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412.648.8714

## Refugee Health Mini-Elective SPRING 2017

<u>Course Dates:</u>	January 10, 17, 24, 31 Tuesdays, 5:00-7:00 PM
<u>Maximum Students:</u>	15
<u>Class Year:</u>	MS1 and MS2
<u>Course Director:</u>	Thuy Bui, MD Associate Professor of Medicine Global Health Track Residency Director, Division of General Internal Medicine
<u>Contact Information:</u>	Thuy Bui, MD <a href="mailto:buit@upmc.edu">buit@upmc.edu</a>  Anastasia Markovtsova, MS2 <a href="mailto:anm248@pitt.edu">anm248@pitt.edu</a>  Erika Sue, MS2 <a href="mailto:ers139@pitt.edu">ers139@pitt.edu</a>  Jonathan Berken, MS2 <a href="mailto:Jonathan.berken@gmail.com">Jonathan.berken@gmail.com</a>
<u>Registration:</u>	Betsy Nero, Office of Medical Education <a href="mailto:betsy@medschool.pitt.edu">betsy@medschool.pitt.edu</a>

### Description:

Pittsburgh is home to over 26,000 foreign-born residents and 4,500 refugees who have resettled in the last decade. The refugee population in Pittsburgh includes members from Bhutan, Burma, Somalia, Iraq, the Democratic Republic of Congo, and Syria. As these refugees reside permanently in the U.S., they face unique health challenges such as psychological trauma from conflict and displacement, language and cultural barriers, and understanding of the U.S. healthcare system. Through hands-on experiences and community field trips, this course introduces medical students to the basic health requirements of refugees living in Pittsburgh and brings awareness to some of their access barriers.

### Course Objectives:

1. Describe the health and cultural profiles of key refugee groups in Pittsburgh, focusing on current health needs and priority health conditions
2. Recognize health care access and challenges refugees face navigating the US health care system and be able to access community resources to help refugees overcome barriers to care
3. Identify various health and social services agencies that are involved in resettling refugees
4. Describe the common physical and psychological issues affecting refugees such as PTSD and how these are affected by resettlement
5. Communicate effectively with patients from different cultural and linguistic backgrounds, including the use of interpreters

### Requirements:

Attend all 4 sessions

Read brief assignment for each session

### **COURSE OUTLINE:**

#### **Refugee Health Mini-Elective**

#### **LOCATION: Scaife Hall, Rooms 502 & 503**

#### **Session 1: Tailoring a History and Physical to Refugee Health Needs**

- Students use role playing in order to understand the common pitfalls experienced by physicians when treating refugees. We will be collaborating with the International Patient Office in order to get students familiar with using interpreters in the medical setting. Other topics discussed include the blue interpreter phone, cultural sensitivity and adjustments based on ethnicity (ex. in the Arab culture, physical contact in the form of a handshake is considered disrespectful), and providing refugee patients with appropriate resources for mental, emotional, and community needs.
- Reading: [Crosby SS. Primary Care Management of non-English-speaking refugees who have experienced trauma. A clinical review. JAMA 2013; 310\(5\):519-528](#)

#### **Session 2: Jewish Family & Children's Service Refugee Support Group Meeting**

- Students will have the chance to sit in on a support group meeting led by JFCS. This experience is meant to expose medical students to the real-life concerns that refugees have upon resettling in Pittsburgh. This will also be an opportunity to see the facilities that handle refugee cases in the area and to talk to staff members regarding the day-to-day operations of the organization. Volunteer opportunities will also be discussed.
- Reading: <http://www.alleghenycountyanalytics.us/wp-content/uploads/2016/05/Immigrants-and-Refugees-in-Allegheny-County-Scan-and-Needs-Assessment-1.pdf>

#### **Session 3: Bhutanese Community Association of Pittsburgh (BCAP) Home Visit**

- Students will drive to the BCAP headquarters in Brentwood and talk to Bhutanese community leaders running the organization. Students will learn about BCAP's involvement, including programs on yoga, gardening, and mental health. Students will then have the opportunity to visit the home of a Bhutanese refugee in order to better understand their living conditions and family structure. Traditional Bhutanese dinner may be provided.
- Reading: <https://www.cdc.gov/immigrantrefugeehealth/pdf/bhutanese-health-profile.pdf>

#### **Session 4: Documentary Discussion**

- Students will be asked to watch a documentary on refugee health prior to the session. A discussion will be held afterwards, as well as a cultural potluck in order to spread cultural awareness amongst the students.
- Reading: [Terasaki G. et al. Care of adult refugees with chronic conditions. Med Clin N Am 2015; 99: 1039-1058](#)