Supporting Alaska’s Tribal Health Workers: Online Cancer Education

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Dedicated to Anne P. Lanier
Acknowledgements

* Alaska’s Community Health Aides/Practitioners
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Alaska’s Community Health Aides/Practitioners
1 in every 5 deaths
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

- Colon/Rectum: 17.9%
- Lung: 17.2%
- Breast: 15.1%
- Prostate: 5.8%
- Stomach: 4.5%
- Kidney: 4.4%
- Oral/Pharynx: 3.7%
- Nasopharynx: 1.5%
- Esophagus: 1.5%
- All Others: 28.3%

N=8,703
Community-Based Participatory Action Research (CBPAR)
Honors Indigenous Ways of Knowing
Informed by Empowerment Theory
  * Empowerment Processes
  * Empowerment Outcomes

American Journal of Community Psychology. 23(5): 581-599
In-Person Cancer Education
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/
Themes

Collaborating:
Work with learners and communities to develop and refine education

Connecting:
Incorporate space for interactions and building relationships to learn with/from each other

Content:
Deliver content in relevant ways, such as personal stories, games, interactivity, and visuals

Contextualizing:
Connect content to learners’ unique experiences, cultures, and the bigger picture

Culturally-Relevant Online Education
Online Cancer Education Modules

Welcome to Cancer Basics

Staying Strong, Staying Healthy

Alaska Native Men Speak Out About Cancer

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

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.

Awakening Choices

Colon Health
## End-of-Module Evaluations

<table>
<thead>
<tr>
<th>Question</th>
<th>Answers</th>
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| 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: |
| 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: |
| 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

* 1017 evaluation surveys completed between March 2015 and September 2017

* 162 unique learners January 2016-September 2017
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”.

Informative and Culturally-Respectful
How Will You Use This information?

- Patients: 90%
- Family: 70%
- Friends: 60%
- Community: 50%
- Self: 30%
As a Result of This Module, Within the Next Six Months, I Plan to...

- Increase physical activity: 50%
- Eat healthier: 40%
- Get info about screening: 30%
- Get screened: 20%
- Schedule screening: 20%
- Cut down tobacco use: 10%
- Stop using tobacco: 10%
- Not make any changes: 10%
As a Result of This Module, I Plan to Talk With My Patients More Often About...

- Cancer Screening: 80%
- Quitting Tobacco: 70%
- Physical Activity: 60%
- Eating Healthy: 50%
- Other: 10%
Cancer Education Course

37 learners enrolled in three course offerings
Knowledge about Cancer

- Very knowledgeable
- Knowledgeable
- OK
- Not very knowledgeable
- Not at all knowledgeable

Beginning Average | End Average | 6-Months Average
How Comfortable Do You Feel Talking about Cancer with your Patients, Family, Friends, and Community?

- Very Comfortable
- Comfortable
- OK
- Not very comfortable
- Not at all comfortable

Beginning Average
End Average
6-Months Average
Celebrating Wellness Choices

Physical activity
Scheduled screening
Got info
Had an exam
Cut down on tobacco
Quit tobacco

End 6-Month
“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”

Katie Cueva kcueva@alaska.edu
Thank You
Sue Davis: “I have grown so much through this... didn’t realize how much I had lost touch with my human side until this.”