

The COMPASS Total Worker Health® program for home care workers: Impact and dissemination

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TOPIC/TARGET AUDIENCE: Occupational Safety and Health Professional

ABSTRACT: Background/purpose: The Community of Practice And Safety Support (COMPASS) program integrates elements of peer-led social support groups with scripted team-based programs to prevent injuries and promote health among homecare workers. This presentation reviews work adapting and evaluating COMPASS for widespread dissemination in Oregon.

Procedures: After being established effective in a pilot and randomized controlled trial, The Oregon Home Care Commission voted to incorporate COMPASS into their statewide training system. To fit within this existing system, COMPASS was shortened to seven bi-weekly, two-hour meetings over 3.5 months. This adapted program was piloted with five groups (N=42) who completed abbreviated evaluation surveys at baseline and post-intervention.

Results: Attendance rates and interviews indicated that the adapted program was well-received. T-tests showed significant improvements in experienced community of practice ($d=0.95$), use of ergonomic tools or techniques for housecleaning ($d=0.39$), fruit and vegetable consumption ($d=0.47$), sugary snack consumption ($d=-0.41$), and sugary drink consumption ($d=-0.35$).

Conclusions: COMPASS was adapted for dissemination through a robust partnership with the Oregon Home Care Commission and will be evaluated for long-term impacts. Further planned adaptation to accommodate personal support workers will be discussed. The value and complexity of building and maintaining long-term organizational partnerships will also be addressed.

OBJECTIVE(S):

- Identify the health and safety impacts of the COMPASS program for homecare workers
- Describe some key opportunities and challenges in maintaining successful long-term organizational partnerships for public health

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