



Primary Care
Alberta

Primary HealthCare Learning Portal Course Catalogue

For Community Health Professionals

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Open Enrollment Learning

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

Primary HealthCare

In Alberta, primary healthcare services are delivered by a team of providers that can include physicians, nurses, psychologists, pharmacists, dietitians, counsellors, rehabilitation and social workers, and others. Through the Primary HealthCare 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 Post-Stroke

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.

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.

Chronic Disease Management

Diabetes Update

Carbohydrate Counting for Glycemic Control

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

Fiber and Glycemic Index

In this module we will discuss what is fiber, the types and sources of fiber in the diet, benefits of fiber 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 regard 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 & Mental Health

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.

HealthChange

HealthChange provides a way of communicating and working with patients and families that helps them understand and use health information as it is shared in a way that is meaningful to them.

HealthChange supports all team members working with patients to practice in a similar way. This ensures person-centred care applies to the whole team. This consistent approach across care teams helps patients know what to expect from care appointments and their role with anyone on their care team.

Using HealthChange's methodology promotes shared decision-making and engages patients and families as true partners in their care. The guiding practice principles of HealthChange support providers to be present with patients in a way that is non-judgmental, fosters trust and encourages exploration versus making assumptions.

The methodology also supports providers to assess and build patient readiness to make health changes and to have conversations that meet the patient's behavior change needs. Over time, HealthChange can enhance a patient's ability to self-manage their health conditions.

Healthcare teams across Alberta have been using HealthChange to guide process improvement work, adapt clinical documentation and develop effective patient education resources.

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 support the educational requirements of the Primary Care Domestic Violence Screening & Intervention Policy Suite. It is to build upon the content of part 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.

Growth Chart Training Modules – Further Assessment Monitoring and Referral

The Further Assessment, Monitoring and Referral module was designed for health professionals working in public health settings. Module content is aligned with provincial Growth Chart Use protocol. This is the second of six modules within the Growth Chart Training series. Learners will be familiar with the growth monitoring summary sheet, be able to describe the standard discussion points regarding growth monitoring and understand when a referral or follow up may be necessary.

Growth Chart Training Modules – Interpretation of Growth Patterns

The Interpretation of Growth Patterns module was designed for health professionals working in public health settings. Module content is aligned with provincial Growth Chart Use protocol. This is the third of six modules within the Growth Chart Training series. Learners will interpret growth patterns, be able to describe the importance of growth monitoring, interpret shifts in growth patterns and define and use cut-off points.

Growth Chart Training Modules – Introduction to Growth Monitoring

The Introduction to Growth Monitoring module was designed for health professionals working in public health settings. Module content is aligned with provincial Growth Chart Use protocol. This is the fourth of six modules within the Growth Chart Training series. Learners will be able to describe the importance of growth monitoring, know which growth charts are used in Alberta, know how to select the appropriate growth chart and be aware of the core growth messages related to pediatric growth assessment and growth charts.

Growth Chart Training Modules – Preterm Growth Monitoring

The Preterm Growth Monitoring module was designed for health professionals working in public health settings. Module content is aligned with provincial Growth Chart Use protocol. This is the fifth of six modules within the Growth Chart Training series. Learners will be able to select the appropriate chart to use for monitoring the growth of pre-term infants, understand the difference between corrected and gestational age, be able to calculate corrected age.

Growth Chart Training Modules – Navigating Growth Discussions

This online module is part of the Growth Chart Training Modules. This module was designed for care providers to promote consistency in childhood growth monitoring across all health care settings in Alberta.

Growth Chart Training Modules – Resources for Public Health on Growth Monitoring

The Resources module was designed for health professionals working in a public health setting. Module content is aligned with provincial Growth Chart Use protocol. This is the sixth of six modules within the Growth Chart Training series. Learners will be aware of growth monitoring resources available for health professional and be aware of growth monitoring resources available for the public.

Postpartum Depression Screening and Referral in Public Health

Welcome to the Postpartum Depression (PPD) Screening and Referral in Public Health eLearning module. This content is based on the AHS Public Health PPD Screening Policy and Guidelines. Each section provides information and gives opportunities to apply this knowledge. Learners will apply knowledge of PPD screening by utilizing key concepts of values, beliefs and attitudes, patient and family centred care and working with diverse populations. Learners will identify mental health concepts, impacts of untreated mental illness, and the reasons mothers may not seek help. The goal is to apply knowledge and skills required to screen an eligible mother for PPD using specific tools.

Public Health Nutrition Module – Drinks for Infants and Children

This module was designed to provide public health professionals with guidance on drinks for infants and children. Module content is aligned with provincial Nutrition Guidelines for Healthy Infants and Young Children. Learners will be able to identify breastmilk as the optimal food for infants, recognize the importance of milk in a child's diet and be able to provide guidance around appropriate milk and milk alternative choices, identify appropriate use of open cups, sippy cups and bottles, identify healthy drinks in addition to drinks that should be avoided or limited for infants and children.

Public Health Nutrition Module – Infant Formulas

This module was designed to provide public health professionals with guidance on infant formulas. Formula information should only be provided when an informed decision to not breastfeed has been made by parents. Module content is aligned with provincial Nutrition Guidelines for Healthy Infants and Young Children. This module provides health professionals with resources that provide information about infant formulas currently available and indications for their use, identify recommendations around the use of infant formulas for infants at high and low risk for allergies, and the appropriate use of formulas for special conditions such as soy, lactose-free, and extensively hydrolyzed casein.

Public Health Nutrition Module – Introduction of Complementary Foods

This module was designed to provide public health professionals with guidance on introducing complementary (solid) foods to infants. Module content is aligned with provincial Nutrition Guidelines for Healthy Infants and Young Children. Learners will be able to identify signs of readiness for complementary foods, understand responsive feeding, give examples of iron-rich first foods, list potential signs of allergies and describe appropriate texture progression of infant foods.

Public Health Nutrition Module – Management of Constipation in Healthy Infants and Children

This module was designed to provide public health professionals with guidance on assessment and management of constipation in infants and children. Module content is aligned with provincial Nutrition Guidelines for Healthy Infants and Young Children. Learners will be able to describe healthy stool patterns in infants and children, assess for constipation and for the presence of red flags, be aware of information related to assessment and parental education around adequate intake, hydration and activity, be familiar with guidance on management of constipation, and know when physician referral is appropriate.

Public Health Nutrition Module – Nutrition for Lactation

This course was formerly named Public Health Nutrition Module - Nutrition for Breastfeeding Parents. This module was designed to provide public health professionals with guidance on

nutrition for breastfeeding moms. Learners will be able to advise breastfeeding moms on healthy eating, which foods to avoid or limit, and make recommendations for multivitamins.

Public Health Nutrition Module – Safe Preparation and Handling of Infant Formula

This module was designed to provide public health professionals with guidance on safe preparation and handling of infant formulas. Formula information should only be provided when an informed decision to not breastfeed has been made by parents. Module content is aligned with provincial Nutrition Guidelines for Healthy Infants and Young Children. Learners will be able to describe the 3 formats of infant formula, identify appropriate water sources for preparing formula, understand how to prepare feeding equipment and explain how to prepare formula based on the format used.

Public Health Nutrition Module – The Feeding Relationship

Public health professionals will learn about the feeding relationship as well as how it can be implemented to support a healthy eating environment. Module content is aligned with provincial Nutrition Guidelines for Healthy Infants and Young Children. Learners will be able to understand the steps which children take when learning to eat, the parent's and child's role in the feeding relationship and identify strategies to help children accept new foods.

Public Health Nutrition Module – Toddler and Preschooler Nutrition

This module was designed to provide public health professionals with guidance on nutrition for toddlers and preschoolers. Module content is aligned with provincial Nutrition Guidelines for Healthy Infants and Young Children. Learners will be able to be familiar with general healthy eating guidance for toddlers and preschoolers, including Canada's Food Guide recommendations, provide guidance to parents on meal and snack frequency, explain the difference between and appropriate use of Canada's Food Guide servings and toddler/preschooler portions, be confident in providing answers to parental queries on the use of vitamin/mineral supplements, and describe common toddler/preschooler eating skills and behaviours to parents.

Public Health Nutrition Module – Vitamin D for Infants and Children

This module was designed to provide public health professionals with guidance on vitamin D for infants and children. Module content is aligned with provincial Nutrition Guidelines for Healthy Infants and Young Children. Learners will be able to recognize the importance of vitamin D for infants and children, list food sources of vitamin D, identify current recommendations for vitamin D supplementation, and advise parents on what to look for when choosing a vitamin D supplement for their child.

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 healthcare 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 on 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.

Patient & Family Centered Care

Caregiver Centered Care - Domain A: Recognizing the Caregiver Role

This module is designed for all healthcare providers who interact with family caregivers. No prerequisites are required but it is recommended that learners have taken the Foundations and Partnering with Family Caregivers During Times of Uncertainty courses. This advanced instruction is a comprehensive look at the service that family caregivers provide and the significant role they play in our healthcare system. This instruction will help you reflect on your own assumptions about family caregivers and recognize the role they play in working with you to provide quality care to your clients.

Caregiver Centered Care - Domain B: Communicating with Family Caregivers

This module is designed for all healthcare providers who interact with family caregivers. No prerequisites are required but it is recommended that learners have taken the Foundations and Partnering with Family Caregivers During Times of Uncertainty courses. This advanced instruction is an in-depth look at the importance of respectful and empathic communication with family caregivers. The instruction challenges you to reflect on your own professional practice and seek for ways that you can be more effective in communicating with family caregivers to provide quality care. The care recipient and the family caregiver are linked together. Helping one helps the other.

Caregiver Centered Care - Domain C: Partnering with Family Caregivers

This module is designed for all healthcare providers who interact with family caregivers. No prerequisites are required but it is recommended that learners have taken the Foundations and Partnering with Family Caregivers During Times of Uncertainty courses. This advanced instruction is a comprehensive look at how to effectively partner with family caregivers to improve health outcomes. This instruction will help you reflect on your own professional practice and consider ways that you can work effectively with family caregivers as part of your care team.

Caregiver Centered Care - Domain D: Fostering Resilience in Family Caregivers

This module is designed for all healthcare providers who interact with family caregivers. No prerequisites are required but it is recommended that learners have taken the Foundations and Partnering with Family Caregivers During Times of Uncertainty courses. This advanced instruction is a comprehensive look at how healthcare providers can address the emotional, informational, and instrumental needs of family caregivers so they can build resources to adapt to the demands of their caregiving role. This instruction will help you to reflect on your own professional practice and to recognize ways you can help family caregivers withstand, adjust, and grow in the face of stressors and changing demands.

Caregiver Centered Care - Domain E: Navigating Health & Social Systems and Accessing Resources

This module is designed for all healthcare providers who interact with family caregivers. No prerequisites are required but it is recommended that learners have taken the Foundations and

Partnering with Family Caregivers During Times of Uncertainty courses. This advanced instruction is a comprehensive look at how healthcare providers can assist family caregivers to navigate health care systems, social systems, and effectively access resources to support them in their caregiving responsibilities. This instruction will help you to reflect on your own professional practice and to recognize ways you can help family caregivers navigate available systems and supports and overcome barriers to accessing services.

Caregiver Centered Care - Domain F: Enhancing the Culture and Context of Care

This module is designed for all healthcare providers who interact with family caregivers. No prerequisites are required but it is recommended that learners have taken the Foundations and Partnering with Family Caregivers During Times of Uncertainty courses. This advanced instruction will support you to self-reflect, model, and advocate for Caregiver-Centered Care recognizing that our views of family caregivers are often affected by unconscious bias and societal stereotypes. This instruction will help you to create a personalized action plan for the change that you would like to see in your professional practice.

Caregiver-Centered Care – Foundational

Foundational Education is designed for all healthcare providers who interact with family caregivers. No prerequisites are required. The module follows Lacey, a student nurse whose mother was recently diagnosed with early onset dementia as she learns about the six Caregiver-Centered Care competencies she needs to support caregivers from her health workforce colleagues at the hospital. This instruction will introduce you to the importance of family caregivers in our healthcare system and challenge you to consider how you might partner with family caregivers in providing the needed care for those receiving care.

Caregiver-Centered Care: Partnering with Family Caregivers During Times of Uncertainty

This module is designed for all healthcare providers who interact with family caregivers. In this module, you will be introduced to family caregiver Gordan Cruikshank, and long-term care facility manager Estelle Wagner, as they deal with changing restrictions caused by the pandemic. This module will give you practical solutions for partnering with family caregivers – particularly during times of uncertainty. This instruction will highlight the impacts the pandemic has had on family caregivers.

Caregiver Centered Care: Champions Education

This is a 3-part course where you will learn the tools and thought processes that will help you manage a significant caregiver-centered care initiative in your organization. At the end of these modules, care givers will be better prepared to champion organizational change by identifying your personal qualities and strengths as a leader, writing both a vision statement and an elevator pitch that captures the change you wish to achieve, identifying the individuals and/or groups that will help to bring about change, developing a plan to build knowledge and practice supports for those in your organization who will be implementing caregiver-centered care, identifying ways that change efforts can be adapted to what's working and what is not working and planning for how the effectiveness of the Caregiver-Centered Care changes will be measured and sustained.

Caregiver Centered Care: Physician's Education

This is a 3-part course where physician's will be better prepared to recognize family caregivers by identifying family caregivers, acknowledging family caregivers' roles and the impacts of their caregiving and creating welcoming environments for family caregivers within their practice.

Tobacco Cessation

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 Interventions

In this course, 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.

Sacred Tobacco Module 1

This course is designed for healthcare workers and individuals who work with, serve, or support Indigenous peoples across the province. This course uses traditional storytelling and reflections to enhance the learners understanding of sacred tobacco and how it is part of many cultural practices and beliefs. We will contrast sacred tobacco with commercial tobacco and its monetization and current impacts.

Sacred Tobacco Module 2

This training module uses video-based storytelling to explore the application of strength-based tobacco cessation through the integration of traditional teaching and western medicine in a client centered approach. This module will help you identify ways to adapt and enhance your clinical interactions with clients to support them on their journey. This is the second module in the learning series. It is recommended that you complete the first module to have to maximize the learning experience.

Tobacco Basics

Participants will be provided with a broad and general understanding of tobacco use, exposure, and its impact on our society. Topics include tobacco use epidemic, tobacco industry tactics, tobacco use prevention and health promotion strategies, tobacco products/impacts and tobacco reduction resources. This unit is recommended as foundational knowledge for anyone involved in tobacco prevention, protection and cessation.

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 for 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

Vaccine Storage and Handling

It is recommended that all individuals, current or new, who administer vaccines as well as those who order, store, handle, monitor or distribute vaccine should take these modules.

This course is designed to teach anyone who handles provincially funded vaccines and biologicals about the importance of proper vaccine storage and handling, including maintaining cold chain.

Every part of the chain is required to prevent cold chain excursions and ensure that clients receive safe and effective vaccines. There are four topics in this module that should take approximately 90 minutes to complete.

Anaphylaxis Management

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, the health care professional can appropriately respond to a patient/client experiencing anaphylaxis post COVID-19 immunization.