

Alberta Health Services  
Primary Health Care

# Primary Health Care Learning Portal

For Community Health Professionals

Updated: February 2023

Disclaimer: For professionals internal to Alberta Health Services please use your MyLearningLink account.

# Table of contents

Table of contents .....	2
Open Enrollment Learning .....	4
Primary Health Care.....	4
Cardiovascular Health and Stroke Strategic Clinical Network (CVS SCN).....	4
Practical Considerations for Cognitive Disorders Post-Stroke .....	4
Stroke Transitions for Healthcare Providers .....	4
Caring for Clients with Methamphetamine Concerns.....	4
Diabetes.....	5
Diabetes Update .....	5
Carbohydrate Counting for Glycemic Control .....	5
Fibre and Glycemic Index .....	5
Healthy Eating for Diabetes Management.....	5
Healthy Eating for Vascular Protection.....	5
Sugar and Sugar Substitutes .....	5
Diabetes: Saving Limbs and Lives: A Guide to the Diabetic Foot Care Clinical Pathway.....	5
Part 1 - Overview .....	5
Part 2 – The Pathway .....	5
Part 3 – Case Study.....	5
Addiction.....	6
Developmental Pathways of Addiction and Mental Health.....	6
Being Attachment Informed.....	6
Being Recovery Oriented .....	6
Developmental Milestones and Mental Wellbeing .....	6
Executive Function and Self-Regulation.....	6
Improving Engagement in Care.....	6
Infusing Culture and Equity .....	6
Introduction to Developmental Pathways .....	6
Motivational Interviewing and Stages of Change.....	6
Stress and Resilience through the Lifespan .....	6
Understanding ACEs and Being Trauma Informed.....	6
Understanding Early Brain Development .....	6
Strata Pathways.....	7
Strata Pathways Service Provider Training .....	7
Domestic Violence .....	7

Education Module for Primary Care - Part 1 .....	7
Education Module for Primary Care - Part 2 .....	7
Education Module for Primary Care - Part 3 .....	7
Healthy Children and Families .....	7
Safe Infant sleep .....	7
Indigenous Awareness and Sensitivity .....	7
Part 1A: Our People .....	8
Part 1B: Our People .....	8
Part 1C: Our People .....	8
Part 2A: Our Culture .....	8
Part 2B: Our Culture .....	8
Part 3A: Our Wellness .....	8
Part 3B: Our Wellness .....	8
Tobacco Cessation .....	9
AlbertaQuits .....	9
Brief Tobacco Intervention .....	9
Intensive Tobacco Intervention 1 .....	9
Intensive Tobacco Intervention 2 .....	9
Tobacco Cessation Pharmacology .....	9
Tobacco Cessation in Cancer Care .....	10
Module 1 - Rationale for Cessation .....	10
Module 2 - Cessation Pharmacotherapy .....	10
Module 3 - Evidence-Based Programs .....	10
Vaccine Storage and Handling .....	10
Foundations .....	10
Roles and Responsibilities .....	10
Vaccine Storage and Supply Management .....	10
Monitoring and Maintaining Temperature .....	10
Vaccine Distribution .....	11
Cold Chain Breaks .....	11
Cold Chain Management Plan .....	11
Anaphylaxis Management for COVID-19 immunization .....	11
Administration of Intramuscular Epinephrine Learning Module .....	11
Administration of Intramuscular Epinephrine Learning Exam .....	11

# Open Enrollment Learning

Open enrollment learning modules provides healthcare professionals with the opportunity to develop awareness, knowledge, and understanding through evidence-based eLearning.

## Primary Health Care

In Alberta, primary health care services are delivered by a team of providers that can include physicians, nurses, psychologists, pharmacists, dieticians, counsellors, rehabilitation and social workers, and others. Through the Primary Health Care Learning Portal, health professionals working in primary health care have access to the latest evidence-based resources, tools, and education to assist with the delivery of quality care to patients.

## Cardiovascular Health and Stroke Strategic Clinical Network (CVS SCN)

### Practical Considerations for Cognitive Disorders Post-Stroke

The Practical Considerations for Cognitive Disorders Post-Stroke module is largely based on Module 12 of the Evidence-Based Review of Stroke Rehabilitation (EBRSR). The module reviews current evidence related to the presentation of cognitive disorders. It also addresses the implications for providing care to individuals who experience cognitive disorders. The EBRSR can be found at [www.ebrsr.com](http://www.ebrsr.com).

### Stroke Transitions for Healthcare Providers

Assisting stroke survivors transition through healthcare. Many programs and services are available for stroke patients across the continuum of care in Alberta. Transitions across these services need to be supported in a timely and effective manner. We hope by working through this Transitions Module, learners can go forward with an increased awareness of tools and processes to support stroke patients and their families in their healthcare journey.

## Caring for Clients with Methamphetamine Concerns

This approximately 45 minute eLearning course will increase provider awareness about methamphetamine, from what it is to its potentially devastating effects, as well as treatment options at various stages of methamphetamine use. It will help providers feel more comfortable talking about the issue with clients and providing them with the care and treatment they need.

# Diabetes

## Diabetes Update

### Carbohydrate Counting for Glycemic Control

This module will cover the benefits of carbohydrate counting for people with diabetes, which foods are carbohydrates and are counted, and how many carbohydrates someone might aim to eat at meals and snacks for optimal glycemic control.

### Fibre and Glycemic Index

In this module we will discuss what is fibre, the types and sources of fibre in the diet, benefits of fibre for people with diabetes and introduce the glycemic index and how it may help individuals with diabetes make healthy food choices to best manage their blood glucose levels after meals.

### Healthy Eating for Diabetes Management

In this module we will discuss the goals and benefits of nutrition therapy specific to diabetes management, explore the strategies that may be used when teaching an individual with diabetes healthy eating principles and methods, as well as review the dietary patterns that have been studied in regards to improving glycemic control.

### Healthy Eating for Vascular Protection

This module will focus on the nutritional strategies for the prevention and management of dyslipidemia and hypertension for people with diabetes. First, it will explore the increased risk people with diabetes have regarding cardiovascular disease.

### Sugar and Sugar Substitutes

In this module we will discuss what sugar and sugar substitutes are, dietary sources of both, and the various names they may be called. We will also go over the recommendations for daily intakes of sugar and sugar substitutes, and review the research regarding the safety of sugar substitutes.

## Diabetes: Saving Limbs and Lives: A Guide to the Diabetic Foot Care Clinical Pathway

Foot screening can prevent diabetic foot ulcers, saving limbs and lives. This course introduces the Diabetic Foot Care Clinical Pathway, a clinical pathway designed to reduce, and ultimately prevent, diabetic foot ulcers. Currently, diabetic foot screening is not performed universally in Alberta. By adopting the foot care pathway we will save limbs, and lives.

### Part 1 - Overview

Participants will learn about: Why we need a foot care pathway and what the foot care pathway is.

### Part 2 – The Pathway

Participants will learn about: What the foot care pathway is and how to use the foot care pathway.

### Part 3 – Case Study

Participants will learn about: Understanding how to apply the theory behind the foot care pathway and applying it to a typical patient encounter.

# Addiction

## Developmental Pathways of Addiction and Mental Health

### Being Attachment Informed

To increase understanding of attachment theory as well as to provide strategies for assessing attachment and working with individuals who present with potential attachment issues.

### Being Recovery Oriented

To discuss ways of being recovery-oriented in practices while emphasizing and encouraging the partnership between service users and health providers.

### Developmental Milestones and Mental Wellbeing

To enhance health providers' knowledge of developmental milestones and their impact on mental wellbeing of children and youth, and to identify strategies for supporting individuals.

### Executive Function and Self-Regulation

To explore executive functioning and self-regulation and suggest strategies that can be used to strengthen these fundamental skills.

### Improving Engagement in Care

To explore ways that health providers can welcome, engage with, and build successful therapeutic relationship with children, youth and families who are experiencing addiction and mental health problems.

### Infusing Culture and Equity

To strengthen foundational knowledge by enhancing understanding, skills and attitudes that may improve cultural competency and cultural humility in health providers.

### Introduction to Developmental Pathways

To increase knowledge of developmental pathways that may lead to addiction, mental health and concurrent disorders and to explore child and youth focused interventions that may prevent and/or mitigate the outcomes of these disorders.

### Motivational Interviewing and Stages of Change

To assist health providers in recognizing where individuals and families are in regard to change and to effectively engage and work in collaboration with them.

### Stress and Resilience through the Lifespan

To explore the relationship between persistent stress in childhood and the development of health problems in later life and to introduce resilience and the factors that influence its development.

### Understanding ACEs and Being Trauma Informed

To explore the connection between adverse childhood experiences and health and well-being in later life and to consider how we can use a trauma informed lens to create a culture of safety, trustworthiness, choice, collaboration and empowerment.

### Understanding Early Brain Development

To provide an overview of early brain development and its impact on overall health, learning and behavior.

## Strata Pathways

### Strata Pathways Service Provider Training

This course provides **AHS contracted** addiction and mental health housing service providers with the knowledge needed to manage referrals in Strata Pathways.

## Domestic Violence

These courses were adapted from the Domestic Violence Modules for AHS acute care.

### Education Module for Primary Care - Part 1

This is the first of 3 modules that supports the educational requirements of the Urgent Care Domestic Violence Screening & Intervention Policy Suite. It is to increase the learner's awareness about domestic violence and the impact it has on their patients.

### Education Module for Primary Care - Part 2

This is the second of 3 modules that supports the educational requirements of the Primary Care Domestic Violence Screening & Intervention Policy Suite. It is to build upon the content of module one.

### Education Module for Primary Care - Part 3

This is the final module that supports the educational requirements of the Urgent Care Domestic Violence Screening & Intervention Policy Suite. It is to provide a guide to increase the learner's ability to screen for domestic violence.

## Healthy Children and Families

### Safe Infant sleep

Safe Infant Sleep (SIS) module provides information to discuss evidence-informed SIS practices with parents, before and after the birth of their infant.

## Indigenous Awareness and Sensitivity

This course is accredited by the following organizations:

- The Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada (Self-Assessment Program, Section 3), and approved by the University of Calgary Office of Continuing Medical Education (CME) and Professional Development. A Certificate of Completion (6.83 CME study credits) will be available when all courses in the series are completed.
- The Maintenance of Certification program (MOC II) of the Canadian College of Health Leaders for 1.75 CHE MOC II credits.

*This course was originally created for AHS staff and has been modified so that is applicable to all healthcare providers.*

### Part 1A: Our People

Become aware of the history and diversity of Canada's and Alberta's First Nations, Inuit and Metis (FNMI) populations;

Be introduced to the Indigenous Health Program's Cultural Competency Framework and Guiding Principles for working with Indigenous patients, clients and families.

### Part 1B: Our People

Appreciate the strong connection many Indigenous people feel to their communities and the land.

Become familiar with common terms and definitions associated with First Nations, Metis and Inuit populations.

Understand the different kinds of Indigenous communities in Alberta and learn about their structure.

### Part 1C: Our People

Become aware of the impact of political and social experiences on Indigenous people as a basis for building relationships with Indigenous patients and clients.

Identify some barriers to health-care that Indigenous people may experience.

### Part 2A: Our Culture

Gain insight into differences in worldviews, philosophies of well-being and cultural values between Indigenous and non-Indigenous Albertans;

Develop a basic understanding of certain Indigenous customs and practices that can be valuable in developing a culturally appropriate treatment plan with patients and clients;

Examine their own values and beliefs and begin to reflect about how these may affect their practice.

### Part 2B: Our Culture

Gain knowledge of some Indigenous traditions and customs that are important in providing culturally safe care;

Reflect on how their own values and beliefs affect their practice;

Understand the differences between the Western Medical Model and the Traditional Model of health and well-being;

Learn about some traditional medicines commonly used in Alberta.

### Part 3A: Our Wellness

Gain knowledge of cultural competence and cultural safety to be better equipped to provide the best possible care to Indigenous patients and families;

Understand one cross-cultural communication model that may help to establish respectful and culturally sensitive approaches to patient care.

### Part 3B: Our Wellness

Understand the potential influence of each of the five core competencies on health outcomes for Indigenous patients and families.



# Tobacco Cessation

## AlbertaQuits

The AlbertaQuits Learning Series includes self-study, online and classroom learning units to deliver comprehensive training and best practice guidance to participants. The AlbertaQuits Learning Series also prepares healthcare professionals for the opportunity to write the national Certified Tobacco Educator exam through the Canadian Network for Respiratory Care (CNRC). For the current list of available tobacco-related courses including the Foundational Health Educator training, please refer to the “Learning” tab on [www.albertaquits.ca](http://www.albertaquits.ca).

### Brief Tobacco Intervention

Brief interventions for commercial tobacco and tobacco-like product use focus on enhancing a client’s motivation to change and connecting them with evidence-based resources to help make the next quit attempt a success. In this learning unit, healthcare providers will be provided an evidence-based approach for brief tobacco intervention. Participants will raise their awareness, knowledge and skill in implementing the 5 A’s method for helping clients using motivational strategies in a step-by-step process.

### Intensive Tobacco Intervention 1

In this learning unit, health professionals will be provided an evidence-based approach for intensive tobacco intervention. Participants will raise their awareness, knowledge and skill set to help clients who use, are exposed to, and who are trying to abstain from tobacco and tobacco-like product use. Intensive

Tobacco Intervention Part 1 includes:

- Module 1: Tobacco’s Impact - Health Consequences, Guidelines and Policy
- Module 2: Treating Tobacco Use as a Disorder - Intervention Approaches, Documentation and Cessation Supports

### Intensive Tobacco Intervention 2

In this learning unit, health professionals will be provided an evidence-based approach for intensive tobacco intervention. Participants will raise their awareness, knowledge and skill set to help clients who use, are exposed to, and who are trying to abstain from tobacco and tobacco-like product use.

This is Part 2 of the 2-part course. Intensive Tobacco Intervention Part 2 includes:

- Module 3: Assessment, Collaborative Counselling and Planning for Change
- Module 4: Client Centered Approach, Tobacco Programs and Systems

### Tobacco Cessation Pharmacology

Participants will gain an understanding of the impact of tobacco use and dependence among people who regularly use commercial tobacco products including: tobacco cessation pharmacology, drug toxicity and medication interactions, how to assess level of nicotine dependence (addiction) and withdrawals, as well as, the specific medications metabolized differently when a person smokes tobacco and then stops smoking. An overview of key points on how to support the pharmacotherapy needs of clients in specific sites or populations will be highlighted.

## Tobacco Cessation in Cancer Care

### Module 1 - Rationale for Cessation

This course provides an overview of the evidence, rationale and importance for inclusion of tobacco cessation and relapse prevention supports with patients who have cancer. This course is appropriate for any health care provider working with cancer patients.

### Module 2 - Cessation Pharmacotherapy

This course describes the types of pharmacotherapies available to support tobacco cessation with a strong focus on the unique considerations when prescribing Nicotine Replacement Therapy and / or pharmacotherapies to patients with cancer.

### Module 3 - Evidence-Based Programs

This course provides an overview of current evidence-based best practice for tobacco cessation in cancer care and outlines patient referral processes to cessation programs and services in Alberta.

## Vaccine Storage and Handling

All individuals (current and new) who administer vaccines as well as those individuals (current and new) who order, store, handle, monitor or distribute vaccine should take these modules.

Completion of Modules 1 to 6 with a minimum 80% on each module for a pass; Modules 3 and 7 are not compulsory, however at minimum one individual from each site that receives provincially funded vaccine must complete these modules. *For Module 3, as well as those individuals (current and new) who order, store, handle, monitor and/or distribute vaccine should take this module.*

### Foundations

This course is designed to help train and orientate all individual who handle provincially funded vaccines and biologicals about the importance of, and the equipment and procedures that contribute to, proper vaccine storage and handling, or maintaining cold chain. Every part of the chain is required to prevent cold breaks and ensure that individual receive safe and effective vaccines.

### Roles and Responsibilities

Successful immunization programs require that everyone involved in vaccine management including national, provincial and local stakeholders, follow appropriate storage and handling procedures.

### Vaccine Storage and Supply Management

Appropriate storage and supply management are necessary to maintain successful immunization programs.

### Monitoring and Maintaining Temperature

Vaccines need to be kept within a specific temperature range at all times to maintain Cold Chain. Temperature monitoring and maintenance are important pieces to maintaining vaccine potency and ensuring successful immunization program.

## Vaccine Distribution

Any time you are involved in packing, transporting, or receiving vaccines, while maintaining cold chain, you are contributing to the success of immunization programs.

## Cold Chain Breaks

This module will address what to do when a cold chain break occurs. Managing and responding to breaks correctly will contribute to the success of immunization programs

## Cold Chain Management Plan

This module will guide user through the process of setting up a Cold Chain Management Plan for routine and emergency situations. The user will complete information about their facility/site, refrigerator, and temperature monitoring equipment, and backup power or alternate facility arrangements. At the end of the module, the user will be able to save and print the Cold Chain Management Plan for their site/unit/clinic/facility.

# Anaphylaxis Management for COVID-19 immunization

## Administration of Intramuscular Epinephrine Learning Module

Anaphylaxis is a serious life-threatening allergic reaction. It has a sudden onset with rapid progression of signs and symptoms and multi-organ involvement that may cause death. Early recognition, treatment, and management are important.

The purpose of this course is to provide a standardized approach to the management of anaphylaxis post COVID-19 immunization.

**This course requires the health care professional to review the following two Policy documents, along with completing the learning module, related to Anaphylaxis Management: Administration of Intramuscular Epinephrine:**

- [Policy](#)
- [Clinical Support Tool \(CST\) Protocol \(Registered Nurses only\)](#)

## Administration of Intramuscular Epinephrine Learning Exam

Anaphylaxis Management: Administration of Intramuscular Epinephrine Exam.

**Pre-requisite – Review the following resources:**

- *Anaphylaxis Management: Administration of Intramuscular Epinephrine* Learning Module
- *Anaphylaxis Management: Administration of Intramuscular Epinephrine* [Policy](#)
- *Anaphylaxis Management: Administration of Intramuscular Epinephrine* [Clinical Support Tool \(CST\) Protocol](#) (Registered Nurses only)

**Target Audience** - Health care professionals who will administer COVID-19 vaccine. To test the learning garnered after completion of the above mentioned pre-requisites, so the health care professional can appropriately respond to a patient/client experiencing anaphylaxis post COVID-19 immunization.