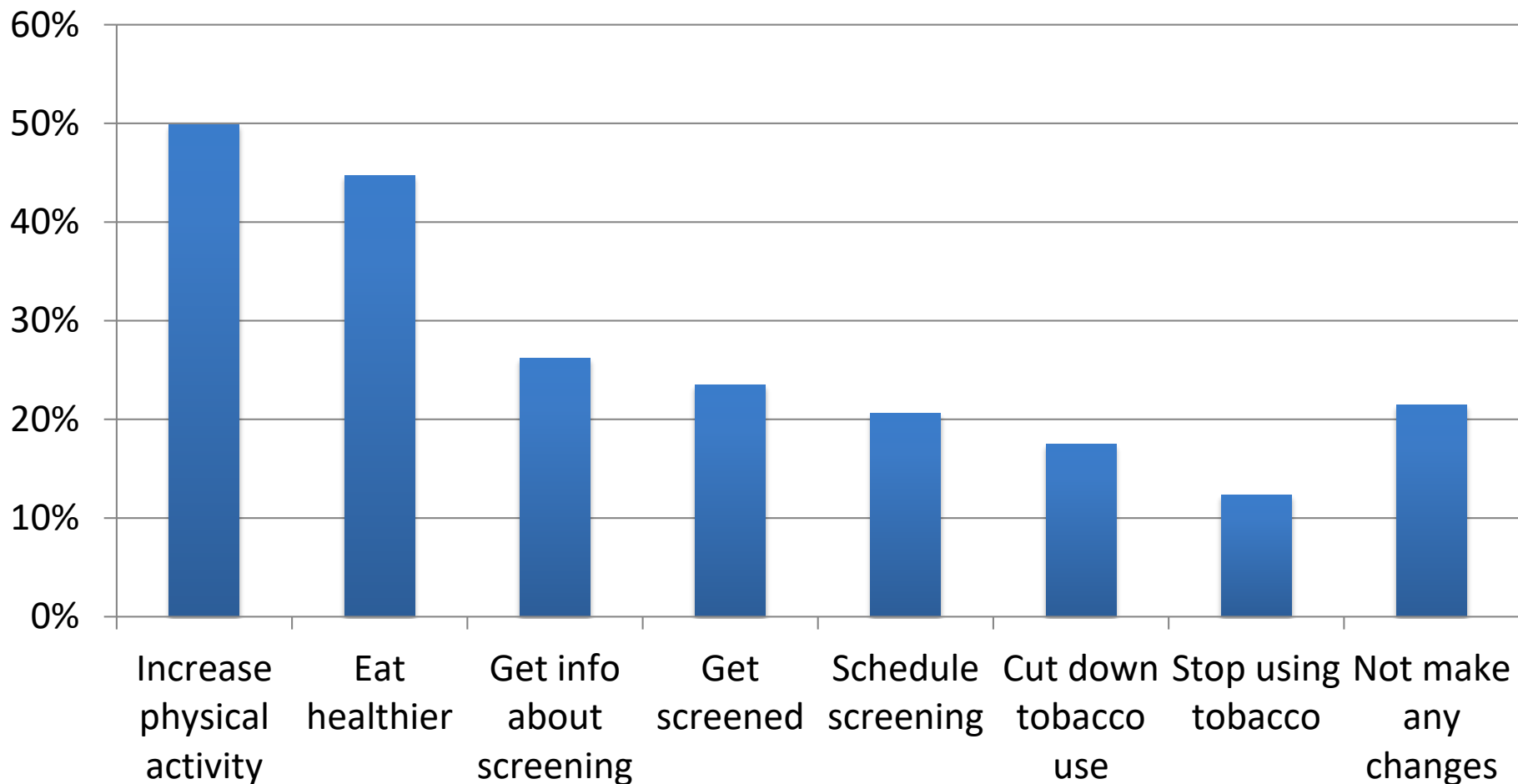
"brought me to tears couple of times, and I think it will help in destroying the silence that surrounds cancer".



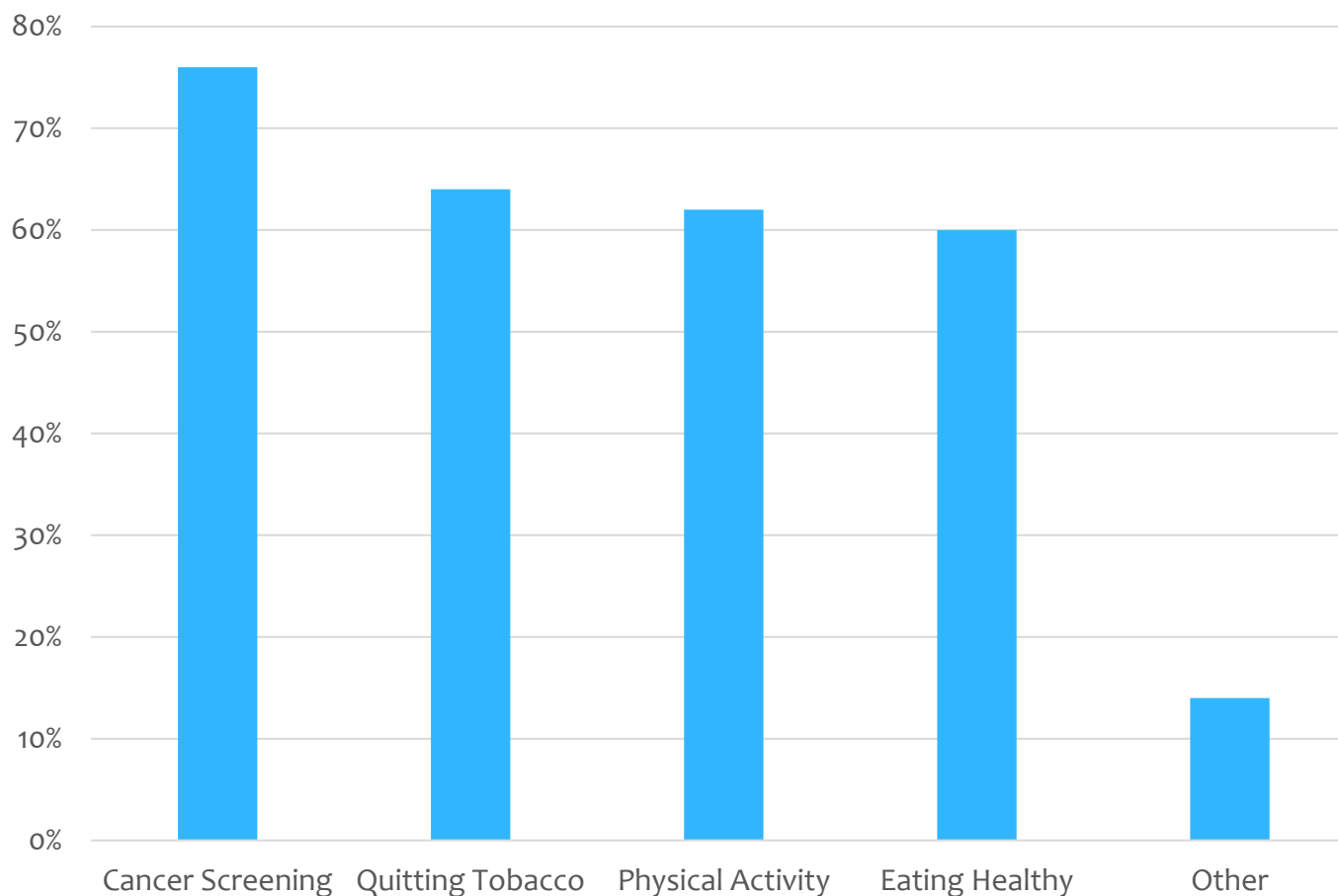
How Will You Use This information?



As a Result of This Module, Within the Next Six Months, I Plan to...



As a Result of This Module, I Plan to Talk With My Patients More Often About...



Thank You for Listening!

“beautiful thought of and well designed to reflect what Native people can relate to.”

“I am happy to have learned this, and that I am able to share it now”



Sue Stewart

Sue Davis: “I have grown so much through this... did realize how much I had lost touch with my human side until this.”

Igamsiqanaghalek

St. Lawrence Island Yup'ik

Quyanaq
North Slope Inupiaq

Quyana
Yup'ik/Cup'ik

Ha'w'aa
Haida

Spasciba
Russian/Alutiiq

Tsin'ee
Tanacross

Qagaasakung
Aleut (Unangax)

Mahsi'
Gwitch'in/Han

TSIN'AEN
AHTNA

THANK YOU

Ana-ba-see
Koyukon

Tsen'ii
Upper Tanana

Maasee'
Tanana

Chin'an
Dena'ina (Tanaina)

Doy'ksin
Tysm'sen

Quyanaqpuk
Inupiaq Nome

DOGEDINH
DEG HIT'AN

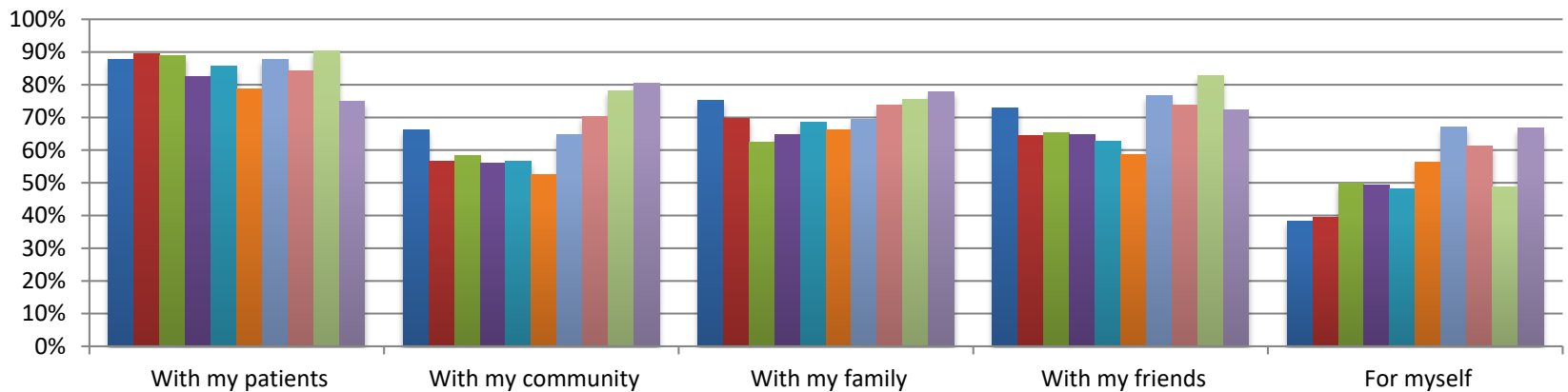
Baasee'
Ruby Athabaskan

GUNALCHE'ESH
TLINGIT

Awa'ahda
Eyak

How Will You Use This information?

How Will You Use This Information?



Men's Health

Colorectal Cancer

Cancer and Our Genes

Cancer Basics

Cancer Pain

Cancer Treatments

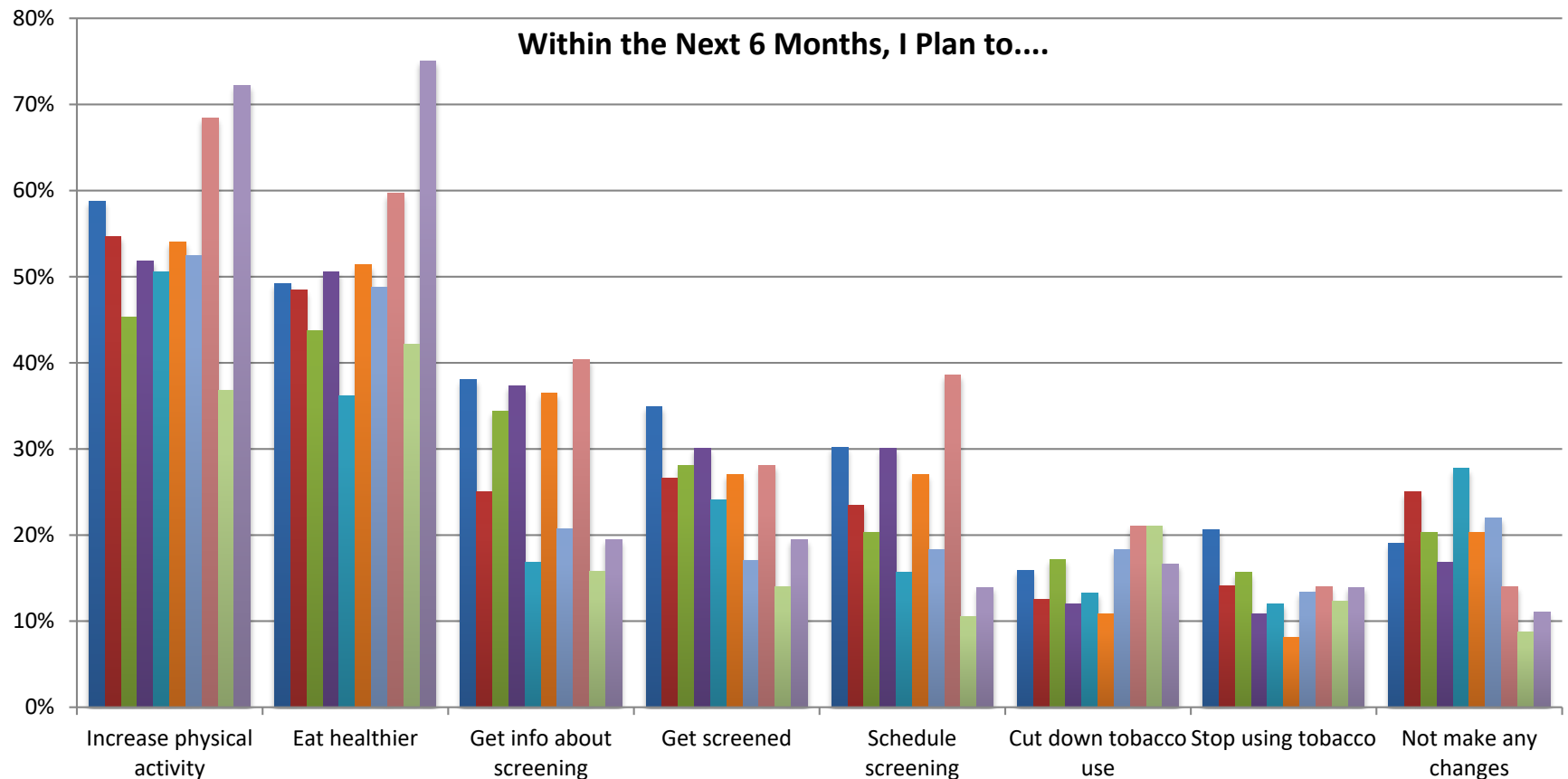
Loss and Grief

Women's Health

Tobacco

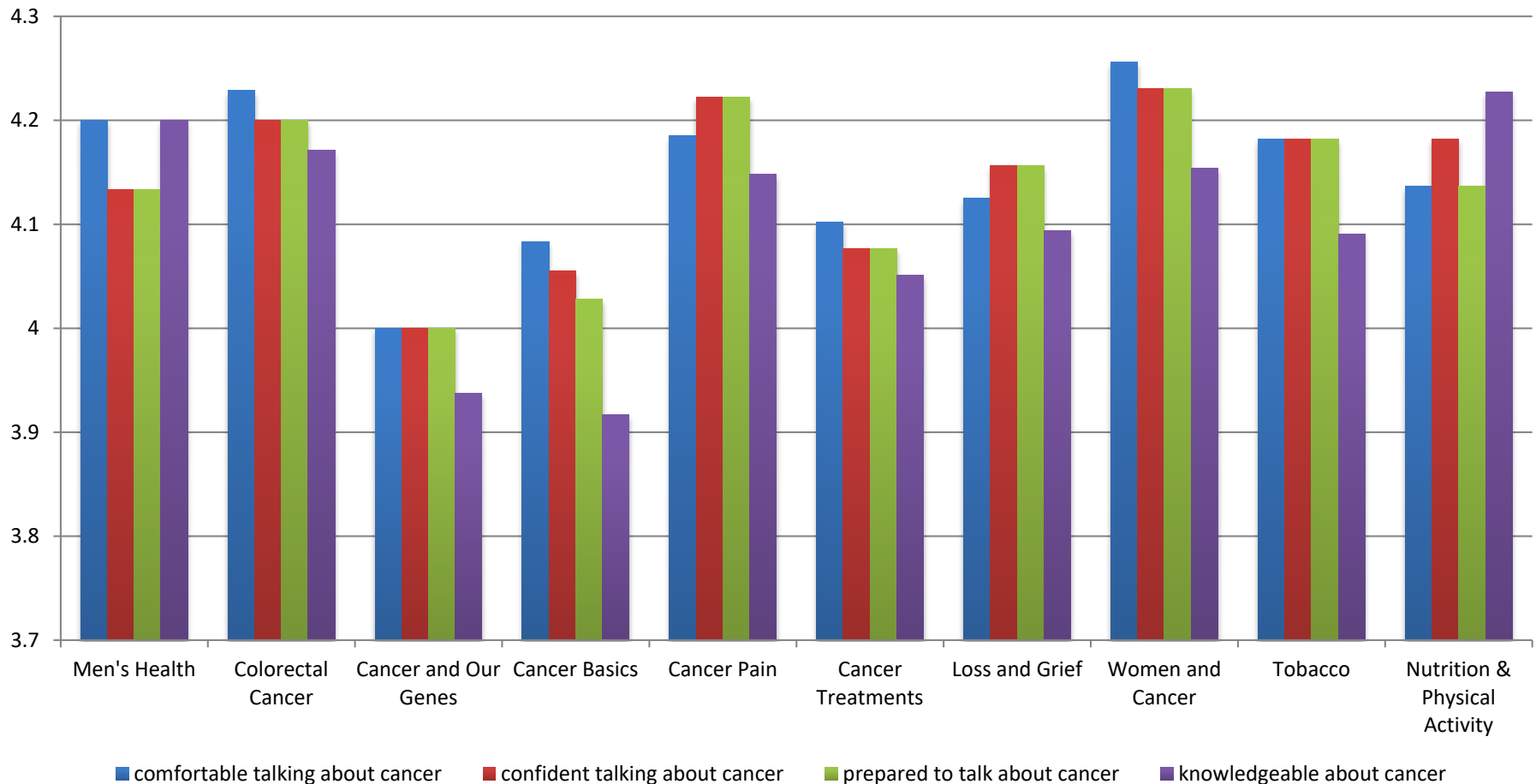
Nutrition & Physical Activity

As a Result of This Module, Within the Next Six Months, I Plan to...

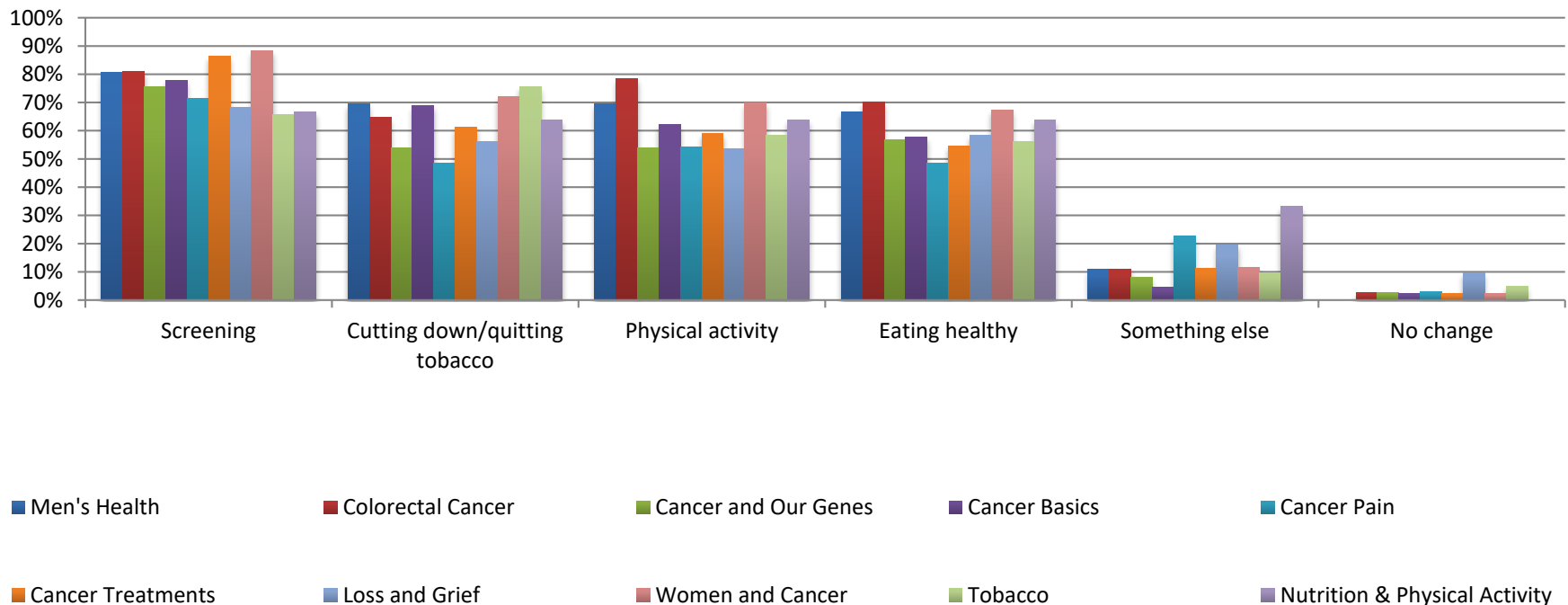


After completing this module, I feel...

After completing this module, I feel...



As a Result of This Module, I Plan to Talk With My Patients More Often About...



Number of Modules Completed per Learner

