



**HEALTH  
NAVIGATION  
SERIES**

*Series Editor: Richard Riegelman*

# **PRINCIPLES OF HEALTH NAVIGATION**

Understanding Roles and  
Career Options

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# Health Navigator Applied Associate Degree and Academic Certificate Programs



“Health Navigator” is the term used by the Association of Schools and Programs of Public Health (ASPPH) and the League for Innovation in the Community College (League) for applied associate degrees and academic certificate programs that prepare students for employment in existing and emerging fields such as community health worker, patient navigator, and health insurance navigator. These programs also benefit employers and practitioners by offering opportunities for employees to obtain academic credentials that reflect the knowledge, skills, and abilities gained through job experience. As recommended by the Society for Public Health Education (SOPHE), Health Navigator programs should be designed to transfer to bachelor’s Health Education degree programs should a graduate wish to do so.

The need for individuals with the skills to help patients obtain and maximally benefit from community services, clinical care, and health insurance is becoming

a major issue in the increasingly complex and expensive U.S. health system. Those with Health Navigator training may assist individuals with limited health literacy as well as the elderly with accessing community services and implementing prevention. They may facilitate access to care and follow-up for sick and complicated patients with cancer, HIV, and a range of other complex and chronic health problems. In addition, Health Navigators can assist with identifying and enrolling patients in health insurance plans including those available through the Affordable Care Act exchanges, Medicaid, Medicare, as well as through community health centers.

The recommended Health Navigator applied associate degree program includes 30 semester credit hours of general education as well as 30 semester credit hours of coursework in the following areas:

- **Public Health Core:** 1) Population & Personal Health; 2) Overview of Public Health; and 3) Health Communications
- **Health Navigator Core:** 1) Prevention & Community Health; 2) Accessing and Analyzing Health Information; 3) Healthcare Delivery Systems; 4) Health Insurance
- Experiential learning
- Elective coursework allowing students to tailor their education to specific jobs in the field

This coursework can also form the centerpiece of academic certificate programs designed for nurses and allied health students as a complement to their clinical education. Certificate programs are well-suited for individuals with workforce experience and/or an academic degree who seek to augment their academic portfolio with a Health Navigator credential. Detailed course content outlines are available at [www.league.org/ccph/](http://www.league.org/ccph/) as part of the *Community Colleges and Public Health* report.

While this need has existed for a long time, until recently it has not been met through paid positions with well-defined roles. This is rapidly changing as a result of the growing commitment to develop specific Health Navigator positions and to integrate these positions into the healthcare and public health systems. Moreover, new funding mechanisms as part of Medicaid, Medicare’s 30 day hospital readmission policy, and the Affordable Care Act have dramatically increased demand for employees with Health Navigator credentials. Salaries for Health Navigator graduates range from \$30,000 to \$55,000 per year. The Department of Labor estimates that by 2022 the demand for Community Health Workers—the only Health Navigator-related job classification it currently tracks—will increase by at least 25 percent.



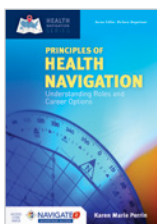
# THE HEALTH NAVIGATION SERIES

FROM JONES & BARTLETT LEARNING



The NEW Jones & Bartlett Learning *Health Navigation* series meets the full range of Health Navigation education competencies of the League for Innovation in the Community College based on the Association of Schools and Programs of Public Health (ASPPH) Community Colleges and Public Health report.

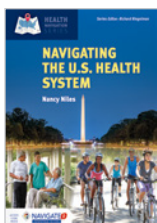
Developed under the editorial direction of Richard K. Riegelman, MD, MPH, PhD, this series of three textbooks and accompanying digital learning materials is designed for Health Navigator associate degree and certificate programs leading to employment as community health workers, patient navigators, and/or health insurance navigators.



## Principles of Health Navigation

by **Karen Marie Perrin**, PhD, MPH, CPH University of South Florida,  
College of Public Health

This text will provide an overview of the content and knowledge competencies expected as part of health navigation education including health services delivery and health insurance, care of the individual, and accessing and analyzing health information competencies.



## Navigating the U.S. Health System

by **Nancy Niles**, PhD, MS, MPH, Lander University  
**Available Spring 2017**

This text will comprehensively cover the knowledge competency in healthcare delivery and public health expected as part of health navigation education in the United States.



## Navigating Health Insurance

by **Alexis Pozen**, PhD, and **James Stimpson**, PhD, MA,  
Both of the CUNY School of Public Health  
**Available Spring 2017**

This text will comprehensively cover the health insurance knowledge competencies needed to understand health insurance and serve as a health insurance navigator.

Each title will serve as a free-standing text designed for a 3 semester hour course. Together the series will cover the required course work recommended for health navigation associate degree and academic certificate programs by the ASPPH Community Colleges and Public Health report.



## PROLOGUE

# Principles of Health Navigation and the Jones & Bartlett Learning Health Navigation series

The health system in the United States has become increasingly complex. It would be difficult to design a more complex health system if one tried. In addition, potential interventions for prevention, treatment, and rehabilitation have become increasingly diverse, effective, and costly.

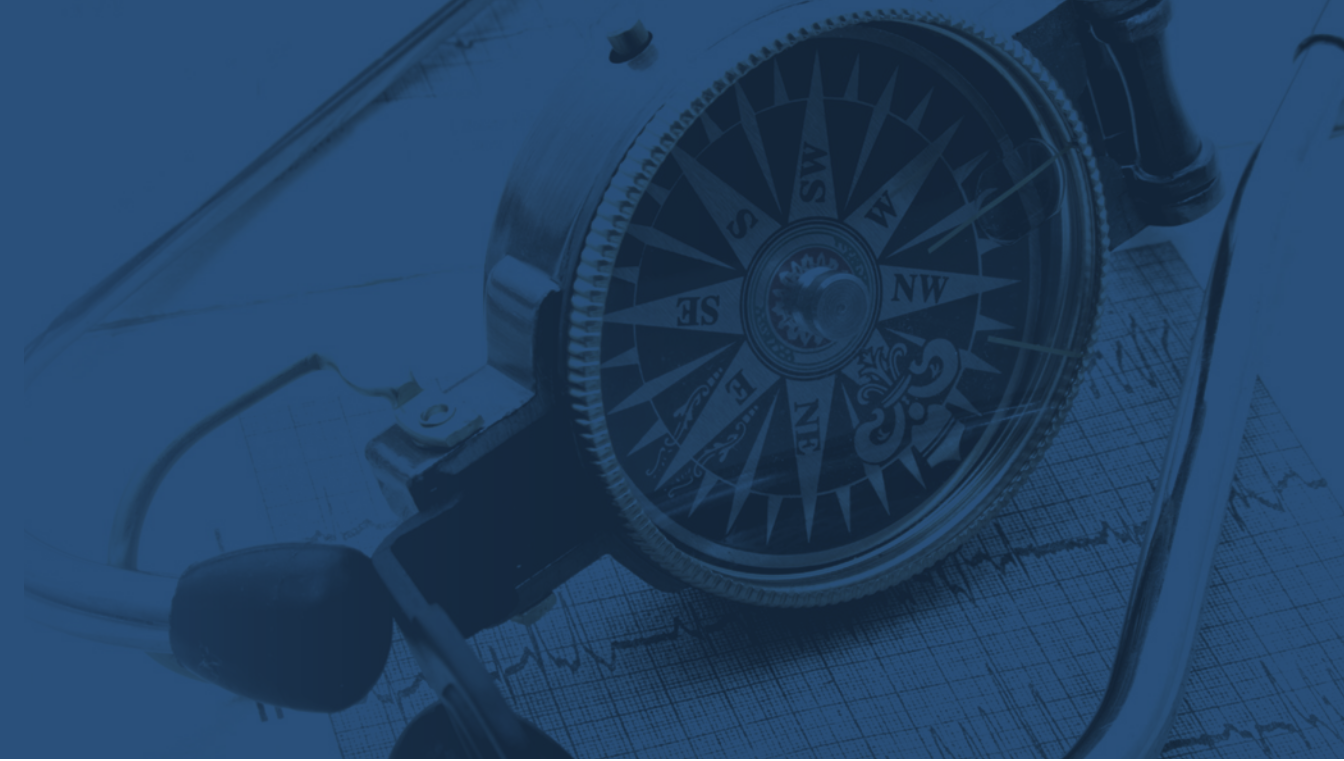
Little progress has been made in recent years in simplifying the health system. Therefore, the need to help individuals navigate the health system cries out for attention. The health navigation education movement aims to prepare health navigation professionals to help make the system work.

The need for health navigation education was front and center in the *Community Colleges and Public Health* report of the Association of Schools and Programs of Public Health, plus the League for Innovation in the Community College. The Jones & Bartlett Learning *Health Navigation* series is an effort to build on the frameworks put forth in this report and to implement a comprehensive curriculum for academic certification programs and associate degree programs.

The need for health navigation education is broad and growing. A wide range of individuals, including families and caregivers, need help with health navigation. Vulnerable populations include those with limited health literacy, limited English fluency, age-related frailty, and increasingly complex conditions such as advanced cancers, HIV, cardiovascular disease, and advanced respiratory diseases. The health navigation professions need to be prepared to serve the needs of all these groups and more.

Health navigation education leads to employment, including an enormous array of job titles. Three key areas of focus have been recognized as “community health workers,” “patient navigators,” and “health insurance navigators.” In addition all health navigation professionals need knowledge and skills to access and analyze health information.





*Principles of Health Navigation* by Karen Marie Perrin is the first book in the new Jones & Bartlett Learning *Health Navigation* series. It provides an overview of health navigation including prevention and community health, patient navigation, health insurance navigation, as well as accessing and analyzing health information. Dr. Perrin is the perfect person to author this, her third Jones & Bartlett Learning book. She has a lifetime of personal and professional commitment to making the health system work. As a public health professional, as well as a former nurse and wife of a patient with long-term chronic illness, she understands health navigation literally “inside and out.”

*Principles of Health Navigation* can stand on its own as an overview of what health navigation is all about. It is the first of four books in the Jones & Bartlett Learning *Health Navigation* series. It will soon be joined by texts focusing on the health system, health insurance, and putting health navigation into practice. *Principles of Health Navigation* is accompanied by a wide array of ancillary materials for students and faculty. As the editor of the Jones & Bartlett Learning *Health Navigation* series and a contributor to *Principles of Health Navigation*, I am confident that you will find in this book just what you are looking for.

**Richard Riegelman, MD, MPH, PhD**  
*Editor, Jones & Bartlett Learning*  
*Health Navigation series*

