Icebreaker Exercise

Supplies needed - Variety colored index cards

Introduce yourself to your health care provider by writing a short biography of yourself. Include any and or all of the following characteristics that you are comfortable sharing and would be valuable in formulating a plan for your health care needs:

* Age
* Race
* Ethnicity
* Religion
* Sexual Orientation
* Cultural Beliefs
* Health Care Values
* Disabilities/Abilities
* Socioeconomic Status
* Political Affiliation

Example- Dr. Joanne Haeffele, a Greek American heterosexual female......

Students will introduce each other to the class.
Clinic Patient Profile

Create a list of the major types of patients that comprise the clinical practice where you are doing your Adult Internship. Include a breakdown of any or all of the following that apply: age, gender, ethnic background, religion, sexual orientation, disability/ability, and individuals with specific cultural beliefs.

This is an example of the assignment

AGE: Adults and geriatric (over 65)

Gender: Male and female close to equal proportion

Ethnic background:

Caucasian: Most use western medicine. Important to know about their health even when it is bad news. Accustom to end of life care (palliative and hospice care). Like to participate and control their healthcare. Prevention screenings are common.

Mexican American: No separation of mind, body, and spirit. Utilize folk medicine and western medicine. Men do not express pain readily. Women do express pain and is socially acceptable. Symptoms of illness need to be asked as they are not easily expressed. Like to keep serious illnesses such as cancer private and not inform patient to protect them. Spiritual and use of rituals accepted. Modesty is very important. Prefer female providers. Depression and mental illness seen as weakness and considered an embarrassment to the family.

African American: Openly express pain. Use of home remedies first, then seek help from provider. Depression not usually revealed. General mistrust of healthcare system. Underutilize healthcare system. Chronic illness same as Caucasions except at higher rate for African Americans. Cancers, such as prostate, diagnosed at later stages due to lack of prevention screenings, information or education, and lack of access to care. More likely to do aggressive treatment for serious illnesses, less likely to want hospice care.

Indian: Most practice vegetarian diets. Aren’t aware of their health. Indian females living in America have breast cancer rate of 1 in 8 versus India where 1 in 40 are diagnosed. Heart disease and diabetes are common. Practice Ayurvedic Medicine. Health in relation to mind, Body and soul very connected.

Sexual orientation: Predominantly heterosexual

Disability: Cancer

Please include your references. (4 pt)

American Cancer Society Action Proposal on Prostate Cancer in African Americans (press
Health And Health Care of Asian Indian American Elders (retrieved June 18, 2011)
http://www.stanford.edu/group/ethnoger/asianindian.html

Caucasian-American Cultural Competencies (retrieved June 18, 2011).
http://www.novanthealth.org/eap/daily_issues/caucasian_american.jsp

St. Scholastica Center for Health Care Innovation. (Retrieved June 18, 2011)
http://www.css.edu/x6921.xml

Thinking Skill # 2

Name ________________________________________________________________

Article PDF - Recognition of depression in people of different cultures: a qualitative study

List 2 things that you know about depression in people of different cultures (answer this question before reading the article). (2 pt)

1. 

2. 

Identify 3 new ideas or concepts that you have learned about depression in people of different cultures (answer this question after you have read the article). (3 pt)

1. 

2. 

3. 

Describe your reaction (thoughts, emotions) to any of the new ideas or concepts that you have learned about depression in people of different cultures. (1 pt)

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Give an example of a patient where you have applied the concepts learned from depression in people of different cultures. Include a summary about the patient and then describe how you have applied the new ideas or concepts in a real patient. You may use an example from your Internship or one from the literature. Please include your references. (4 pt)
The **Summative Self-Evaluation** serves as a qualitative evaluation of your clinical experience. It should be typed in a **Word document (one page minimum)** and is used to address issues such as positive and negative points of the clinical week, did the week’s experience help the student meet their goals, and how the student felt (thoughts and emotions) about the day’s clinical experience. Be sure to include all of the following items in your Summative Self-Evaluation-

### Address Each Area Below

a summary of the positive and negative points of the week,

b) how the weeks experience helped to meet your goals, **be specific here**

c) based on the weeks experiences, your plans for future clinical days

d) your feelings (thoughts and emotions) regarding your clinical experience, and

e) performance of any procedures which required supervision of staff other than the preceptors.

f) give one example of a **multicultural patient** (age, gender, ethnic background, religion, sexual orientation, disability/ability, cultural beliefs and health care values) that you saw in clinic and describe how you met this patient's **multicultural needs** within the visit.

Logs will be evaluated for completeness of report and summative evaluation of the 182 hrs spent at clinical site with patients.
GUIDELINES FOR ANTICIPATORY GUIDANCE PROJECT

1. Student is to choose an area of management related to evidence based practice. Choose from topics offered in class. The area may reflect either a health or illness state.
2. A scholarly paper using APA format is to be written (15 pages).
3. Research supporting protocols is to be reviewed – choose one that is evidence based and supported by peer reviewed organizations.
4. Issues of informed consent and risk reduction are to be addressed.
5. The impacts of the current health care arena (e.g. HMOs) on the practice issue presented are to be addressed.

Grade is based on the following:

1. Background of problem
2. Purpose of paper
3. Protocol chosen and support for choice. Research on protocol (comprehensive, recent literature, and well integrated)
4. Address legal and ethical aspects of informed consent, risk reduction, etc.
5. Address multicultural issues to include age, gender, ethnic background, religion, sexual orientation, disability/ability, cultural beliefs and health care values.
6. Address financial aspects of insurance, self-pay, cost shifting, etc.
7. Create a one page bullet point summary for your classmates (post on the discussion board)
8. Summary of your paper
9. APA format (6th ed), spelling and grammar
10. Submit into Safe Assignment
GUIDELINES FOR CASE STUDY PRESENTATION

1. Each student is to select a patient seen in the clinical setting or from the literature for case presentation during clinical conference that addresses multicultural issues. The case is to be one that is thoughtful and or challenging (zebra case) rather than straight forward in the evaluation and diagnosis. It is intended as a learning experience for the class.

2. The case presentation is to address: presenting symptoms; pertinent history; findings on assessment; results of pertinent diagnostic tests and procedures; rationale for narrowing differential diagnoses to that chosen; treatment plan including plans for follow-up and/or referral. The choice of patient should reflect multicultural issues to include any and all of the following: age, gender, ethnic background, religion, sexual orientation, disability/ability, cultural beliefs and health care values.

3. A self-analysis of the experience is to be discussed addressing diagnostic pearls gleaned from this experience as well as pitfalls with this diagnosis.

4. Supporting AV materials are encouraged -

5. The presentation must flow in the following format:

   Students should present their case as a health problem to be solved. Peer students will decide on labs and diagnostic tests and offer final diagnoses.

   First the subjective and objective components of SOAP are to be presented. A discussion regarding the differential diagnoses and final diagnosis is to follow. The final treatment plan discussed should reflect integration of multicultural aspects as identified in the case. Components of the presentation can be presented in power point and or other media or graphs can be presented. The presentation should be smooth, logical and proper spelling and grammar should be present. The presentation must stay within a 30 minute time frame including discussion and allowance for any questions.

   Grade is based on the following rubric attached file.