


**Cardiovascular Health Awareness Program**  
**Programme de sensibilisation à la santé cardiovasculaire**

## Volunteer Peer Health Educators and CHAP

Appendix 6.1 Volunteer Recruitment Presentation

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**Cardiovascular Health Awareness Program**  
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## What is CHAP?


CHAP is a community-based program that brings together local family physicians, pharmacists, volunteers, public health representatives & other organizations to promote and participate in the prevention and control of cardiovascular disease.

Volunteer peer health educators help older adults measure their blood pressure; provide educational material about heart disease & stroke risk factors & referral to local resources



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## Why CHAP?

- Heart disease & stroke are the leading cause of death in Canada
- 1 in 5 Canadian adults has high blood pressure
- Risk of high blood pressure increases as you get older
- High blood pressure has no warning signs or symptoms


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## CHAP & Volunteer Peer Health Educators

- CHAP relies on volunteers trained as peer health educators
- Volunteer Peer Health Educators are trained to lead CHAP sessions in community
- Some volunteers may be particularly suited or interested in supporting their peers
- Some volunteers may also be willing to engage in community activities to promote healthy living

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## Role of a Volunteer Peer Health Educator?


- Volunteers assist participants to measure their blood pressure using an automated blood pressure measuring device and record their blood pressure reading
- Volunteer Peer Health Educators assist participants with completion of a Risk Profile Form
- Volunteers provide educational materials and resources
- Training will be provided to all volunteers

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## Benefits of CHAP Volunteers in Your Community



- Promote heart health & stroke risk awareness in your community
- Build awareness about existing programs/resources in your community
- Working with others to create new programs that respond to the needs of older adults
- Involve older adults in the delivery of community-based activities
- Promote peer-to-peer sharing of information about resources & opportunities to get involved in programs/ activities

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## Volunteer Peer Health Educator Activities

- Greet participants, explain CHAP & obtain informed signed consent
- Assist participants to measure their blood pressure
- Record blood pressure & other risk factor information on the Risk Profile Form
- Alert nurse/pharmacist using CHAP blood pressure protocol to suggest appropriate follow-up for high risk participants
- Provide local education materials, resources & program referrals to local services

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## CHAP Volunteer Recruitment

- Volunteer Peer Health Educators are key to the success of CHAP
- Training and recognition for the role of the Volunteer Peer Health Educator
- Volunteers will have different experience and interests to contribute to CHAP
- CHAP values its volunteers


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## CHAP Volunteer Retention

- Recognition for Volunteer Peer Health Educators
- Opportunities for Volunteer Peer Health Educators to provide feedback
- Flexibility for volunteers


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## CHAP Volunteer Retention

- Community Health Nurse leads training sessions
- CHAP volunteer training is organized into 3 education sessions:
  - Heart Disease & Stroke Risk Factors
  - CHAP Session Activities
  - Heart & Stroke Foundation of Ontario Blood Pressure Action Plan™
- Training Sessions focus on hands-on practice & role-playing
- Aim to identify & use unique skills of volunteers


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## Ongoing Support for Volunteers

- Local CHAP Coordinator is present at CHAP sessions
- Community Health Nurse is available
- Refresher training sessions provided

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## Interested in Volunteering with CHAP

Call the Local CHAP Coordinator at:  
XXX - XXXX

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## Discussion, Questions and Comments

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