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Basic Community Health Worker Training Curriculum



CORE HEALTH BLOCK

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100 **HealthMAP User Instructions**. This module offers directions for how to download and use HealthMAP and the CME tracker. This app provides students with access to all the training modules for this CHW course. It also includes tools to record their exam scores and set up the continuing medical education program required after they earn their certification.

101 **Overview of core topics**. This module offers an overview of the entire CHW Training Program structure and process and explains the role CHWs play in global health care and the services they provide.

102 **Anatomy Fundamentals, part 1** Part 1 provides an understanding of anatomy and physiology, which together comprise the structure and functions of the human body, and describes the major body systems and their components.

103 **Anatomy Fundamentals, part 2** Part 2 discusses the body's major systems: the nervous system, the respiratory system, the digestive system, the urinary system, the endocrine system, the lymphatic system and the male and female reproductive systems.

Objectives. At the completion of Anatomy Fundamentals, Parts 1 & 2, you will be able to:

- Describe the basic human body functions and life processes
- Identify the anatomic locations and structures of the body
- Describe the physiological functions of the main components of each system of the human body

104 **Understanding Communicable Diseases, 2 parts**. This two-part module presents an overview of infection control, preparedness and modes of transmission and discusses the role of CHWs in addressing infectious diseases.

Objectives. At the completion of this module, you will be able to:

- Describe what an infectious disease is
- Identify different modes of transmission of infectious disease and how it spreads
- Recognize signs and symptoms of infectious disease
- Explain methods of information and resource-gathering to help prepare for an infectious disease outbreak

105 **Infection Prevention and Control** The World Health Organization (WHO) offers practical and proven organizational and technical approaches and measures to prevent the spread of avoidable infections and antimicrobial resistance within both community and

healthcare settings. This module examines the WHO guidelines.

Objectives. At the completion of this module, you will be able to:

- Describe the difference between an outbreak, an epidemic and a pandemic
- Identify prevention and control measures in a clinical setting, to slow the spread of infectious diseases

106 **Infectious Disease Control, The Role of CHWs** This module provides a basic community preparedness outline for healthcare workers in infectious disease outbreaks. It helps healthcare workers understand their role in protecting the healthcare workforce and the community at large.

Objectives. At the completion of this module, you will be able to:

- Understand the specific language used to describe infectious disease
- Identify sensitization techniques and safety measures to control infectious disease outbreaks
- Understand how to implement safety precautions and use equipment appropriately to reduce the spread of infection

107 **Mode of Transmission: Airborne Infectious Diseases** This module provides a definition of airborne diseases, their causes and outbreaks and teaches CHWs how to protect themselves and their communities from contracting these illnesses.

Objectives. At the completion of this module, you will be able to:

- Describe airborne disease, causes and methods of transmission
- Understand methods of infection prevention and control for general and home settings
- Identify signs and symptoms of airborne illness

108 **Mode of Transmission: Direct Contact Infectious Diseases** This module defines contact diseases, their transmission and causes of outbreaks and outlines how to protect against these illnesses.

Objectives. At the completion of this module, you will be able to:

- Define a contact disease
- Describe the transmission and causes of a contact disease outbreak
- Identify measures to protect yourself and your community from contracting a contact disease

109 **Mode of Transmission: Vector-borne Infectious Diseases** This module discusses the viruses, bacteria and parasites transmitted by mosquitoes, ticks, fleas and other living organisms that lead to vector-borne illnesses such as malaria and dengue, as well as the risks, control and elimination of these illnesses.

Objectives. At the completion of this module, you will be able to:

- Define vector-borne diseases and identify the living organisms that transmit disease
- Describe the three most significant vectors and diseases they transmit
- Identify risk factors that can affect vector-borne disease transmission
- Describe methods and steps to prevent the spread of disease and control infection

110 **Mode of Transmission: Waterborne Infectious Diseases** This module defines waterborne diseases such as cholera and diarrhea, their causes and outbreaks, how to protect against them and discusses the role that water and sanitation play in their transmission.

Objectives. At the completion of this module, you will be able to:

- Define waterborne disease, categories and causes of an outbreak
- Recognize methods to protect yourself and your family from contracting waterborne disease
- Identify signs and symptoms of waterborne disease
- Implement treatment for waterborne disease
- Identify interventions to prevent waterborne disease

111 **Mode of Transmission: Food-borne Infectious Diseases** This module provides a definition of food-borne diseases, their transmission through contaminated food, how to protect against these illnesses and how to prepare for outbreaks.

Objectives. At the completion of this module, you will be able to:

- Define foodborne disease, types and methods of transmission
- List the major foodborne disease hazards
- Identify methods to protect against foodborne disease
- Recognize signs and symptoms of foodborne disease

112 **Emerging Infectious Diseases for Community Health Professionals** This module discusses the terminology of emerging and re-emerging infectious diseases and their prevention, causes, occurrences and contributing factors as well as the concept of One Health.

Objectives. At the completion of this module, you will be able to:

- Understand epidemiology in the context of infectious disease transmission and the Epidemiologic Triangle
- Define One health and its impact on disease transmission
- Identify types of disease reservoirs
- Recognize factors contributing to emergence of disease
- Learn how to protect yourself and others from disease

113 **Understanding Non-Communicable Diseases.** This module offers an overview of the major NCDs, their risk factors, assessment and screening procedures along with recommendations for CHW involvement.

Objectives. At the completion of this module, you will be able to:

- Define the main features of NCDs and the major NCDs identified by WHO
- Understand the risk factors and metabolic factors contributing to NCDs
- Identify methods of controlling modifiable risk factors
- Understand methods of controlling metabolic risk factors

114 **Health Promotion and Disease Prevention.** This module encourages healthy behaviors through the promotion of good nutrition and healthy diet, physical activity, good dental hygiene, literacy and general hygiene. It provides a structure for CHWs to use in their role as community educators.

Objectives. At the completion of this module, you will be able to:

- Define health promotion, disease prevention, wellness and social determinants of health
- Identify modifiable risk behaviors
- Describe individual and community focus of health promotion
- Identify the role of policy makers and government agencies in health promotion
- Describe programs for individuals, families and communities
- Explain the role of schools in health promotion

115 **Promoting Mental Health and Wellness.** This module examines the relationship between mental illness and wellness, following WHO's syllabus on this topic.

Objectives. At the completion of this module, you will be able to:

- Define characteristics of the WHO mental health "state of well-being"
- Identify the social, psychological and biological factors that impact mental health
- List ways to promote mental health and maintain positive mental health throughout life
- Identify mental health illness and early warning signs of mental illness

CLINICAL ISSUES (diagnostics and key treatments) BLOCK

[Click Here](#) to download this Clinical Issues Block in zipped format.

116 **Understanding Vital Signs and Basic Assessment of the Systems.** This module

examines basic procedures for taking vital signs, including temperature, pulse rate, blood pressure and respiration rate. It offers “how-to” information and explains how each measure relates to health assessment.

Objectives. At the completion of this module, you will be able to:

- Describe the importance of vital signs in understanding a person’s health
- Demonstrate how to use equipment appropriately to measure blood pressure, heart rate, respirations and temperature on adults and children
- Demonstrate how to measure adult and child height and weight

117 **Medications Review part 1** Part 1 teaches CHWs about distributing medicines and supplies and training patients on proper procedures for taking medications, proper storage of medication and observation of medication effectiveness. The module introduces CHWs to different kinds of medications, how they are administered, why it is important to take them and how to properly handle them.

118 **Medications Review part 2** Part 2 informs CHWs on the basics of a number of treatments such as inhalers, medications given in different ways (e.g., topically, rectally, vaginally), dosages and dosage routines, drug reactions and unused medicine disposal.

Objectives. At the completion of these modules (Parts 1 &2), you will be able to:

- Describe different types of OTC medications, their use and how to safely administer them
- Understand the different routes of medication administration and specific instructions for each medicine
- Educate individuals on the proper administration of their medications
- Administer medications by inhaler and rectal and vaginal medications
- Understand the importance of medication adherence of OTC medicines

119 **Patient Assessment** This module teaches CHWs how to identify a patient’s health problem through interviews and observations of signs and symptoms, medical and social history and general state of physical and mental health.

Objectives. At the completion of this module, you will be able to:

- Demonstrate patient assessment through history taking and observation
- Apply results of interviewing and observation to the management of common symptoms that are familiar to you from disease-specific modules

120 **Vision Screening** This module enables community health workers to describe the visual system, including naming parts of the eye and relating how the eye functions; to carry out a simple vision test with children and adults; perform an Amsler Grid Test; and to explain the elements of a comprehensive eye examination by an eye doctor.

Objectives. At the completion of this module, you will be able to:

- Describe the visual system, including naming parts of the eye and describing how the eye functions.
- Perform a simple vision test with children and adults.
- Perform an Amsler Grid Test.
- Describe the elements of a comprehensive eye examination by an eye doctor.

FIRST AID AND CRITICAL CARE BLOCK (FACC)

[Click Here](#) to download this First Aid Critical Care Block in zipped format.

Patient Assessment - Approaches to Trauma. Community health workers (CHWs) can protect the community and reduce the risk of injuries and serious illnesses by being prepared with a basic understanding of how to approach and assess the condition of a person who might require assistance. Rapid and accurate evaluation of the patient is the key to providing effective first aid.

This three-part series on Patient Assessment takes CHWs through a process that allows an effective evaluation of a patient. The Patient Assessment process further enables CHWs first on the scene to learn more about the patient’s history and about the circumstances that

brought about the injury or health condition.

Each of the three assessment steps is covered in a separate module:

121 **Patient Assessment - Approaches to Trauma, Part 1 The ABCDE approach** for injured patients. Trauma primary survey. Treat any urgent conditions and then move on to the next step.

122 **Patient Assessment - Approaches to Trauma, Part 2 SAMPLE history:** Signs and symptoms, Allergies, Medications, Past medical history, Last oral intake, and Events surrounding the injury.

123 **Patient Assessment - Approaches to Trauma, Part 3 Trauma secondary survey:** A complete head-to-toe examination to look for injuries not identified by the primary survey.

124 **Stop the Bleed.** There are three types of bleeding, which are categorized based on: the type of damaged blood vessel, the flow of the blood and the severity of bleeding. In this module, you will learn how to distinguish among different types of bleeding and how to manage and treat a person who is bleeding. Quick and proper intervention can save many lives.

125 **Burns.** A burn is damage to the body's tissues caused by heat, chemicals, electricity, or radiation. Treatment for burns depends on the cause of the burn, how deep it is, and how much of the body it covers. In this module, we will learn how to distinguish among different types of burns and how to manage and treat a person who has burns.

126 **CPR.** Cardiopulmonary resuscitation (CPR) is an urgent lifesaving technique used in emergencies, such as a heart attack or near drowning, when a person's heart or breathing has stopped. CPR can keep oxygenated blood flowing to the brain and other vital organs. Learning to perform CPR could save a life. This module is based on procedures recommended by the American Heart Association (AHA) and other medical organizations.

127 **Fractures.** A fracture is a break in the continuity of a bone. If severe enough and improperly cared for, fractures can cause disability, loss of the limb, or in some cases, death by severing vital organs and/or arteries. In this module, we will learn to: Identify locations and types of fractures, evaluate fractures for complications and treat fractures as first responders in emergency situations.

128 **Shock.** Shock is a life-threatening condition that occurs when the body's organs do not receive enough blood flow. This can be caused by a variety of factors, including injury, infection, and heart problems. Symptoms of shock include low blood pressure, rapid breathing, and confusion. If shock is not treated, it can lead to death. In this module, we will learn about the different types of shock, the symptoms of shock, and how to treat shock.

COMMUNICATION BLOCK

[Click Here](#) to download this Communication Block in zipped format.

130 **Communication Skills.** This module covers interpersonal and group communication, persuasion, relationship building, message development and other skills necessary to CHWs as communicators.

Objectives. At the completion of this module, you will be able to:

- Identify elements of successful communication
- Identify and resolve barriers to effective communication
- Understand how to use conflict resolution strategies

131 **Teaching Health Topics part 1** Part 1 discusses the role of an effective CHW educator, basic teaching principles, teaching strategies for groups and individuals, preparing for a teaching session and delivering a successful presentation.

132 **Teaching Health Topics part 2** Part 2 examines technology-based or computer-based training material created specifically for use by teachers of community health and educates CHWs on how to use WiRED modules as a foundation for teaching health in their

communities.

Objectives. At the completion of these modules (Parts 1 & 2), you will be able to:

- Define the role and characteristics of an effective CHW educator
- Describe basic teaching strategies for groups and individuals
- Identify how to prepare and deliver an effective teaching presentation

133 **Health Surveillance Skills.** This module discusses data gathering and disease surveillance involving WHO's STEPS instrument and other approaches.

Objectives. At the completion of this module, you will be able to:

- Understand the goals, approaches and uses of public health surveillance
- Address types of public health surveillance and the role of the CHW
- Know about reporting forms for recording and reporting community health details

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