



IHED 626  
CURRICULUM PRESENTATION

# CARES

COVID-19 and At-Risk Education  
for Survival

# Presentation Outline

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# Introduction

## WHAT IS "CARES"?

**COVID-19 and At-Risk Education for Survival (CARES)** is a program which will benefit adults who have been identified to be in a higher risk category for COVID-19 comorbidity. The pilot program will launch with Pulmonary Hypertension (PH) patients in Montgomery County, MD. The CARES curriculum will utilize SMART health outcomes to reduce the infection rate of COVID-19 among this population by a specific, measurable, and realistic amount (50%) in a specific time frame (one year).





# CARES

## COVID-19 AND AT-RISK EDUCATION FOR SURVIVAL (CARES)

- **Mission Statement**

The mission of **CARES** is to decrease the cases of COVID-19 among the at-risk population in Montgomery County, MD.

- **Vision Statement**

The objective of **CARES** is to provide awareness and education to at-risk population in Montgomery County, MD.





# TARGET POPULATION

The participants of the pilot program of CARES are patients diagnosed with Pulmonary Hyertension (HP) in Montgomery County, MD. According to the CDC, HP is the #1 category among at-risk populations to die from COVID-19. The goal is to educate HP patients with best practices so that they do not get infected with COVID-19 in the first place. (CDC, 2020)





# STAKEHOLDERS

DARREN M. POPKIN

Sheriff of Montgomery County, MD



ROBERT R. NEALL

Secretary of Department of Health and  
Human Services of Montgomery County, MD



LARRY HOGAN

Governor of Maryland





## WHAT IS COVID-19?

COVID-19 is a coronavirus and is spread mainly via close contact from person to person. Infections occur mainly through exposure to respiratory droplets when a person is in close contact (within 6 feet) with someone who has the virus.

(CDC, 2020)

# Goals

## CARES



AWARENESS



KNOWLEDGE



SKILLS



# SMART Health Outcomes

## 1) DECREASE IN INFECTIONS

After participating in the CARES program the rate of COVID-19 infections among patients with Pulmonary Hypertension (PH) in Montgomery County, MD will decrease by 50% after one year.

## 2) DECREASE IN DEATHS

after participating in the CARES program the rate of COVID-19 related deaths among patients with Pulmonary Hypertension (PH) in Montgomery County, MD will decrease by 25% after one year.







# Learning Objectives of CARES

BY THE END OF THIS PROGRAM...

- Participants will have an increased awareness of how COVID-19 is spread.
- Participants will have increased knowledge of COVID-19 symptoms.
- Participants will have awareness of the effects of the virus on patients with Pulmonary Hypertension (PH).
- Participants will have knowledge of resources in Montgomery County, MD for both patients with PH and those looking to avoid infection of COVID-19.
- Participants will be able to incorporate skills to change their behaviors.



# Program Description

3 MONTHS



## 12 SEMINARS

Each seminar will be held in a 1-hour Zoom format. Each session will focus on one best practice to protect against COVID-19.

## OUTSIDE AVTIVITY

The audience will engage in an activity outside the classroom related to each seminar which will support self-efficacy.

## FACEBOOK GROUP

Adherence will be enhanced by a virtual community which will be utilized by attendees both during after the seminars are completed.

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# Program Format Weeks 1 - 4



## SEMINAR 1 - "WHAT IS COVID-19?"

Explanation of COVID-19 with a special emphasis on how the virus is spread and how this impacts patients with PH.

## SEMINAR 2 - "HAPPY BIRTHDAY"

The importance of frequent hand washing and best practices with soap and water (20 seconds, or as long as it takes to sing "Happy Birthday" twice.

## SEMINAR 3 - "TWO HANDS"

The regular use of hand sanitizer will be discussed, along with the exploration of viable substitutes.

## SEMINAR 4 - "SIX FEET"

Discussion of limiting person-to-person contact and practicing social distancing.



# Program Format Weeks 5 - 8



## SEMINAR 5 - "ONE FACE"

In depth use of face masks, including to which types are most effective and how to wear them.

## SEMINAR 6 - "HOMESWEET HOME"

Discussion of limiting entry into public places, along with determining what activities are deemed necessary.

## SEMINAR 7 - "CLEAN FREAK"

Discussion of best practices for cleaning and disinfecting touched objects and surfaces.

## SEMINAR 8 - "DON'T TOUCH THIS"

How to avoid touching eyes, nose, and mouth to avoid the spread of the virus.

# Program Format Weeks 9 - 12



## SEMINAR 9 - "RULES OF ENGAGEMENT"

How to avoid close contact with persons who have COVID-19 symptoms such as fever or cough.

## SEMINAR 10 - "FOOD IS MEDICINE"

How to pick out foods for a nutritious diet and supplements for boosting immunity.

## SEMINAR 11 - "JUST DO IT"

How to commit to daily exercise to counter stress, build immunity, and gain a sense of well being.

## SEMINAR 12 - "'MEDITATION STATION"

How to build your immune system with healthy habits and relaxation techniques. Emphasis will be placed on adequate sleep and meditation.



# Challenges

## PARTICIPATION

Not all Pulmonary Hypertension (PH) patients in Montgomery County, MD will want to participate in the program.

## TECHNOLOGY

Not all Pulmonary Hypertension (PH) patients in Montgomery County, MD will have access to technology (laptop, smart phone, WiFi) which will allow them to use Zoom.

## ATTENDANCE

Once enrolled not all participants will be able to attend every session.





# Challenges Overcome

## CARES OFFERS SOLUTIONS

- Participation in the CARES program is strictly voluntary.
- For those interested in participating, but have an obstacle related to technology, Montgomery College will loan laptops.
- A list of free WiFi providers will be available.
- Each Zoom session will be recorded so that if a participant misses a live session they may review the recording at their convenience.





# Conclusion

## WHAT IS CARES?

CARES is a program which will educate an at-risk population on how to better protect themselves from getting infected with COVID-19. Participants will learn how the virus is currently believed to be spread, how their diagnosis of Pulmonary Hypertension (PH) puts them at higher risk, and to be able to modify their behaviors to minimize their chances of contacting COVID-19.

# Connect with CARES



CARES  
MONTGOMERY  
COUNTY



CARES\_MOCO



CARES\_MOCO



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