

Certification Board Newsletter

Community Health Aide Program

CHAPCB Members

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Norton Sound Health Corporation
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Community Health Director
Kodiak Area Native Association
Vice Chair

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Alaska Native Tribal Health
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Vice President Outpatient Care and
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<https://openpress.usask.ca/app/uploads/sites/72/2019/12/Millers-Pyramid.jpeg>

Re-Entry and Biennial Skills



Important Notice for CHAP Program Supervisors Regarding Standard Changes to CHAPCB Standards and Procedures Section 2.50.200(a)(4) Requirements for Renewal.

The Community Health Aide Program Certification Board believes that clinical competency is vital to providing high quality healthcare in remote Alaska. Periodically, the Board reviews CHAPCB Standards & Procedures to ensure they align with the goals and best practices of the program. Recently, the CHAPCB determined, after extensive

consideration of Community Health Aide Program stakeholder input from the CHAP Academic Review Committee, CHAP Training Center Coordinators, and Alaska Association of CHAP Directors, that a change was needed to CHAPCB Section 2.50.200 to ensure that all Community Health Aides, regardless of certification level, complete a standardized biennial competency evaluation.

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October 2021 Certifications. Congratulations!

Akiachak

1. Frederick, Marsha E., CHP ☺

Anchorage

2. Ercanbrack, Brandon J., BHP ★
3. Rivera, Rebecca M., BHA II ★

Bethel

4. Atseriak, Casey J., CHA II ☺▲
5. Bell, Greg, BHP ☺
6. Murat, Conan S., DHAT ☺
7. Owletuck, Gwendolyn A., DHAT ★
8. Patton, Trisha L., DHAT ☺
9. Wiseman, Adeline M., CHP ☺
10. Woods, Jeremy R., CHA IV ☺

Bettles

11. Schmitz, Betty Jo, CHA IV ☺▲

Brevig Mission

12. Olanna, Dora M., CHA III ▲

Chenega

13. Kashevarof, Melonie M., CHA I ★

Chevak

14. Elachik, Ian I., CHA III ▲
15. Lake, Merrill J., CHA I ★

Chignik Bay

16. Anderson, Alana K., BHA II ☺

Circle

17. Nollner, Tina L., CHA IV ▲

Eagle

18. Howard, Yvonne G., BHA II ☺

Ekwok

19. Stermer, Letia S., BHA I ★
20. Walcott, Letia M., CHA I ★

Elim

21. Murray, Janelle M., BHA II ☺▲
22. Nakarak, Beverly E., CHA IV ▲

Emmonak

23. Moore, Kimberly A., CHA II ▲

Fairbanks

24. Bifelt, Mariah M., CHP ▲
25. Ristow, Steven R., BHA III ★
26. Salmon, Destiny J., CHP ☺
27. Sterle, Ann M., BHP ☺

Gambell

28. Koonooka, Barton D., CHA I ★

Healy

29. Suko, Toni M., CHP ☺

Holy Cross

30. Walker, Constance M., CHP ▲

Homer

31. Miller, Genny R., CHP ☺

Kasigluk

32. Andrew, Annie K., CHA II ▲
33. Keene, Renae M., CHA IV ☺▲
34. Martin, Katherine B., CHA IV ☺▲
35. Martin, Lawrence W., CHA II ▲

Kenai

36. Mickenham, Shana M., BHP ★

Kiana

37. Bernhardt, Maylani E., CHA I ★
38. Kimoktoak, Ryan M., CHA III ☺▲

King Cove

39. Babcock, Bonita J., CHP ☺
40. Brandell, Troy J., CHA III ☺

Kipnuk

41. Evan, Norma A., CHP ☺
42. Jimmy, Georgiana C., CHA IV ☺▲
43. Paul, Danielle P., CHA III ☺▲

Koliganek

44. Tunguing, Annie C., CHA II ☺

Kotlik

45. Chimeralrea, Dominica C., CHA I ☺
46. Mike, Laurencia C., CHA I ★

Koyuk

47. Otton, Helena C., CHA IV ▲

Kwethluk

48. David, Patricia M. M., CHA II ▲
49. Fisher, Jordan T., CHA II ☺

McGrath

50. Egrass, Pauline A., CHA IV ☺▲

Metlakatla

51. Guthrie-Blandov, Sylvia A., BHA II ▲
52. Leisholmn, Alonzo C., CHP ☺

Minto

53. Jimmie, Amber J., CHP ▲

Mountain Village

54. Alexie, Minnie S., CHA II ☺

LEGEND

☺	CHA/P, DHA or BHA/P who has renewed certification.
▲	CHA, DHA or BHA who has upgraded in certification.
★	CHA/P, DHA or BHA/P who is initially certified.

Nanwalek

55. Yeaton, Kelly A., CHA I ☺▲

Nenana

56. Esmailka, Cheyanne LL, CHA II ▲

New Stuyahok

57. Wonhola, Adrian M., BHA I ★

Nikolai

58. Navarro, Natalia L., CHP ☺▲

Ninilchik

59. Nelson, Sarah J., CHP ☺

Nome

60. Pratt, Zenas' Y., EFDHA I ★

Nondalton

61. Trefon, Gloria M., CHA III ☺▲

Noorvik

62. Coffin, Cynthia A., CHP ☺

North Pole

63. Curry, Tamika N., BHP ★

Old Harbor

64. Pretorius, Patricia J., BHA II ▲

Perryville

65. Kalmakoff, Eugene, CHA I ★

Pilot Station

66. Heckman, Stanley E., BHA I ☺

Port Graham

67. Malchoff, Dannielle M., CHA I ★
68. Miller, Agnes I., CHP ☺

Quinhagak

69. Kiunya, Hope P., CHP ▲

Ruby

70. Cleaver, Nicole, CHA II ☺

Russian Mission

71. Wigley, Anita D., CHA II ▲

Saint Mary's

72. Akaran, Brittany D., CHA IV ▲

Sand Point

73. Curtis, John P., BHA II ▲

74. Karlsen, Joanna D., CHP ▲

Selawik

75. Foxglove, Destinee A., CHA I ★

Shishmaref

76. Davis, Gwendolyn N., CHA IV ☺

77. Kuzuguk, Renee B., CHA II ☺

Shungnak

78. Tickett, Crystal B., BHA I ★

Sitka

79. Mueller, Nina, BHA III ★

Takotna

80. Perkins, Alfred B., CHP ☺

Tanacross

81. Jonathan, Kara S., CHA II ☺

Tanana

82. Edwardsen, Liisia R., CHA III ★

Teller

83. Okleasik, Jolene H., CHP ☺

Togiak

84. Andrews, Lucy, BHA I ☺

Toksook Bay

85. Carl, Patrice C., CHA III ▲

86. Lincoln, Brentina, CHA III ☺

Tuntutuliak

87. Simon, Rhonda L., CHA II ☺▲

Tyonek

88. Standifer, Frankie C., CHA III ▲

Vancouver (Chugachmiut)

89. McKinney, Angela D., PDHA I ★

Wales

90. Oxereok, Marissa K., CHP ☺

White Mountain

91. Adams, Lynette L., CHA II ☺

92. Lincoln, Ida E., CHP ☺

Wrangell

93. Dow, Davis L., BHA II ▲

January 2022 Certifications. Congratulations!

Akiachak

1. Charles, Tessi A., CHA III ▲

2. Phillip, Jon T., CHA III ☺▲

Alakanuk

3. Phillip, Pius R., CHA I ☺

Anchorage

4. Diaz, Christopher J., CHP ☺

5. Flygare, Eydie Y., BHA I ☺

6. Hammersley, Marianne K., BHP ★

7. Malstrom, Chelsea S., CHP ☺

8. Murphy, Alvina J., CHP ☺

9. Woods, Tamija K., DHAT ☺

10. Yanagawa, Stacy L., BHP ★

Aniak

11. Kameroff, Erica L., BHA II ▲

Arctic Village

12. Hollandsworth, Kate L., CHA III ☺▲

Atmautluak

13. Nick, Annette M.L., CHP ☺

Barrow

14. Ipalook, Dora L., CHA III ☺▲

Bethel

15. Ayapan, Tamara J., CHP ☺▲

16. Coffee, Desiree A., CHP ▲

17. Joseph, Katherine M., CHA III ☺▲

18. Patton, Trisha L., DHATP ▲

19. Tobeluk, Esther A., CHP ☺

Brevig Mission

20. Olanna, Renee M., CHP ☺

Chefornak

21. Fairbanks, Theresa E., CHP ☺

22. Wiseman, Sophie T., CHP ☺

Chenega

23. Kashevarof, Melonie M., CHA II ▲

Chitina

24. MacDougall, Sara A., CHA IV ☺

Chugiak

25. Howard, Betty F., CHP ☺

26. Wulf, Beverly M., CHA IV ☺

Craig

27. Wojtak, Kimberly A., BHA III ★

Eagle River

28. Anderson, Karin K., BHP ★

Elim

29. Daniels, Ronald L., CHA III ☺▲

30. Davison, Desiree M., CHA I ★

31. Davison, Rochelle L., CHA I ★

32. Keith, Mary Ann, CHP ☺

33. Nagaruk, Cheryl A., CHA III ▲

34. Simpson, Sonja A., CHP ☺

Emmonak

35. Tinker, Wassilie P., CHA I ★

Fairbanks

36. Reed, Debra D., CHA IV ☺

37. Stein, Tori M., CHP ☺

Fort Yukon

38. Herbert, Chasity R., CHA IV ☺

Galena

39. Gregory, Nicole R., CHP ☺

Gambell

40. Ungwiluk, Yuka, BHA II ☺

41. Walunga, Marilyn W., CHA III ▲

Glennallen

42. Craig, Mariah L., CHP ☺

43. Kosbruk, Deanna L., CHA III ☺

44. Tsinnie, Junior R., CHP ☺

Haines

45. Pattison, Scott B., BHA I ☺

Hoonah

46. Fong, Aaron C., BHA III ★

Hooper Bay

47. Hale, Ashley N., CHA I ★

Huslia

48. Ambrose, Margie, CHP ☺

Iliamna

49. Anelon, Julianna M., CHP ☺

January 2022 Certifications. Congratulations!

Kake

- 50. Aceveda, Marcia L., CHP ☺
- 51. Moler, Kimberly A., PDHA II ☺

Kasigluk

- 52. Andrew, Annie K., CHA II ☺

Kenai

- 53. Chandler, Mary M., CHP ☺
- 54. Clark, Victoria A., BHA II ★

Kiana

- 55. Sampson, Claudia L., BHA II ☺

King Cove

- 56. Bendixen, Riza Z., CHP ☺

Kodiak

- 57. Linduska, Erik J., DHAT ☺
- 58. Marlar-Enbom, Samantha F., BHA III ☺

Kokhanok

- 59. Hobson, Marisa F., CHP ☺
- 60. Mike, Nicholas G., CHA III ☺

Koliganek

- 61. Merlino, Anna M., CHP ☺

Kotlik

- 62. Okitkun, Michaela A., CHA III ☺

Koyuk

- 63. Dewey, Jeanae M., CHA II ☺
- 64. Nassuk, Cecelia R., CHA II ☺
- 65. Otton, Nicole R., CHA I ★

Kwethluk

- 66. Alexie, Jacqueline M., CHA II ▲
- 67. David, Patricia M., CHA II ☺
- 68. Jackson, Rhonda M., CHA I ▲
- 69. Olick, Charlamagne C., CHA I ▲

Kwigillingok

- 70. Clark, Sr., Daniel A., CHP ☺
- 71. Manchuak, Leonard R., CHA III ☺

Mekoryuk

- 72. Shavings, Melissa M., CHP ☺

Mentasta

- 73. David, Carolyn N., CHA IV ☺

Metlakatla

- 74. McGilton, Lillian D., DHAT ☺

Minto

- 75. Jimmie, Amber J., CHP ☺

Mountain Village

- 76. Alexie, Minnie S., CHA II ☺
- 77. Johnson, Deborah, CHP ☺
- 78. Lamont, Jewel M., CHP ☺

Nanwalek

- 79. Yeaton, Kelly A., CHA II ☺▲

Napakiak

- 80. Nelson, Candace C., CHP ☺

Napaskiak

- 81. Joekay, Daniel E., CHA II ☺

Nelson Lagoon

- 82. Johnson, Melinda L., CHP ☺

Newtok

- 83. John, Annie T., CHP ☺
- 84. John, Rosemary A., CHP ☺

Nikolski

- 85. Hillhouse, Tasha M., CHA IV ☺

Nondalton

- 86. Jeffries, Jeremy W., CHP ☺

Northway

- 87. Thomas, Eva, CHP ☺

Nulato

- 88. Ekada, Martina, CHP ☺

Nunapitchuk

- 89. Jenkins, Delores K., CHA I ☺
- 90. Mochin, Darlene W., CHP ☺
- 91. Tobeluk, Eliza M., CHP ☺

Port Graham

- 92. Malchoff, Dannielle M., CHA II ▲
- 93. McMullen, Tania R., CHA IV ☺

Quinhagak

- 94. Beebe, Cynthia D., CHA II ☺
- 95. Kiunya, Hope P., CHP ☺

Saint Michaels

- 96. Niksik, Alicia C., CHA II ☺

Savoonga

- 97. Kava, Dorothy, CHP ☺
- 98. Kingeekuk, Joseph T., BHA II ☺▲
- 99. Miklahook, Chelsea R., CHA II ☺
- 100. Pelowook, Judith M., CHA II ☺
- 101. Reynolds, Danielle M., CHP ☺

Scammon Bay

- 102. Simon, Mattie R., CHA IV ▲
- 103. Smith, Darren A., CHA I ★

Stebbins

- 104. Nashoanuk, Allison C., CHA I ★

Sitka

- 105. Bonorden, Savannah J., DHATP ☺▲
- 106. Dundas, Reba O. R., PDHA II ☺
- 107. Gallin, Margaret V., BHA III ★
- 108. Larsen, Sapphire D., PDHA I ☺
- 109. Lewis, John A., BHA III ★
- 110. Shelley, Theresa J., BHA III ★
- 111. Strobe, Charissa L., BHA III ★

Takotna

- 112. Perkins, Alfred B., CHP ☺

Teller

- 113. Topkok, Megan L., CHA II ▲

Toksook Bay

- 114. Ayapan, Allison N., DHAT ☺
- 115. Chagluak, Marlene R., CHP ☺

Tuntutuliak

- 116. Bavilla, Jason, BHA II ▲
- 117. Chris, Sherileen R., CHA III ☺

Tyonek

- 118. Moon, Chrystal M., CHP ☺

Unalakleet

- 119. Johnson, Sharon M., CHP ☺
- 120. Pleasant, Donald M., CHA II ▲

Wainwright

- 121. Segevan, Allison M., CHP ☺

Wales

- 122. Tokeinna, Octaivia A., CHA III ☺

Wasilla

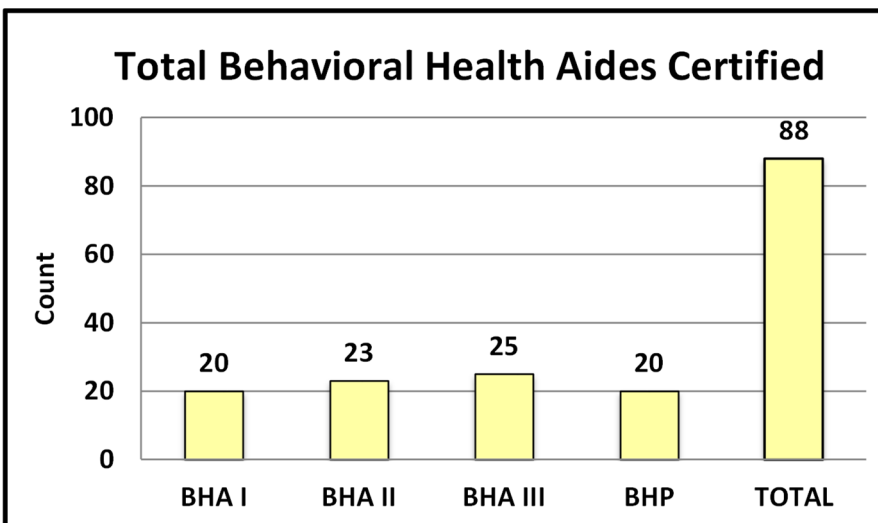
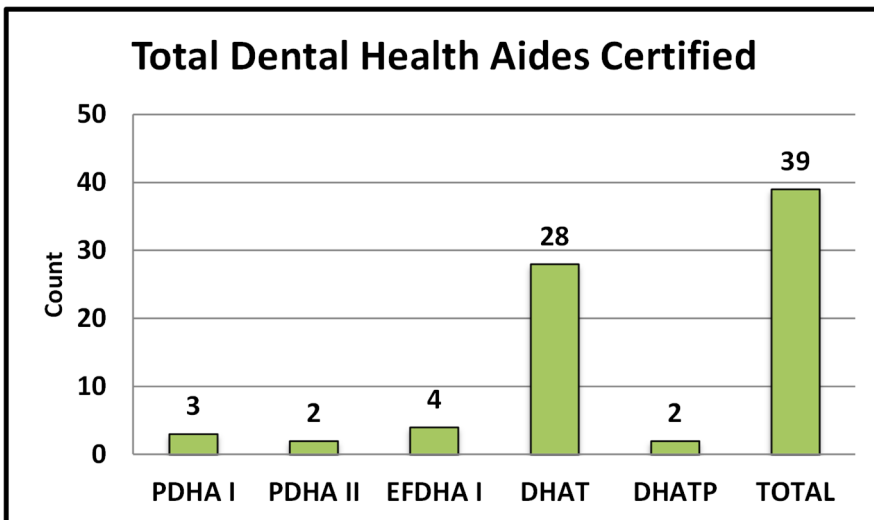
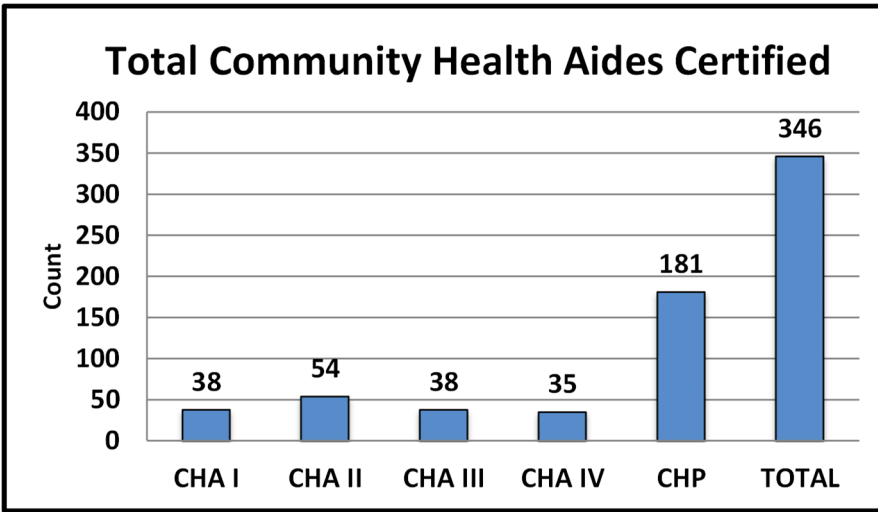
- 123. Merchant, Tammy N., DHAT ☺

Wrangell

- 124. Johnson, Kristina M., BHA III ★
- 125. Reynolds, Brooke, BHA III ★

Summary of Board Activities

Total number of Community Health Aides/Practitioners, Dental Health Aides and Behavioral Health Aides/Practitioners certified by the CHAPCB as of April 15, 2022.



CHAPCB Future Meeting Dates

- June 1-2, 2022**
 TBD
 Deadline for accepting applications is May 25, 2022.
- October 5-6, 2022**
 TBD
 Deadline for accepting applications is September 28, 2022.



Website

CHAPCB Standards and Procedures, applications, CE logs and other information can be accessed on the Alaska Community Health Aide Program website:

<https://akchap.org/chapcb/>

CHAPCB Member Update



Rahnna Boyer, Vice President of Village Health, YKHC, resigned from her position on the Board as the Yukon-Kuskokwim Health Corporation representative effective March 2022. Ms. Boyer

served on the Board since October 2015. The Board appreciates the outstanding dedication, leadership, knowledge and commitment Ms. Boyer contributed to the CHAPCB. Best wishes on your new and exciting journey.

Linda Curda Retirement



Linda Curda has retired from her position, after many years, as the CHAP Academic Liaison with the University of Alaska Fairbanks. She was recently inducted into the Alaska Women's Hall of Fame in October 2021. Linda spent the last 40+

years working with the CHAP program, first at the CHAP training center in Bethel, then in her UAF position. She has been central to many CHAP projects, including Project Leader and Managing Editor of the 2006 CHAM and chief scribe/editor and co-facilitator of the CHAP Academic Review Committee's (ARC) improvements of the Basic Training Curriculum. She was a member

of the ARC committee for decades and served as ARC Chair on occasion. In her role as CHAP Academic Liaison with UAF she taught distance classes for Health Aides, helped Health Aides to pursue the Associate of Applied Science degree, helped CHAP instructors get UAF associate professor status, and otherwise developed that program. There are many other CHAP projects that Linda helped with, too numerous to list. CHAP owes Linda a great debt of gratitude for all of her hard work and dedication to the improvement of the program and her efforts to help Health Aides with their career development. Happy retirement!

Dan Thomas PA-C
Training Center Coordinator
NSHC Health Aide Training Center
Norton Sound Health Corporation
Nome, Alaska 99762

CHAM Updates

The CHAM team has been working to update our iOS platform for the iCHAM (iPad only app). We are pleased to announce that we have submitted a new build to the Apple Store that is compatible with iOS 15. This new software version will be available soon, once approved by the App Store.

Have you been looking for the PDF Version of the CHAM?

The instructions are on the <https://akchap.org/community-health-aide/echam/> website. Your CHAM credentials are the same for the

eCHAM, iCHAM, ePUB and PDF. Please download a non-internet reliant version of the CHAM should you need it in an emergency. Please contact the CHAM team with any questions at echam@anthc.org

Tasha Hotch, Program Manager
Alaska Native Tribal Health Consortium
4000 Ambassador Drive, Anchorage AK 99508
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eCHAM
ACCESS. KNOWLEDGE.



Requirements for Renewal for CHA/Ps, continued

On January 13, 2022, the Community Health Aide Certification Board approved the following change to **Section 2.50.200 Requirements for Renewal**:

Sec. 2.50.200. Requirements for Renewal. (amendments are underlined)

(a) A certified community health aide, community health practitioner, dental health aide, or behavioral health aide or practitioner applying for certificate renewal shall:

(1) apply on a form provided by the Board;
(2) pay the application fees required by the Board;

(3) provide evidence satisfactory to the Board that the applicant has met the continuing education requirements of the Board;

(4) provide evidence satisfactory to the Board that the applicant continues to demonstrate the practical professional competencies required for the level of certification sought;

(A) for a community health aide or community health practitioner, a re-entry evaluation, following CHAP guidelines, will be conducted for an applicant who has not been employed in direct patient care for a minimum of 80 hours with a minimum of 30 patient encounters in the six months prior to submission of the application;

(B) for a community health aide or community health practitioner, a biennial clinical competency evaluation will be conducted

(5) continue to meet the requirements of chapter 2 [certification of CHA/Ps, DHAs, & BHAs]; and

(6) if seeking recertification as a community health practitioner, no less often than once every six years, the individual must re-satisfy the requirements of section 2.20.500 [CHP training & education requirements]; or

(7) if seeking recertification as a dental health aide therapist practitioner, no less often than once every six years, the individual must re-satisfy the requirements of section 2.30.700(3) and (4) [DHATP training & education requirements].

WHAT THIS CHANGE MEANS

As a Community Health Aide (CHA/P) progresses through basic training, there is a standardized process to document clinical competence as they learn and hone their clinical skills. However, outside of the basic training structure, there is not a standardized process to document clinical competence for any:

- a) CHA/P seeking certification unable to complete at least one basic training session within the preceding two years
- b) CHA/P seeking certification who completed basic training more than two years prior to recertification, and
- c) CHP seeking recertification with completion of preceptorship more than two years prior to recertification.

While each THO is required to maintain the competency of their health aides, and attest to this fact when submitting renewal certification paperwork to the board, there is significant variability in how this competency is assessed and documented across organizations. To ensure that all certified CHA/Ps receive a standardized clinical competency evaluation every two years prior to recertification, the board worked closely with stakeholders to create a formal process known as the Biennial Skills Evaluation. The biennial skills evaluation will require the CHA/P to demonstrate, under supervision, their competency to perform a list of required skills for their corresponding certification level(s) and maintain documented completion of this assessment.

EXAMPLES OF WHEN A BIENNIAL SKILLS EVALUATION IS REQUIRED

I have a health aide that recently completed a basic training session and field training and is ready to apply for the next level. Do they have to complete an additional biennial competency evaluation prior to applying for their certification?

No. As long as they have completed all post session learning needs within the two-year recertification period, they do not need to complete a biennial competency evaluation.

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Requirements for Renewal for CHA/Ps, continued

I have a health aide who is certified as a CHA III in 2021, but has not been able to attend Session IV. Will they need to complete a biennial competency evaluation if they cannot complete the Session IV training prior to recertification?

Yes. Anyone, including a CHA/P who remains at one certification level for more than 2 years or a CHP whose last preceptorship was completed more than two years ago, who needs to renew their CHAPCB certification, must complete a formal biennial skills evaluation as part of the recertification process.

WHEN DOES THIS CHANGE GO INTO EFFECT?

You will have one year to implement these changes within your Community Health Aide Program. Any CHA/P renewing their board certification during the 2022 calendar year *will not* be required to complete a biennial skills evaluation, but it is recommended you start the

process as soon as possible. Beginning January 2023, the Biennial Skills Evaluation will be a requirement for certification.

ADDITIONAL INFORMATION

For notification letter and information about Re-Entry and Biennial Skills: read the documents on the [Skills Lists](#) page in the Community Health Aide Resources tab of the <https://akchap.org/> website.

Or go to link below:

<https://akchap.org/community-health-aide/resources/skills-lists/>

The CHAPCB Application for CHA/P Certification, Form 99-01, was revised 01/13/2022 to reflect the Standards changes to include Re-entry and Biennial Skills language. The application is now an all in one application form for initial, renewal and change in level applications.

Dental Health Aide Therapist Practitioner

A Dental Health Aide Therapist with six consecutive years of practicing as a certified DHAT may have the ability to apply to become a certified Dental Health Aide Therapist Practitioner (DHATP).

The benefits of becoming a DHATP are:

- Direct supervision requirements will only need to be done every six years instead of every two.
- Recognition that DHAT has proven over time to be a trusted member of the healthcare team who reliably provides high quality dental care to their patients.

The requirements to become a DHATP are:

- Earn a DHATP Credential from the Alaska Dental Therapy Education Program (ADTEP)
 - ◆ Has to be renewed every six years
- Maintain current certification from the Community Health Aide Certification Board (CHAPCB)
 - ◆ Has to be renewed every two years

The goal of the DHATP certification is to recognize Dental Health Aide Therapists who have proven over time that they are reliably providing competent care for their patients and lowering their supervision requirements to allow them to practice more efficiently, while putting other safety mechanisms in place to ensure that these providers continue to deliver high quality dental health care to Alaska residents accessing dental care through Tribal Health Organizations.

For more information on DHATP credentialing please see the website link:

<https://akchap.org/dental-health-aide/about/committees/>

The CHAPCB Application for DHA Certification, form 08-02D, revised 1/13/2022, now includes the DHATP for level applying for.

BHA Curriculum Revision Announcement and Grandfathering Plan



The Community Health Aide Program Certification Board (CHAPCB), created the BHA curriculum through a statewide collaboration with members of the behavioral health and substance use community in 2008. The curriculum was created to develop BHA knowledge and skills at four levels of service provision and was designed to build upon the skill of the previous level of practice. In 2020 the Behavioral Health Academic Review Committee (BHARC) undertook the task of reviewing and updating the curriculum and submitted a revision request to the CHAPCB to amend the BHA curriculum. The table below outlines the curriculum changes which resulted in an increase in hours for BHA I and BHA II and a reduction in hours for BHA III and BHA/P.

BHA Curriculum Revision

BHA Level	2008 Contact Hours	2021 Contact Hours	Result	Reason for Change
BHA I	180	192	12 hour increase	<ul style="list-style-type: none">• Boost training in Ethics, Consent, Confidentiality and Privacy from 12 to 16 hours.• Introduce 8 hours Human Development training
BHA II	140	148	8 hour increase	<ul style="list-style-type: none">• Add 8 hours Documentation training
BHA III	112	104	8 hour decrease	<ul style="list-style-type: none">• Remove and streamline duplicative topics
BHA/P	112	102	10 hour decrease	<ul style="list-style-type: none">• Remove and streamline duplicative topics

BHARC recommended, and CHAPCB approved, a two year grandfathering period to ensure all students have adequate time to complete their training. The grandfathering period started on November 1, 2021 and will continue through November 1, 2023.

BHAs currently seeking certification at the BHA I and II levels will be grandfathered under the old contact hour requirements until November 1, 2023. If application for certification is made after the November 1, 2023 deadline, BHAs will be required to take the additional hours of training at their level of certification.

BHAs seeking certification at the BHA III and P levels have already experienced a reduction in the course contact hour requirement.

If you have questions about how your certification plan might be impacted, please contact the BHA Program at bhaprogram@anthc.org.

Reasons to get checked for Colorectal Cancer

You are Alaska Native.

Alaska Native people are twice as likely to get colorectal cancer compared to Alaska Whites.



You are 40 years or older.

Over 90% of men and women who get colorectal cancer are over the age of 50. Alaska Native people should start screening at age 40. A screening is a test where they look for cancer.

A family member has had colorectal cancer.

You are more likely to get colorectal cancer if a family member has had it. Ask your family about their health history. Talk to your provider about when you should start colorectal cancer screening.



Colorectal screenings prevent cancer and save lives.

Screenings can help find small growths, called polyps, that can be removed before they turn into cancer.

Colorectal cancer often has no symptoms.

Cancer can be in your body even if you feel good. Screenings can find the cancer early, when it is easier to treat.



Getting Colorectal Cancer Screenings Back on the Books

The COVID-19 pandemic has meant that many of us have put off essential screening tests that check for cancer. March was Colorectal Cancer Awareness Month. This is a good time to remind your patients, friends and family about the importance of colorectal cancer screening.

Alaska Native people are twice as likely to get diagnosed with colorectal cancer. The good news is that **colorectal cancer can be prevented** through screening and early detection.

Alaska Native men and women should get checked for colorectal cancer starting at age 40, or earlier if they have family history. Non-Alaska Native people should start screening at age 45. And if someone is having symptoms, such as blood in the stool (feces) or abdominal pain they should be checked to rule out colorectal cancer.

There are many safe and effective screening tests available, including colonoscopy as well as stool tests that can be done at home. These tests are an important part of staying healthy. For those getting colonoscopies, hospitals have put measures in place to reduce the risk of transmitting COVID-19 infection to keep patients safe and ensure continued health.

Despite the challenges we face during the pandemic, regular colorectal cancer screening is important. Talk to your patients about screening and the screening options available. If their colonoscopy was postponed or canceled, help them get rescheduled. You can also get a list of the patients due for screening in your community to remind them about screening and help them figure out a screening plan. Encourage your friends and family to get screened when they are due.

Together we can reduce the burden of colorectal cancer throughout Alaska.

Questions? Need help? Email cancer@anthc.org for more information.

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