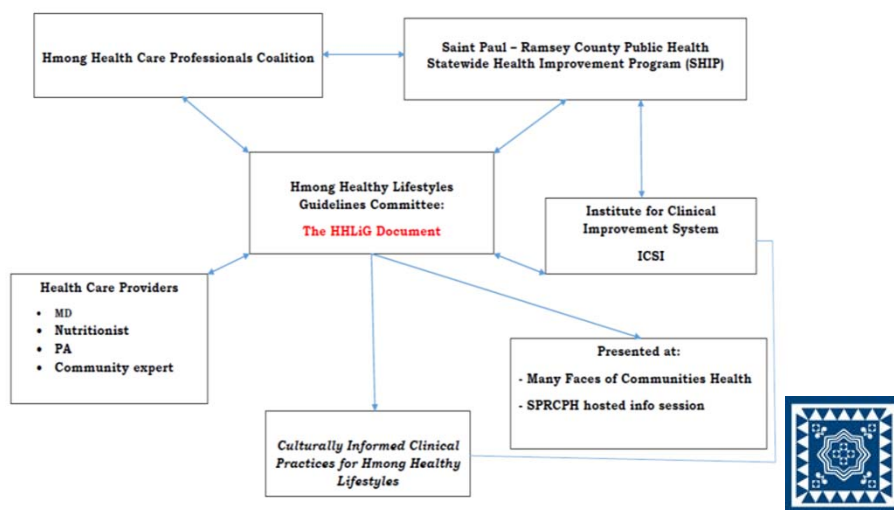


Providing Culturally Appropriate Care: Implementing the Hmong Healthy Lifestyle

May 4, 2016

Phase 1 (2014 - 2015)

Develop recommendations for clinics to improve health in Hmong families



- The final version of *Culturally Informed Clinical Practices for Healthy Hmong Lifestyles* is available online at:
www.ramseycounty.us
 - SHIP web page
 - Health Care Connections tab

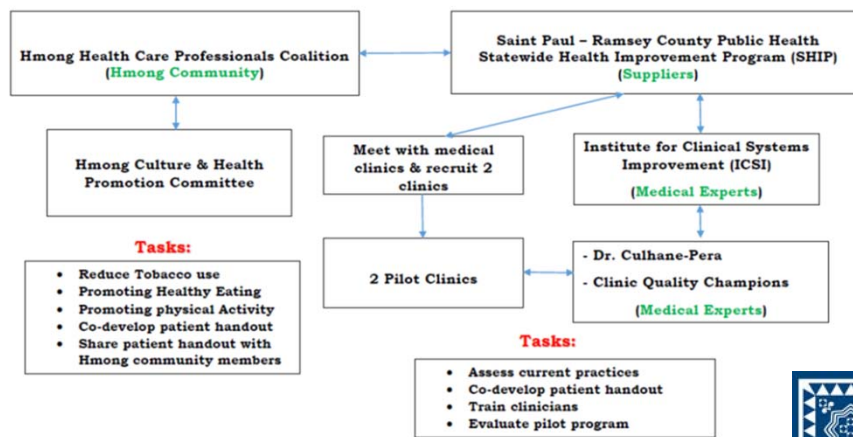
- Staff and patient educational resources will be live links in the online document, widely accessible to everyone

- Patient Handout will be available online October 2016



Phase 2 (2016)

Implementing Culturally Informed Clinical Practices for Healthy Hmong Lifestyles



Implementation Plan

Two Participating Clinics:

- McDonough Homes Clinic
(part of Westside Community Health Services)
- Bethesda Family Medicine Clinic
(part of University of Minnesota Physicians)



Implementation Plan

Clinics will receive:

- The opportunity to cultivate a diverse and welcoming environment while enhancing the connection between the clinic and Hmong community.
- One training session for staff conducted by SPRCPH/ICSI to review the content of the *Culturally Informed Clinical Practices for Healthy Hmong Lifestyles* document
- Patient handout derived from the Hmong Healthy Lifestyles document which will help guide clinician-patient discussions and improve dialogue around healthy weight, healthy eating, physical activity and tobacco cessation
- Assistance from SPRCH/ICSI staff to implement the patient handout in clinic workflow



Implementation Plan

Clinic Requirements:

- Leadership agreement to pilot the program
- Participate in 1 staff training session (May 2016)
- Appoint 1 clinic staff to be the quality champion contact for local implementation (May 2016)
 - Quality champion will work with SPRCPH/ICSI to evaluate current work flow and
 - Develop a plan to incorporate patient handout
- Pilot patient handout (June- September 2016)
- Participate in evaluation of this initiative (September 2016)



Patient Handout

Discussion of Hmong Cultural Strengths

Four Aspects to Each Focus Area

1. **Discussion:** Guiding questions to capture cultural aspect ([How much rice/noodles do you eat each day?](#))
2. **Key Messages:** Key points for the patient to remember ([Explore The Hmong Healthy Plate with patient](#))



*adapted from UW Madison School of Medicine and Public Health

3. **Action Plan:** There is room for the patient to write down 1 or 2 goals
4. **Resources:** 2-3 key resources will be listed at the bottom for patient's reference



Evaluation

- ICSI consultants will develop and conduct evaluation
- Quality data vs. Quantity data:
 - Evaluation of the CICP document
 - Evaluation of the patient handout
 - Evaluation of staff training
 - Evaluation of workflow – does the handout/discussion fit well into clinic workflow
- Due to short time frame, will not capture behavior changes and patient feedback



Timeline

- Meeting with clinic leadership
 - McDonough: April 29, 16
 - Bethesda: May 12, 16
- Staff Training
 - McDonough: May 17, 16
 - Bethesda: May 25, 16
- One month evaluation: late June 2016
- Final evaluation: September 2016



Thank you

Questions or Comments?

For more information about the
CICP for Healthy Hmong Lifestyles document, please contact:

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