

Let's CHAT About It: Community Health Awareness and Training Program

Amy Runge, Med, BSN, RN, ACRN, Barbara Patterson, MCD, CC/SLP, Yuliya Peet, MSN-Ed, RN, CCRN



BACKGROUND

The Patient and Family Education Workgroup (PFEW) met in 2023 to discuss areas in which they could bring the greatest value to the organization. The team recognized an opportunity to provide continuing education to both staff and community visitors. "Participation in health promotion activities provided by hospitals was associated with better practice of health behaviors"³. Bringing education that was informative and accessible was the goal. Beginning from identification of topics associated with nationally recognized celebrations, we were able to develop a monthly calendar of "events". Focusing on improving patient safety and health outcomes, the "CHAT" concept (Community Health Awareness and Training) was born.



PURPOSE

This poster describes the CHAT program's goals and provides examples of presentations that have raised safety awareness and expanded staff and visitor knowledge through interactive demonstration tables.

CHAT: B2H Program Stress & Mental Health Promotion



In honor of the Mental Health Month of March 2026:

B2H is the Bridge to Behavioral Health program at UNLV. This program supports PMHNP students each year to expand training to support underserved areas in Nevada.

"The CHAT presentation went wonderfully. Our student disseminated information on stress and mental health promotion. We also passed out some goodies; stickers were a big hit at our table! Thank you so much for the opportunity". (Jackie)

C.H.A.T.
Community Health Awareness
and Training Program

**Speech Therapy Awareness
and Education**
May 8 from 11 a.m. to 1 p.m.
Café @ UMC
We are currently looking for volunteers to join our Community Health Awareness and Training (CHAT) and present their valuable health topics monthly at a booth in front of the Café at UMC.
If you are passionate about engaging with community members, please reach out to PHEW Chair Yuliya Peet at yuliya.peet@umc.edu. We can't wait to CHAT about topics you're interested in teaching! Your active participation goes toward your Clinical Ladder.

On Thursday, May 21st, our team of dedicated Speech Language Pathologists gathered to celebrate National Speech-Language-Hearing Month by showcasing the various service areas we are involved with throughout the hospital. Speech therapists provide meaningful assessments both at the bedside and through instrumental exams to ensure patients are able to safely and efficiently eat; communicate through either verbal or alternative means; cognitive rehabilitation and early developmental care. Our work spans from the NICU to TICU, Burn Care to Med Surgical and everything in between. Take a minute to thank an SLP today and find out why we love being a Speech Pathologist!

METHODS

CHAT program is designed to present tables on health-related topics each month, showcasing UMC's collaborative efforts and improving community knowledge. "Community health promotion seeks to enable people to have control over their health and its determinants strengthens communities and improves lives"².

The CHAT program shared information on resources and training available to our community free of charge through the Healthy Living Institute at UMC.

Through educational handouts, prompts, videos and resources approved by UMC and the National organizations, such as American Heart and American Diabetes Associations, presenters showcased games, visual cues, and activities to enhance knowledge retention and make it fun and interactive for all participants.

CHAT: CPR/AED Awareness Month in June



- In celebration of June CPR/AED Awareness Month, staff from the Healthy Living Institute and Wellness Center hosted an information table to promote lifesaving skills in our community. Visitors learned about free CPR training offered by the Healthy Living Institute, and staff engaged attendees with interactive CPR and AED trivia and prizes.
- CPR saves lives, and the statistics make a compelling case for why everyone should learn it. Sudden cardiac arrest strikes approximately 350,000 people outside of a hospital each year in the United States, and survival rates nearly double or triple when bystander CPR is performed immediately. Every minute without CPR and defibrillation reduces survival chances by roughly 10%, making community training not just valuable, but critical.

RESULTS

As a result of ongoing CHAT program in the last 3 years, we had 1-3 programs monthly showcasing education and safety training (Table 1).

Over the past year, several topics have been presented which highlight health promotion, safety and injury prevention. To name a few: Heart Healthy, Nutrition, STI Awareness, Bystander CPR, Breastfeeding Awareness, and Diabetes education.

In addition to specific health topics, presentations were shared by the inter-professional teams: Promoting activities of daily living, healthy eating habits, exercise, and sleep.

Month	Health Awareness	Table 1	Table Day	Lead department/staff
February	Nevada Donor Network Education	2/13/2026 11am-1pm	Eric Domingo	
February	Heart/Cardiac Month	2/26 & 2/27 11am-1pm	Alma & DSS Team	
March	Nutrition month,	3/6, 3/12, 3/18, 3/24, 3/20	Dietary-Reilly	
April	STI awareness	4/13/2026 11:30-12:30	Wellness Center/Amy Runge	
April	OT Month	4/20/2026 10-1pm	OT team	
May	SLP Day	5/21/2026 11-2pm	Jonel's Staff	
May	Mental Health Awareness Month	05/07/2026 9-11am	Jackie Franke	
June	CPR/AED	6/12/2026	HLI-Amy Runge staff	
July	UV Protection	7/14 11am-1pm	UMC Burn team	
August	Breastfeeding Month	8/7/2026	Nicollette & HLI	
September	International NICU Therapy Month	9/17/2026 10:30-1pm	NICU	
October	Physical Therapy Month	TBD	Rehab PT Team	
November	Diabetes Month	11/16/26 11-2pm	Yuliya/Diabetes Educator	
December	World AIDS Day	12/2/26 11:30-12:30	Wellness Center/Amy Runge	

CONCLUSIONS

As a workgroup, we have been able to expand our current program in 2026 with new topics and departmental involvement to further highlight education and enrich program recognition. The intent is to continue to promote the CHAT program through hospital avenues (ie PULSE) with the goal of providing continued, quality information to our staff and visitors as we work towards a safer, healthier community.

REFERENCES

