

COVID-19 Education Series for Latinx Communities and Addressing Essential Care Staff Resiliency

Scholars

Jeremy Siwik
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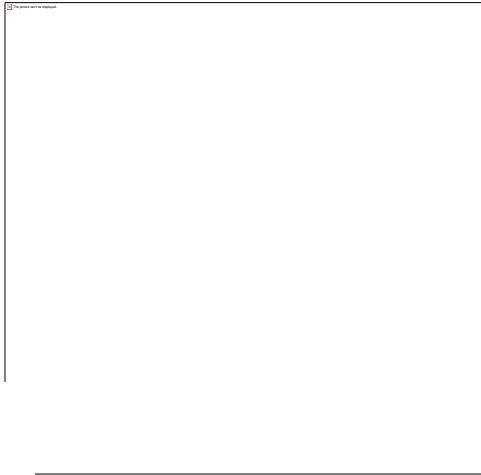
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Mentors

Dr. Siwik and Dr. Garcia



Project #1: Partner Organizations



Non-profit health centers providing comprehensive, accessible, and affordable healthcare or health information.

Overarching Themes

1. COVID-19 Prevention + Testing
2. SDOH Impact on COVID-19
3. Self-care + Resiliency

Target population:

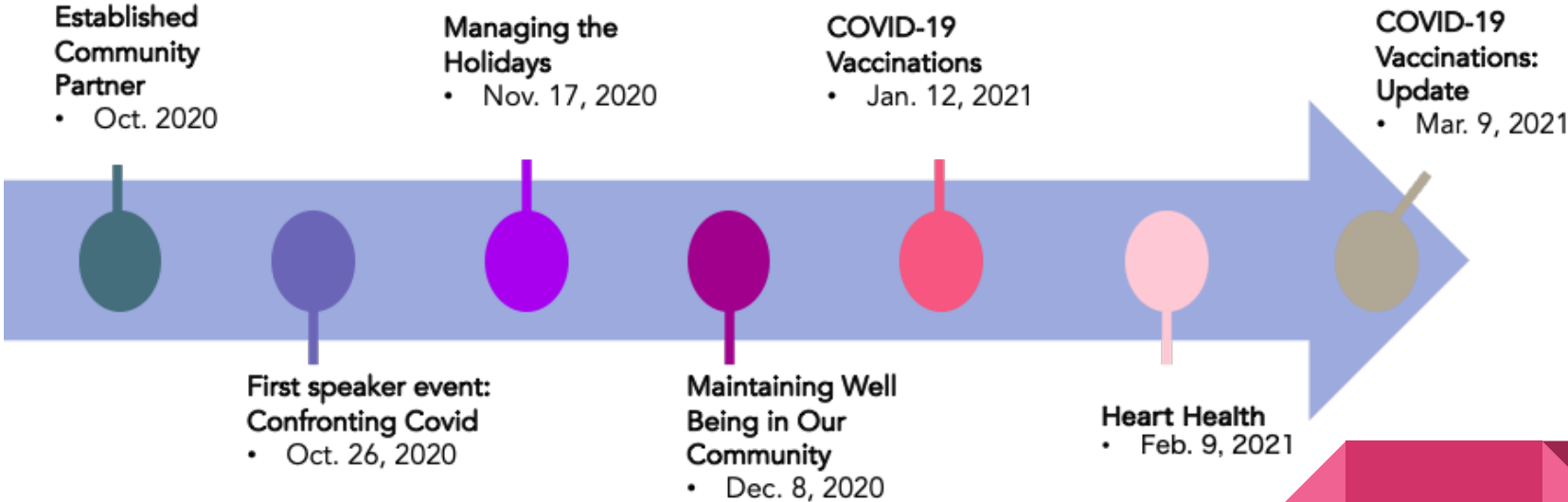
General Spanish-speaking, Mexican origin population

Method:

Facebook Live seminars with Mexican Consulate of Tucson in Spanish with expert speakers

Project Timeframe: El Rio

Monthly Facebook Live Webinars



Consulado de México en Tucson was live. November 17 at 10:00 AM · 🌐

¿Cómo tener celebraciones seguras? - Managing the holidays

Confrontando Covid - Una serie sobre COVID - Segunda sesión

👍❤️ 12 6 Comments 447 Views

👍 Like 🗨 Comment ➦ Share

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Dinorah Cisneros · 0:00
Disculpe.me puede dar el tel del consulado en tucson
Like · Reply · See Translation · 6d
↳ 1 Reply

Rafael Barceló Durazo · 26:04
Gracias por toda esta información. Sobre todo sabiendo que han aumentado tanto los casos nuevos de COVID en la última semana en los Estados Unidos. La importancia de que todos sigamos aumentando los cuidados en nuestras casas y nuestra comunidad.
Like · Reply · See Translation · 6d 🌐 2

David Garcia · 27:14
¡Gracias por toda esta información y sus recomendaciones!
Like · Reply · See Translation · 6d 🌐 2

Melissa Diaz · 21:48
Muy buena información. Gracias.
Like · Reply · See Translation · 6d 🌐 2

Jeremy Siwik · 25:48
https://docs.google.com/_/1FAIpQLSdNtnbJrX_/viewform...

Confrontando COVID Si tienes más preguntas respecto al tema, puedes comunicarte a la Ventanilla de Salud al tel. 52

Javier Yepiz, AHEC Scholar Live MC for Mexican Consulate in Tucson

Expert Speakers

Alejandra Vasquez Star - Registered Nurse

Sara Santos - Registered Nurse, DNP student of ASU

Lizbeth Ortiz - Registered Nurse, ICU

Dr. Francisco Garcia - Pima County Medical Director

Dr. Ricardo Correa - UA fellowship director, endocrinologist, diabetes and metabolism

EL CONSULADO DE MÉXICO
TE INVITA A LA PLÁTICA

“Salud del Corazón”

transmitida por:

f LIVE **YouTube LIVE**

presentada por:

Lizbeth Ortiz
(Enfermera con 8 años de experiencia en unidad de cuidados intensivos y especialidad en el área de cardiología)

9 de febrero
10:00 a.m.

MÉXICO
CONSULADO EN TUCSON

Desarrollado/Distributed by:
EL RIO
HEALTH

Ventana de Salud
THE UNIVERSITY OF ARIZONA
Arizona AHEC
Area Health Education Centers

Confrontando COVID

Facing COVID

Una serie sobre COVID

A series of COVID

f consulmex.tucson
@ConsulMexTuc
i consulmex.tucson
y /ConsulmexTucson

First speaker session

555 views



181 Covid tests + 51 Flu shots

Record 1 day services performed at Tucson consulate clinic

Entire speaker series:

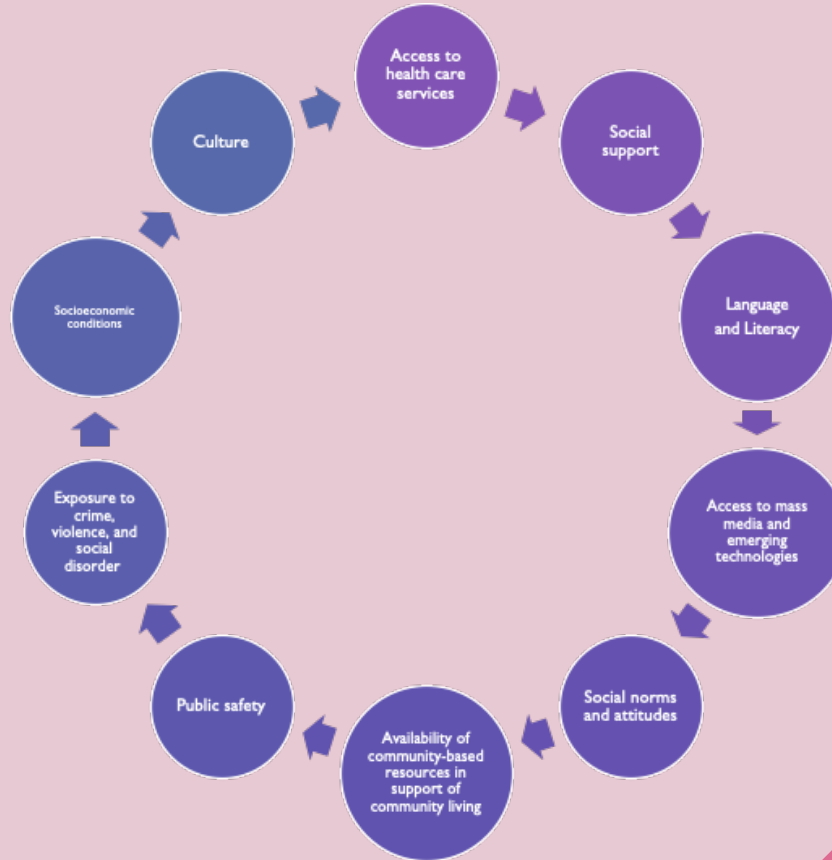
3,416 views



Comments included: “Muchas gracias por la información. Bendiciones”

“Gracias muy buena información!!!”

Social Determinants of Health



Direct Impacts on the SDOH



- Reaching communities directly impacted by COVID-19
- Providing evidence-based information from experts in the dominant language of the community
- Providing resources to address acute and chronic health conditions
- Providing tangible ways to maintain physical and mental health amidst the pandemic
- Access to experts in a variety of fields of mental and physical healthcare

Project #2: Primavera Foundation



**PRIMAVERA
FOUNDATION**

Target population

- Tucson-based programs for pathways out of poverty through affordable housing, crisis support, and job readiness.
- Targeting frontline employees of this organi

Method

- Bi-weekly paid 1-hour seminars for employees - focus on self-care and resiliency during COVID-19 to promote health and prevent burnout

Goal Statement

Address self-care + resiliency for Tucson based **Primavera Foundation** staff. Biweekly online seminars and care packages to promote improvement and practice of physical, mental, and spiritual health care in allied health providers.



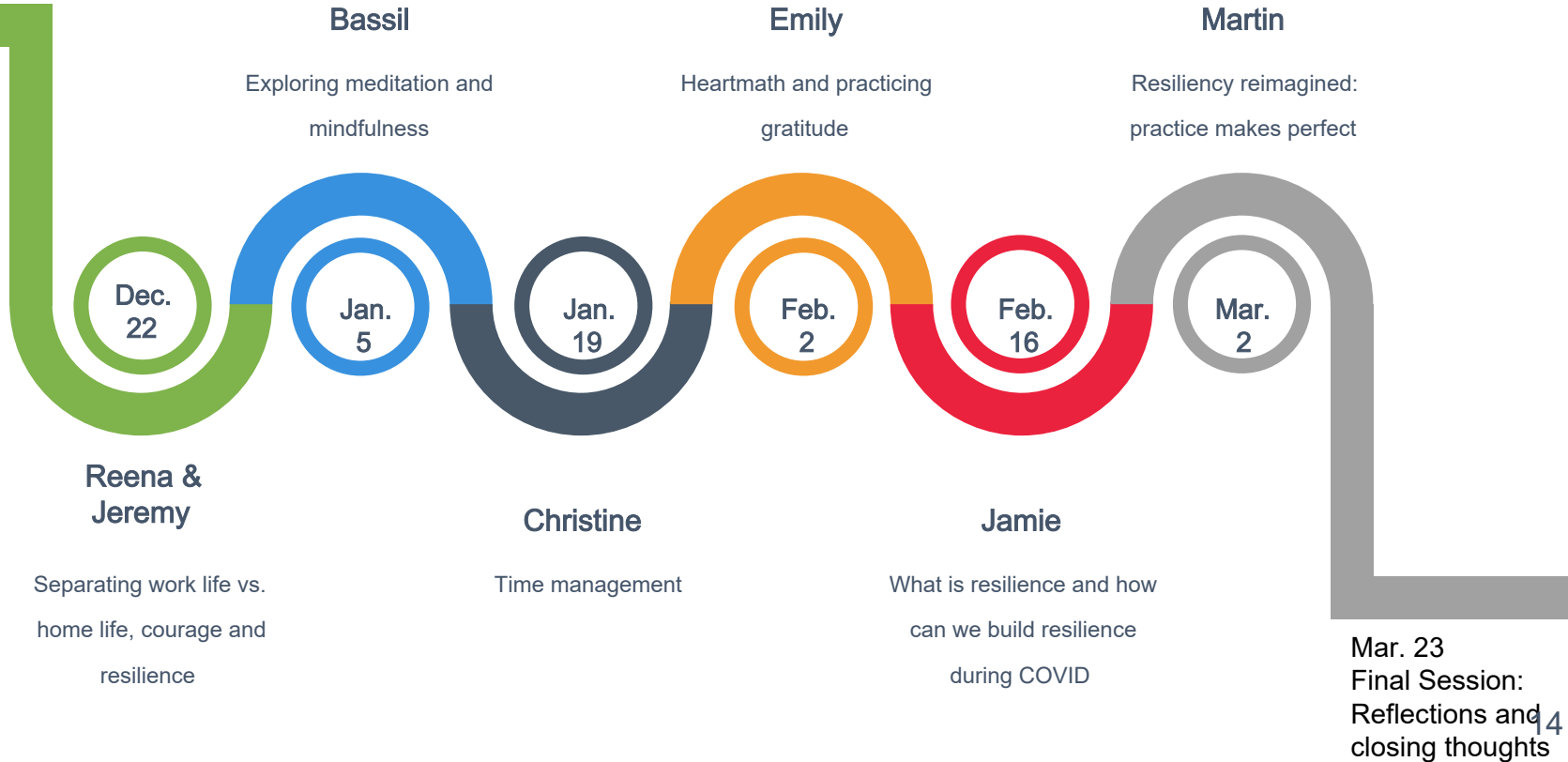
Overarching Themes

Self-care + Resiliency:
Allied Health



Project Timeframe: Primavera

Dec. 8
First Session:
Introductions and
program mapping



Self-Care + Resiliency: Employee Care Package

- Journal
- Aromatherapy
- Stress ball
- Mask
- Poem
- Timer
- Bag
- Infocard of resources
+ free self-care apps



Fundraiser

- The scholars wanted to create a “self-care” basket for the team at Primavera
- Organized University of Arizona Student groups along with reaching out through social media for funding
- We raised over \$500 for baskets of resources
 - Items included healthy snacks, teas, coffee maker, tactile items for stress relief (play-doh, coloring, origami paper, stress balls, etc.)



Direct Impacts on the SDOH



- Reaching allied health workers directly impacted by COVID
- Providing tangible ways to maintain physical and mental health amidst the pandemic
- Access to a variety of tools to maintain mental and physical health

Lessons Learned

El Rio

Evaluation methods need refinement

Bilingual/Bicultural Health Educators

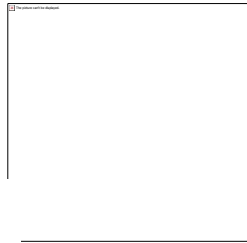
Primavera

Zoom fatigue/Connection issues persist in urban settings

Slow adoption of resiliency techniques

El Rio

Live streams effective reached and elicited change in diverse populations.



Primavera

Long-term improvement in resiliency and quality of care workers' lives



PRIMAVERA
FOUNDATION

An Interprofessional Theory Guided this Project

Poster accepted to the virtual Western Institute of Nursing Conference April 14-17, 2021

Application of the Transcultural Interprofessional Practice Model During COVID-19

Jamie Besel, PhD Candidate, MN, RN¹; Christine Hodgson, MSN, RN, CPNP-PC¹; Emily Snyder, BSN, RN, PCCN, DNP student²; Violet Perez, MD³; David O. Garcia PhD, FACS⁴
¹University of Arizona College of Nursing; ²Arizona State University Edson College of Nursing; ³University of Arizona College of Medicine; ⁴University of Arizona Mel and Enid Zuckerman College of Public Health

Purpose

To develop a one-year plan to improve community and healthcare worker resilience during the COVID-19 pandemic with the Arizona Area Health Education Centers (AzaHEC) Scholars program.



Background

- Health inequities place underserved populations (i.e., Mexican-origin adults) at increased risk of COVID-19 and complications^{2,3}
- Frontline healthcare workers at risk for negative physical and mental impacts^{4,5}
- Gap: culturally sensitive, theoretically driven approaches to improve resilience⁶

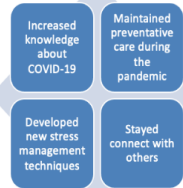
References



Approach

- AzaHEC scholars & mentors conducted needs assessment of local healthcare network, identified community stakeholders
- Established partners who work with Mexican-origin communities in Tucson, AZ
- The Andrews/Boyle Transcultural Interdisciplinary Practice (TIP) Model¹ was utilized to develop a two-arm approach to support the needs of an interdisciplinary practice community

Outcomes Achieved



PROJECT 1: Mexican Consulate Facebook Live Speaker Series



- Topics included social determinants of health, resilience, COVID-19, social distancing, vaccine information, health promotion

PROJECT 2: Homeless Shelter Worker Resilience Zoom Live Series



- Participants received small gift bags, masks, self-care items
- Topics included mindfulness, resilience, self-care, organizational skills, self-compassion

Conclusion

These projects utilized a theoretically driven, culturally sensitive program in an Arizona interdisciplinary practice community. Findings indicate the AzaHEC Scholars program, coupled with a theoretically driven approach, helped underserved communities reach their goals. Future research may benefit from these findings through the creation of customized, culturally relevant educational materials.

Acknowledgements

Thank you to our community partners: Doug Spelman, MD, Chief Clinical Officer, El Rio Community Health Center; Lorena Verdugo, Community Health Coordinator, El Rio Community Health Center and the Primavera Foundation staff

*Thank you to our Amazing Mentors
For your encouragement and effective leadership!*



David O. Garcia, PhD, FACSM



Violet Perez Siwik, MD

References

Andrews, M. M., & Boyle, J. S. (2019). The Andrews/Boyle transcultural interprofessional practice (TIP) model. *Journal of Transcultural Nursing, 30*(4), 323-330.

Substance Abuse and Mental Health Services Administration [SAMHSA]. (2020, May). Double jeopardy: COVID-19 and behavioral health disparities for Black and Latino communities in the U.S. (Submitted by OBHE). *US Department of Health and Human Services*.

Braveman, P. & Gottlieb, L. (2014). The social determinants of health: It's time to consider the causes of the causes. *Public Health Reports 129* (1_Suppl 2), 19-31.

Santarone, Kristen, McKenney, Mark, & Elkbuli, Adel. (2020). Preserving mental health and resilience in frontline healthcare workers during COVID-19. *The American Journal of Emergency Medicine, 38*(7), 1530-1531

Mental Health Weekly Digest (2020, May). First responders for San Francisco's most vulnerable: Homeless shelter workers are the unsung heroes on the front lines of COVID-19. p.1298.

American Holistic Nurses Association. (2021). Stress management. <https://www.ahna.org/Home/Resources/Stress-Management>

Program Details: El Rio

October 26, 2020 -Alejandra Vasquez Star, RN: Confrontando COVID-19

- 10 comments, 555 views

November 17, 2020- Sara Santos, RN, DNP student:¿Cómo tener celebraciones seguras? - Managing the holidays

- 6 comments, 543 views

Dec 8, 2020- Dr. Ricardo Herrera: Mantener el Bienestar en Nuestra Comunidad

- 5 comments, 600 views

**Jan 12, 2021- Dr. Ricardo Herrera:
Actualizaciones y información acerca de la vacuna COVID-19**

- 21 comments 754 views

**Feb 9, 2021 -Lizbeth Ortiz, ICU RN:
Confrontando COVID-19 “ Salud del corazón”**

- 8 comments, 293 views

**March 9, 2021- Dr. Francesco Garcia:
Resiliencia en tiempos de COVID [updates on COVID-19 vaccination)**

- 16 comments 671 views

74 Comments - 3416 Views

Program Details: Primavera

December 8th: 15 participants

December 22nd: 9 participants

January 5th: 7 participants

Jan 19: 6 participants

Feb 2nd: 3 participants

Feb 16: 5 participants

March 2nd: 4 participants

March 16th: 4 participants