This quarter, CultureVision™ is excited to announce the release of our newly updated Latino group. Recently, the Latino community has been affected by several natural disasters as well as changes in policy that may impact health.

In September 2017, both Puerto Rico and Mexico were impacted by massive natural events.

- In Puerto Rico, Hurricane Maria made landfall, leaving much of the island devastated and without electricity and clean water for more than a month. 34 people were killed, though there may be more. Long term damage is expected, and a lack of food, water, electricity, and infrastructure has and will continue to have a lasting health impact on Puerto Ricans and their family members.

- In Mexico, two large earthquakes, one with a magnitude of 7.1, left at least 94 people in Mexico City dead, 71 in Morelos, and 43 in Puebla. This has taken a psychological toll on many Mexicans here in the U.S. with family who were killed or live in Mexico where these disasters occurred.

For relatives in the U.S., these events can greatly impact their emotional and mental health.

In 2016, 65.6% of Latinos in the United States were US-born. Recent policy changes have impacted Hispanic immigrant health.

- In a 2012 study of 327 surveyed providers, 48% said they had observed “negative effects of ICE enforcement on the health or health access of immigrant patients.”

- New action by the Department of Homeland Security may end the program known as DACA, or “Deferred Action for Childhood Arrivals.” It is thought that ending DACA could result in 450,000 people losing their health insurance and other employee benefits.

Despite these challenges, many Hispanics have protective factors for good health.

- A phenomenon known as the Epidemiological Paradox seen in U.S. shows that Hispanic populations that have predisposing factors to poor health (i.e., limits to socioeconomic and health access), may be in good or better health than populations with protective factors.

- This may be due to limited smoking, social support, traditional diet, place of birth, physical work, and more positive health factors seen in some Hispanic populations.

What’s New

Latino Group Update

What’s Coming Soon

Substance Use Updates

What is the Ambassador Training Program?

This half-day program creates a cohort of individuals in your hospital system equipped with the tools and expertise necessary to successfully educate others in effective, efficient use of CultureVision, and ensure its widespread implementation throughout your organization.

For more information, contact the CultureVision team at 301.565.4035 or culturevision@cookross.com.
Traditional Beliefs About Illness

Although beliefs about causes and treatments of illness will vary by individual, we have found some trends across Latino groups. Not all Latino patients will ascribe to these beliefs, but it is helpful to know about them in order to ask appropriate questions about illness and offer helpful, appropriate treatment options and explanations.

Fatalism, Destiny, and the Struggle

Some Latino patients, especially Catholics, may be more likely to display a more external locus of control concerning health and illness, which might be interpreted by some to be Fatalism. This belief may cause a delay in seeking care or preventive services, though consensus on this is mixed. Some Latinos may attribute good health as well as illness to the will of God. Others may also believe that the combination of faith in God and healthy behaviors can have a strong role in health outcomes.

Hot/Cold Theory

Some more traditional and rural Hispanics may view illness, treatments, and certain foods as having “hot” or “cold” properties that can have certain health effects. For examples, “hot” illnesses may be believed to be balanced with “cold” medications and food, and vice versa. A patient may not want to drink lots of fluids for a viral infection (the common cold) if they are provided with cold water, which may be thought to add more “coldness” to the body. Postpartum mothers may also want to keep their legs closed directly after birth to prevent “cold” air from entering the body and causing illness.

Patient Assistance in Recovery

The U.S. healthcare system often puts emphasis on the patient’s role in their own recovery (self-care), which may be problematic for Latino patients that believe a patient should rest and be taken care of by family during and after an illness or recovery from surgery. This may create complications if a provider prescribes exercise or resuming normal activities to assist with recovery. It may be important to explain why these recommendations are not harmful to a patient, but actually important to recovery.

Traditional Treatments: Aloe Vera

- Commonly used today in many mainstream products and treatments, Aloe Vera is also a traditional treatment for burns and skin irritation for some Hispanics, and is sometimes ingested.
- Although topical use is often safe, Aloe Vera juice may cause diarrhea, hypokalemia, hypoglycemia, and prolonged bleeding.
- It may also interact with cardiac glycosides and those with hypoglycemia.

For more information, stop by your IvyTech Bloomington Library in Room D123 or call 812-330-6080. Email us at: bl-library@lists.ivytech.edu