



# Evaluation of Community Health Worker Intervention in San Antonio

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## HOW IT WORKS

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## CURRENT SELECTION

Ferrer RL, Gonzalez Schlenker C, Cruz I, et al. Community health workers as trust builders and healers: a cohort study in primary care. *Ann Fam Med*. 2022;20(5):438-445.

### Discussion Tips

This study investigates the role of community health care workers (CHWs) working in conjunction with a primary care practice in San Antonio, Texas and how this affected health outcomes for individuals with diabetes mellitus. Community health care workers act through building a relationship based on the Nostros approach to wellness, which prioritizes the goals and wants of the patient. In underserved, chronically ill patients, does this approach which emphasizes self-actualization affect measurable clinical outcomes?

### Discussion Questions

- What question is asked by this study and why does it matter?
- What is the difference between a quality improvement project and research? Under which framework did this study best fit?

- What are community health workers and how might they improve patient's health?
- What does this study bring to the table in regard to the role of community health workers that previous research has not?
- Does the 3-tiered/leveled model create an accurate context for answering the question posed by this article?
- To what degree can the findings be accounted for by:
  1. Preexisting motivations in patient population—(ie, if patients are already willing to work with a community health worker, are they self-selecting for the “self-care emergence” group, regardless of the actual intervention of the CHW?)
  2. Lack of randomization
  3. Attrition of study subjects
  4. Regression to the mean
- What are the main study findings?
  - What are the limitations of the study outcomes?
- How long were patients included in the study?
- How comparable is the study sample to similar patients in your practice or region? Do you think that the context of an inner-city cohort makes this study transferable to other populations?
  - What barriers might you face in establishing a community health worker's intervention in your clinic? How might you overcome these barriers?
  - How might this study change your practice and how you attempt to engage and motivate patients in their own self-care?
- Who are the constituencies for the findings, and how might they be engaged in interpreting or using the findings?
- What researchable questions remain?

## References

1. Stange KC, Miller WL, McLellan LA, et al. *Annals Journal Club: it's time to get RADICAL*. *Ann Fam Med*. 2006;4(3):196-197. <http://AnnFamMed.org/cgi/content/full/4/3/196>