

CA LEVEL 1 TRAINING – SESSION 5



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OVERALL HL CA TRAINING OBJECTIVES

- Understand the components that go into being a HL CA
- Demonstrate the knowledge and skills to perform HL CA roles
- Be able to design and deliver training sessions to other CAs and also use these with the community
- Work towards earning a CMT CA Certificate in Health Promotion
- Have increased confidence in speaking about HL topics
- Have had an opportunity to build connections between the HL CAs (networking) and learn together.

SESSION 5 OBJECTIVES

- To become aware of cultural values and beliefs that shape people's health practices
- To understand the idea of self care and how to encourage it amongst participants
- To become familiar with the 10 Complementary Health Practices
- To learn how to discuss incorporating culturally based practices and consumer health management into self and family care when having health discussions with participants
- To discuss when to link to the Canadian system

SESSION 5 AGENDA

- Welcome
 - Objectives and Agenda
 - Working Arrangements
- Cultural Values/Beliefs
- Self Care
- Complementary Approaches
- Tapping Into Cultural Values and Beliefs
- Encouraging consumer health management
- Linking to the Canadian System
- Wrap up



THE WIDER HEALTHCARE CONTEXT



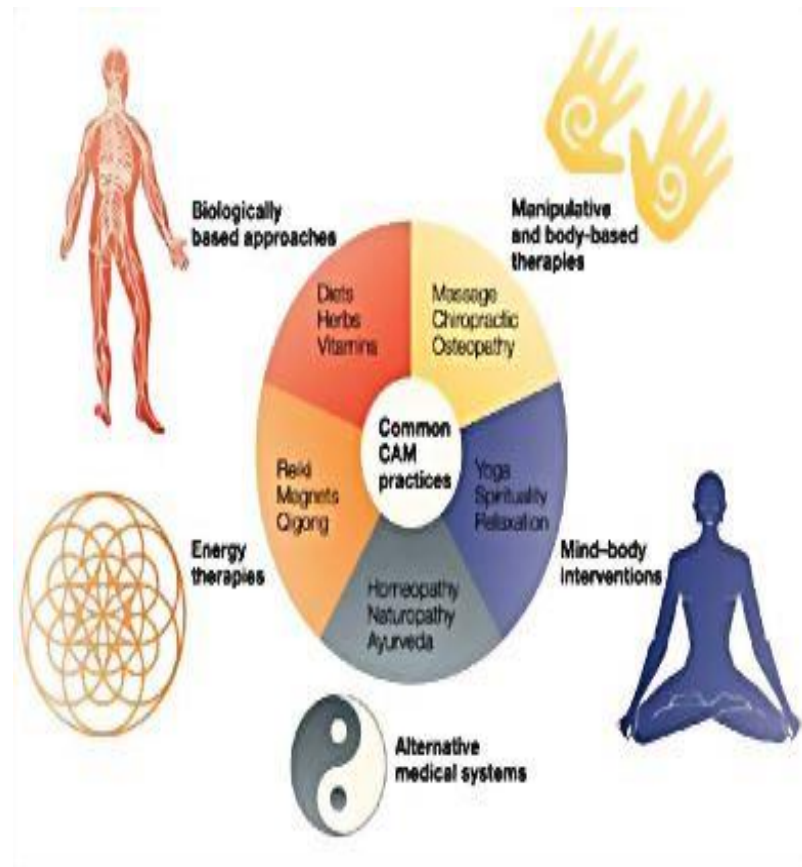
MODERN MEDICINE

- *A medical system that fights disease by using remedies (such as drugs or surgery) to produce effects different from or incompatible with those produced by the disease itself.*



CULTURAL HEALTH PRACTICES

- *Cultural practice generally refers to the traditional and customary practices of a particular ethnic or other cultural group.*



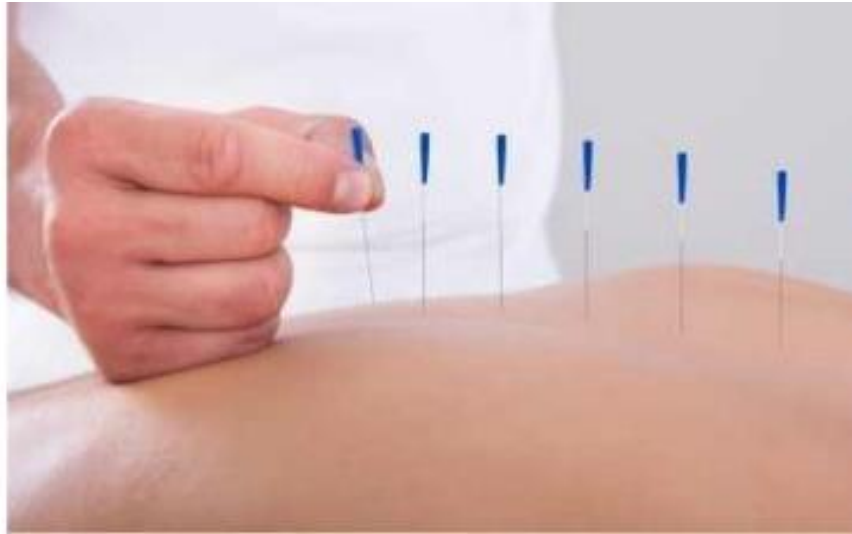
EXAMPLES OF CULTURAL BELIEFS AND PRACTICES

- Dividing participants into three smaller groups
- assign each group one of the three topics below
 - Mental
 - Physical
 - Spiritual
- Ask the group to take 5 minutes to brainstorm examples of cultural practices and beliefs related to their topic (mental / Physical / Spiritual)
 - *Ginger for nausea*
- Ask a spokesperson from each group to share their ideas with the larger group.



SELF CARE

o Self Care is



COMPLEMENTARY AND ALTERNATIVE MEDICINE

“Complementary” generally refers to using a non-mainstream approach together with conventional medicine.

- Acupuncture
- Massage
- Yoga
- Aromatherapy
- Reiki
- Shiatsu

“Alternative” refers to using a non-mainstream approach in place of conventional medicine.

- Ayurveda
- Homeopathy
- Unani
- Chinese medicine
- Chiropractic
- Bach flower therapy

CULTURAL HEALTH PRACTICES - THE DATA

- Cultural ‘Competence’
- Ethnopharmacology
- Access PLUS Adherence/Compliance
- Racial and ethnic factors influence decision making

INTEGRATED MEDICINE

1. PARTICIPATORY DECISIONS High degree of involvement (negotiation and consensus=better satisfaction and outcomes
2. MATCHING OF CULTURES (Professional and consumer)=better communication

DEFINE HOW OUR CULTURAL BACKGROUNDS AFFECT US

- Health Beliefs and *Attribution* (how you see the world and attach meaning “self serving bias’) help define your Behaviour
 - Personal=individual focus Western, science
 - Collective=Spiritual and social reasons, kinship,community, destiny, prayer, disease=punishment
 - Combination=spiritual and medical, herbalists, Ayurvedic yin/yang

Individual Control vs Person in Context

LIMITATIONS OF CULTURAL HEALTH PRACTICES

1. Emergencies like:

- Acute/severe abdominal pain (appendicitis / twisted bowel)
- Fractures
- Accidents
- **Note:** *the pain related to problems can be reduced with alternative medicines*

2. Congenital Anomalies like:

- Harelip
- Clubfoot

3. Infections

4. Nutritional Disorders

- Common sense tells us that food that is deficient in essential nutrients should first be replenished with the required nutrients
- **Note:** *malabsorption in spite of nutritionally balanced diet can be helped with alternative medicines*

5. Terminal Health

- Where there has been gross and irreversible structural changes, alternative and complimentary medicines do not provide a cure but can offer effective palliative treatment

Q & A: WHEN TO LINK TO THE CANADIAN HEALTH SYSTEM

Questions	Answers
If you have had a cold for 3 days with a low grade fever, should you go to the doctor?	?
Chiropractic, yoga and acupuncture are all Alternative medicines?	No, only chiropractic is considered an alternative medicine
If your child has had a fever for 2 days that is not responding to Tylenol, should you go to the doctor?	Yes.
Ayurveda, homeopathy are Alternative medicines?	Yes
If you have a pain in your abdomen particularly in one region, should you go to the doctor?	?
If you are anxious or stressed, should you breath quickly?	No, you should breath slowly and deeply as this helps to calm your central nervous system.

Q & A: WHEN TO LINK TO THE CANADIAN HEALTH SYSTEM

Questions	Answers
You cut yourself with a knife a few days ago and now the area is warm, you have red streaks coming out of the cut and there is swelling. Should you go to the doctor?	Yes, you should go as soon as possible to prevent the infection from getting worse.
Should you treat diabetes on a diet based therapy only?	?
Do you think complementary and alternative medicines have side effects?	?
You notice that your participant's face is drooping, he can't raise both arm when you ask him to and he is slurring when he speaks. Should you go to the doctor?	No, you should call 911 as he might be having a stroke.

WHAT'S COMING UP NEXT?

- Debrief the training
- Future training topics
- Certification in Health Promotion
- CELEBRATE!

