Community Health Worker Training Courses

MDH CHW INITIATIVES

Free online training courses for CHWs are available to advance knowledge on health promotion and chronic disease prevention. Courses build upon the CHW Certificate Program competencies.

Trainings can be accessed through the MDH e-learning center (www.health.state.mn.us/about/tools/learningcenter.html).
Register for a free account to get started.

Sign up for free trainings

Free training modules

Arthritis Management for CHWs

This short 15-minute course explores the role of CHWs in supporting patient arthritis management including understanding risk factors, management, treatment, and referral.

Helping Clients with Asthma – A CHW Approach

This 30-minute module teaches about the signs and symptoms of asthma; describes medications, presents the correct use of asthma medicine devices, and how to identify asthma triggers.

Dementia Training for CHWs

This course provides an overview of Alzheimer's and dementia, risk reduction, dementia detection, living with dementia and caregiver support.

CHW Role in Diabetes Care

In this course, learn about diabetes and how CHWs can play a vital role in managing this serious chronic health condition.

CHWs 101: Introduction to Research

This interactive course introduces research concepts, types of research, models of community-based research, ethics, and potential careers or roles. The course includes videos of a few local CHWs who are engaged in research.

Stroke Care for CHWs

A short 10-minute course that reviews the risk factors for stroke and what can be done to reduce a client's risk.

Heart Health Conditions: Education for CHWs

A short 10-minute course that reviews the risk factors for heart health conditions and what can be done to reduce a client's risk.

CHW Role in High Blood Pressure Management

This course provides an overview of high blood pressure, including risk factors, blood pressure numbers, healthy lifestyle habits, and CHW roles and resources that support prevention and management.

CHW Role in Self-Monitoring Blood Pressure

This course introduces self-measured blood pressure (SMBP) with clinical support and covers CHW roles in supporting patients in SMBP including how to choose a validated blood pressure monitor, use the correct cuff size, and take accurate blood pressure readings at home.

How to get started

1. Register for a free account in the MDH Learning Center (health.state.mn.us/about/tools/learningcenter.html).
2. Use the QR codes or search for the course title in the search bar at the top right of the portal.
3. Enroll in the course and complete it at your own pace.
4. Upon completion of each course, you will be asked to complete a course evaluation survey.
5. Once the survey is completed you will receive a certificate of completion.

Contact us

For more information and for a companion guide for each module, visit MDH CHW Training Courses (https://health.mn.gov/communities/commhealthworkers/courses/index.html).

For questions contact: health.chw.MDH@state.mn.us.

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