

Hispanic Health Initiatives NEWS

PASOs Continues its Work in the Tri-county

In the summer of 2010, the MUSC CON partnered with PASOs to establish a community-bridging program for Hispanic residents of the tri-county. Since then, the PASOs program in Charleston has grown to serve hundreds of Hispanics living in all three counties:

Over the past year, Charleston PASOs has worked with partners by helping to organize outreach events throughout the tri-county and has participated in various health fairs and community events—including visits to migrant camps to provide information about health and family resources. Outreach efforts have helped raise awareness about the PASOs program and PASOs is now recognized by the community as a trusted source of information and a resource for the navigation of the complex health and social service systems. The program also continues to offer reproductive health and resource education in community sites such as ESOL classes, migrant camps and tiendas. Ongoing prenatal classes are taught to Latina moms on Johns Island and in North Charleston. PASOs plans to begin offering classes in the Goose Creek area before the end of the year. Prenatal classes are fun, interactive and culturally adapted to the needs of the Latino community. Moms who graduate from the prenatal classes are more prepared to take steps towards healthy birth outcomes, and are more aware of the services available to them and their families.

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HHI Scholars 2011

COHORT 10

Alexandra Allen
Darrell Brace
Katie Brasseur
Kristen Bridgers
Michele Clembury
Justin Frichtel
Shelly Graham
Ashley Hergenroeder
William Torres
Mimi Uong

COHORT 11

Rebecca Allshouse
Margaret Augustine
Kristen Elmore
Jasive Castellón
Janice McFaddin
Anne Powell
Veronica Ramos
Karla Romero
Lindsey Solomon
Andrew Stufflebean

(Right) PASOs program coordinator, Romina McCandless shares information about PASOs at a local health fair.



HHI Scholars Go to Abrazos

HHI scholars have gone to Abrazos a number of times this semester as part of their community clinical experience. Abrazos, which is now in its sixth year, is a family literacy program for Spanish-speaking mothers and their three-year-old children. Andrew Stufflebean and Veronica Ramos came on October 4 to assist LowCountry AIDS Services with HIV screenings and education. On October 18, Veronica Ramos, Karla Romero, and Becky Allshouse went to Abrazos to administer health screenings to the Abrazos participants and gave them important information on how to maintain a healthy BMI and keep their blood pressure and glucose levels in check. They measured the glucose and cholesterol levels of the women, and measured height and weight to give them their BMI. They also led a discussion with the women to find out their utilization of public transportation. On November 8, Jasive Castellón went to Abrazos and taught the women about healthy eating. She explained the importance of good nutrition and also talked about what could happen if a person leads an unhealthy lifestyle. The nursing students gained a broader understanding of the Hispanic community in the North Charleston area through their various interactions with this group. Abrazos' participants have also benefited from having the nursing students share their knowledge in a culturally and linguistically appropriate manner.



Thank you to our Fall 2011 HHI preceptors:

- DHEC
- CCSD
- Roper Home Health
- Franklin C. Fetter Family Health Center, Inc.
- LowCountry AIDS Services
- Harvest Free Clinic
- MUSC Children's Care Clinic
- MUSC Neurology Clinic
- MUSC Hollings Cancer Center
- St. James Santee Clinic
- East Coast Migrant Stream Project
- Detyens Clinic
- Abrazos



(Above) HHI Scholar, Veronica Ramos talks with some of the Abrazos participants about their use of public transportation.

(Left) HHI Scholars Becky Allshouse and Karla Romero administer health screenings to Abrazos participants.

HHI Scholars Volunteer at Local Hispanic Health Fairs

On October 15, CON's HHI scholars teamed up with PASOs to participate in the third annual Alston Arms Health Fair in North Charleston. The Alston Arms Health Fair is held on National Latino AIDS Awareness Day as a way to bring awareness to the Latino community about HIV/AIDS and to encourage people to get tested for HIV. During the event, health fair attendees are provided with general health information and offered free flu shots as well as blood pressure, cholesterol and glucose checks. The event is organized in collaboration with community and campus organizations such as LowCountry AIDS Services, the disAbility Resource Center, the MUSC Alliance for Hispanic Health, PASOs, Franklin C. Fetter Family Health Clinic, and the MUSC College of Nursing. Students assisted with setting up equipment, conducting health screening questionnaires and tests, as well as educating attendees on proper health practices. There were approximately 100 participants screened.

HHI Presents at 12th Summer Institute

Anna Tecklenburg, program coordinator of the Hispanic Health Initiatives and Romina McCandless, program coordinator of PASOs, presented at the South Carolina Campaign to Prevent Teen Pregnancy's (SCCPTP) Annual Summer Institute. Over the course of the past decade, the SCCPTP's Annual Summer Institute has come to be recognized as one of the leading teen pregnancy prevention conferences in the entire country. This year it was held in June in Myrtle Beach and attended by nearly 500 colleagues from across the country. Anna and Romina conducted a workshop on "Portales de Salud," a pilot project that they designed and implemented to equip Latino parents with the reproductive health knowledge and communication skills to be able to talk to their teenagers about sex.

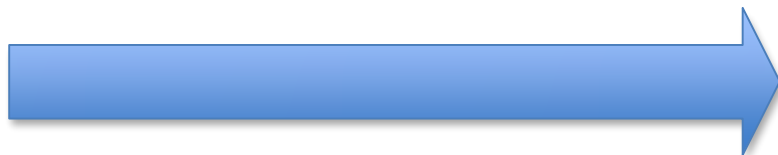
Telehealth and Migrant Farmworkers

Each year 7,227 migrant farm workers and their families travel through South Carolina working the cash crops (HRSA farmworker data, 2009). The lifestyle of following the crops from community to community makes the delivery of health services problematic. Telehealth strategies present a promising solution to improving health services to this underserved population. The potential of cell phone technology as an effective mechanism for dissemination of health information has been reported in the literature. Recently more opportunities have been described for self-care management and care coordination using cell phone technology. During the summer of 2011, HHI staff questioned migrant farm workers on Johns and Wadmalaw Islands about cell phone ownership and their willingness to use cell phones for health care services. Our findings were that the majority owned cell phones and was positively inclined to use the cell phone for monitoring health and receiving health information. Building on this information, Dr. Frank Treiber, director of the MUSC Center for Innovative Technologies in Health Care in collaboration with Franklin C. Fetter Family Health Center, Inc. (FCF) is coordinating a study on the management and care coordination of hypertension using cell phone technology. In the study, over a three-month period daily blood pressure readings will be sent via cell phone to a compliance manager for review against a protocol established by a primary care provider at FCF. If the blood pressure falls within the protocol range a personalized text message is sent to the participant indicating that the blood pressure is normal. If the blood pressure falls out of the normal range, the physician is notified and follow-up is then coordinated by the Health Center. If this is a successful method for improving health indicators related to hypertension, cell phone technology may be effective in addressing other medical conditions in other hard to reach populations.

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Aside from its educational and outreach efforts, Charleston PASOs is now able to assist Hispanic families with obtaining health and human service benefits. Program Coordinator Romina McCandless, MPH and Community Navigator Judith Rundbaken received training in Benefit Bank services earlier this year and are now able to assist clients apply for Medicaid, SNAP and TANF. Charleston PASOs has also established a referral relationship with the Access Health Tricounty Network and is able to refer clients needing medical attention to this free service. These efforts greatly help in improving access to services for the Hispanic community.

Because of PASOs' increasing presence in the area, family health and social service providers are also beginning to seek out Charleston PASOs for knowledge on how to successfully provide services to the Hispanic community. Earlier this year, the program was named a "Promising Practice" model by the Association of Maternal and Child Health Programs. The mission of the program is to empower Latino families to optimize maternal and child health within their social and cultural context. PASOs accomplishes its mission through education, outreach, partnership, and advocacy. The Charleston PASOs Program is the only program in the Tri-county that addresses the health needs of the Hispanic population in a comprehensive, systematic, and culturally appropriate way. The following year Charleston PASOs will begin working on identifying motivated Hispanic community volunteers to serve as PASOs community health educators (*promotores*) that will promote health within the Hispanic community in a natural and culturally sensitive way. This will be a step forward in ensuring the sustainability of the PASOs program in Charleston.



PASOs Program Highlights Aug 2010-July 2011



(Above) PASOs program coordinator, Romina McCandless (third person from left to right) stands with a group of mothers who graduated from prenatal classes in North Charleston.

- Total number of calls received (184)
- Number of participants in health education sessions (71)
- Prenatal class participants (42)
- Community partnerships established (29)
- Referrals into prenatal care (22)
- Assistance with material resources/food (20)
- Referrals for medical/dental care (13)
- Health fairs/outreach events (8)
- Domestic violence assistance/referrals (7)
- Professional presentations (5)

HHI Collaborates with Others to Conduct Health Screenings for Migrant Workers

In collaboration with LowCountry AIDS Services and Franklin C. Fetter Family Health Center (FCF), HHI staff conducted multiple health screenings at migrant camps on the Sea Islands over the summer months. Three of the bilingual HHI scholars from cohort 10 assisted HHI and the collaborating agencies with these screenings. Blood pressure and glucose screenings as well as HIV testing were offered to the farm workers. A doctor or a physician's assistant from FCF that was able to review the results of the screenings with each participant and write a prescription if needed. Romina McCandless, PASOs program coordinator, also conducted mini reproductive health lessons with migrant workers and shared information as well as prenatal vitamins with any woman that was pregnant at the camps. The screenings took place at migrant camps on several of the Sea Islands including Johns and Wadmalaw islands, as well as on Edisto Island and served between 25 and 50 participants at each camp. HHI looks forward to continuing the collaborative effort of reaching out to South Carolina migrant workers to let them know that we care about their health and appreciate their hard work.



(Above) Julia Sachs, RN, reviews results of the health screenings with a migrant worker on Johns Island.



(Left to right) Will Torres (HHI Scholar now in fourth semester), Mark Grey from LowCountry AIDS Services and Anna Tecklenburg, HHI program coordinator, administer HIV screenings to migrant workers at a camp on Johns Island.

Many of the health fairs that HHI participates in are organized by the Alliance for Hispanic Health at MUSC. For information about volunteering at local health fairs serving the Hispanic community and how you can get involved with promoting healthcare for local Hispanics please visit their website:
<http://www.musc.edu/ahh/>

To view past newsletters, please visit the HHI website:

<http://academicdepartments.musc.edu/nursing/departments/facultypractice/hhi/newsletters.htm>