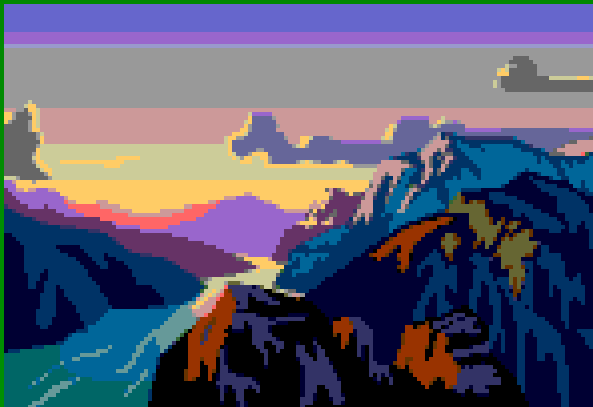


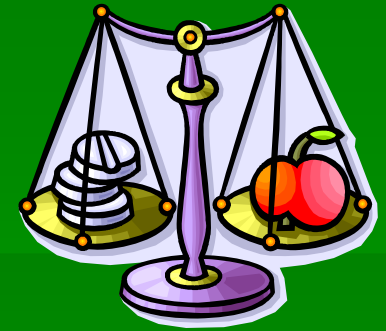
BRIDGING THE GAP

ENTRE DICHO.....Y.....HECHO
HAY MUCHO TRECHO.....



Gwen Gallegos FNP, CDE
Carondelet Health Network

HEALTH



- Sense of WELL BEING
- Keep up with Activities of Daily Living
- No Pain
- Right or a Privilege???



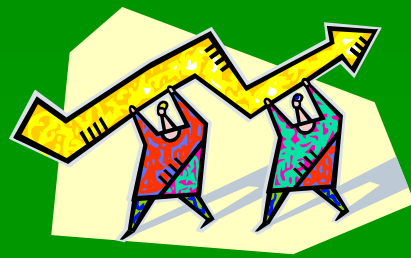
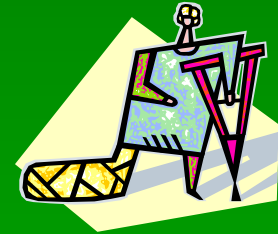
HEALTH.....

Principle elements

- Human Biology: aspects of health developed within the body, organic makeup
- Environment: external aspects over which the individual has little control
- Lifestyle: aggregation of individual decisions affecting health outcomes
- Healthcare Organization: quality & nature of network of resources in the provision of care

HEALTH MAINTENANCE

Population least likely to have access to a regular source of health care services or underutilize available services



BARRIERS TO CARE

- Lack of knowledge on how to access services
- Cost of care (insurance)
- Language and cultural barriers
- Availability of services
- Transportation (distance/means of)
- Undocumented status
- Training and distribution of health care providers

An iceberg floating in the ocean. The tip of the iceberg is visible above the water surface, while the much larger, submerged part is hidden below. The sky is blue with some clouds, and the water is a deep blue.

Easily Visable Overt Behaviors

Values

Traditions

Experiences

Language

CULTURAL VALUES

- La Familia: Interdependence over independence
- Respecto: Dictates appropriate deferential behavior towards others
- Personalismo: Personal relationships are important
- Confianza: Bond of trust

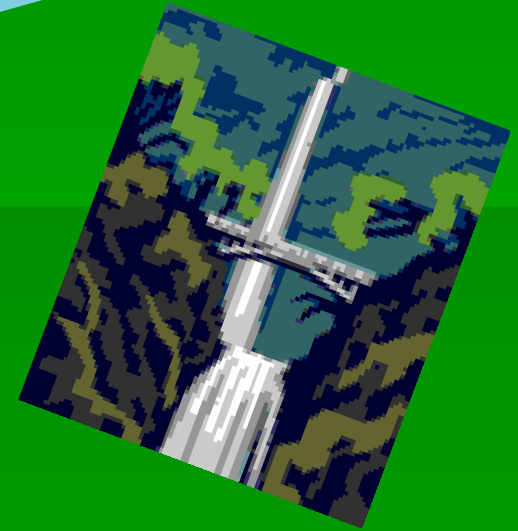
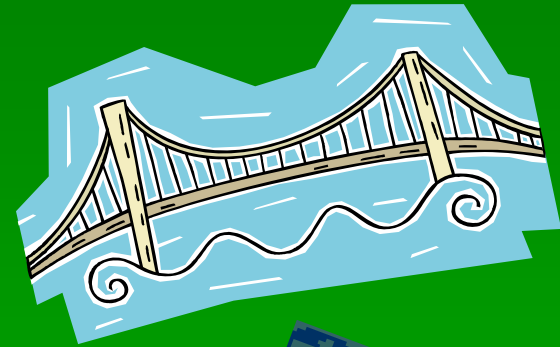
WHAT CAN WE DO?

- Recognize these barriers – and eliminate them
 - Recognition of the seriousness of disease and complications
 - Provide education to the populations at higher risk
 - Provide education with culturally appropriate material and in native language
 - Provide education for all affected persons/families
 - Encourage HOPE ∞ EMPOWER



BUILDING THE BRIDGE: PROMOTORAS

- Community health advisors
 - From the community they serve
 - Culturally competent
 - Language
 - Traditions
 - Information



PROMOTORAS/ COMMUNITY HEALTH ADVISORS

Community members who work almost exclusively in community settings and who serve as connectors between health care consumers and providers to promote health among groups that have traditionally lacked access to adequate health care.



PROMOTORAS/ COMMUNITY HEALTH ADVISORS

- Work within and as a complement to health care delivery systems
- Help individuals take greater control over their health and their lives
- Promote healthy living by educating about disease and prevention
- Help understand and access formal health & community service systems

ROLES OF PROMOTORAS/ COMMUNITY HEALTH ADVISORS

- Bridging cultural mediation between communities & healthcare services
- Informal counseling & social support
- Provide culturally appropriate & accessible health education
- Advocate for individuals & communities
- Assuring people get services needed
- Providing direct services & health screening
- Building individual & community capacity

SKILLS OF PROMOTORAS/ COMMUNITY HEALTH ADVISORS

- Communication skills
- Knowledge base
- Teaching skills
- Interpersonal skills
- Advocacy skills
- Organizational skills
- Service coordination skills



QUALITIES OF PROMOTORAS/ COMMUNITY HEALTH ADVISORS

- Relationship with community served
- Desire to help community
- Empathy
- Persistence
- Creativity/ Resourcefulness
- Personal strength & courage
- Respectfulness

HEALTH PROMOTION DISEASE MANAGEMENT

- Empower individuals to better health
- Break down the many barriers
- Healthy communities



**MAS VALE PREVENIR..
QUE LAMENTAR**

.....OUR LIVES DEPEND ON IT

SI SE PUEDE