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

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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

- **Established Community Partner**
  - Oct. 2020

- **Managing the Holidays**
  - Nov. 17, 2020

- **COVID-19 Vaccinations**
  - Jan. 12, 2021

- **COVID-19 Vaccinations: Update**
  - Mar. 9, 2021

- **First speaker event: Confronting Covid**
  - Oct. 26, 2020

- **Maintaining Well Being in Our Community**
  - Dec. 8, 2020

- **Heart Health**
  - Feb. 9, 2021
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
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

- Culture
- Access to health care services
- Social support
- Language and literacy
- Access to mass media and emerging technologies
- Social norms and attitudes
- Availability of community-based resources in support of community living
- Public safety
- Exposure to crime, violence, and social disorder
- Socioeconomic conditions
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

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

Dec. 22
Reena & Jeremy
Separating work life vs. home life, courage and resilience

Jan. 5
Bassil
Exploring meditation and mindfulness

Jan. 19
Christine
Time management

Feb. 2
Emily
Heartmath and practicing gratitude

Feb. 16
Jamie
What is resilience and how can we build resilience during COVID

Mar. 2
Martin
Resiliency reimagined: practice makes perfect

Mar. 23
Final Session: Reflections and closing thoughts
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
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 Bearl, PhD Candidate, MN, RN1; Christine Hodgson, MSN, RN, CPNP-PC2; Emily Snyder, BSN, RN, PCCN, DNP student3; Violet Perez, MPH4; David O. Garcia PhD, FACSM5
1University of Arizona College of Nursing; 2Arizona State University Edison 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 (AAHEC) Scholars program.

**Approach**
- **AAHEC** 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 Intertidiciplinary Practice (TIP) Model1 was utilized to develop a two-arm approach to support the needs of an interdiscplinary practice community

**Background**
- Health inequities place underserved populations (i.e., Mexican-origin adults) at increased risk of COVID-19 and complications2,3
- Frontline healthcare workers at risk for negative physical and mental impacts1,3
- Gap: culturally sensitive, theoretically driven approaches to improve resilience2

**Outcomes Achieved**
- Increased knowledge about COVID-19
- Developed new nurse management techniques
- Maintained preventative care during the pandemic
- Stayed connected with others

**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 AAHEC 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.

**Acknowledgments**
Thank you to our community partners: Doug Poeman, MS, 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


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 Correra: Mantener el Bienestar en Nuestra Comunidad

- 5 comments, 600 views

Jan 12, 2021 - Dr. Ricardo Correra: 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