Increasing Provider Understanding: Somalian Population of Lewiston-Auburn

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INCREASING PROVIDER UNDERSTANDING: SOMALIAN POPULATION OF LEWISTON-AUBURN

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FAMILY MEDICINE CLERKSHIP, FEBRUARY-MARCH 2016
CENTRAL MAINE MEDICAL CENTER, LEWISTON
MENTOR: DR. BETHANY PICKER
DESCRIPTION OF NEED

• CENSUS DATA
  • Population, Lewiston (2010): 36,592\(^1\)
  • Somalian Refugee population (2014): ~6,000, 1/3 Bantu\(^2\)

• REFUGEES SERVED BY FM AT CMMC
  • Estimation based on Somalian speaking patients

• FUTURE ESTIMATES
  • CCRIS: 192 Somalian refugees relocated to Maine 2015\(^3\)
UNIQUE CONSIDERATIONS IN PATIENT POPULATION

• FAMILY DYNAMICS
  • Polygamy as common practice, avg family includes 4 wives
  • Work and childcare
  • Female circumcision

• LIFE EXPECTANCY
  • At birth: 52.3 yrs
  • Impact of immigration

• COMMON MEDICAL ILLNESSES
  • Nutritional deficiencies, i.e.: iron
  • Parasitic infections, i.e.: Schistosomiasis
  • TB sequelae
COMMUNITY PERSPECTIVE

• PER INTERVIEW, EMPLOYEE, TREE STREET YOUTH
  • Multiple dynamics influence refugee health
  • Impact of U.S. policies on Somalian family unit
  • “There is so much potential between our communities”

• PER CORRESPONDENCE, COMMUNITY MEMBER, SBCAM
  • Need for home health volunteers
  • Maine as an agricultural state
  • “We appreciate interest in our community”
INTERVENTION & METHODS

• CONTACT WITH ACTIVE COMMUNITY MEMBERS
• REVIEW PUBLICATIONS, MEDIA REPORTS
• REVIEW EDUCATIONAL TOOLS DIRECTED AT PATIENT POPULATION
  • YouTube video series: https://www.youtube.com/watch?v=sfnRBn5p5Xg
  • Somali Bantu Community Association of Maine: http://www.sbcmala.org/
RESULTS

• LITERATURE REVIEW
  • Limited publications specific to Maine
  • Multiple studies produced in Minnesota

• REFUGEES SERVED BY FM AT CMMC
  • Estimation based on Somalian speaking patients

• EXPANDED INTEREST IN SOMALIAN COMMUNITY
EFFECTIVENESS & LIMITATIONS

• INCREASE IN SOMALIAN POPULATION SERVED AT CMMC
• SOMALIAN COMMUNITY EN MASSE
• INFLUX OF REFUGEES FROM OTHER COUNTRIES
  • Largest population 2015, Iraq\textsuperscript{5}
FUTURE INVESTMENT

• DESIGNATE FM AMBASSADOR
  • Home health care workers group

• TRACK REFERRALS TO FM CLINIC
  • Evaluate pattern over time

• VISIT THE FARM
  • Fresh Start Farms, Wholesale and CSA

• SHOP AT SOMALIAN OWNED SHOPS
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• “Why Maine? Secondary Migration Decisions of Somali Refugees”, Huisman, University of Maine, Dept. of Sociology

• U.S. Census Report

• Catholic Charities Refugee and Immigration Services

• Bloomberg View reports