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Addressing Mental Health and Intentional Self-Harm in Afghan Patients

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Addressing Mental Health and Intentional Self-Harm in Afghan Patients

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New Fairfield Primary Care in Connecticut

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Problem Identification and Description of Need

- ▶ This course is designed to help provide cultural competency training for those who may work with the Afghan community in a healthcare setting.
- ▶ The information detailed in this course aims to provide culturally specific information that may be useful to know when approaching sensitive topics such as mental health and self-harm/suicide.

Health Costs in Host Community

- ▶ No costs were associated with this project

Community Perspective on Issue

- ▶ Held discussions with multiple in office staff
 - ▶ All discussed need for more cultural competence resources to engage with different communities.
 - ▶ All discussed need for cultural competence resources for Afghan patient's as there are not many available currently
- ▶ Outcomes
 - ▶ Identified need for educational resource addressing cultural competence
 - ▶ Identified interest in the community
 - ▶ Identified way to widely disperse such a resource through an easy sharable online e-module.

Intervention & Methodology

- ▶ Intervention: Online Interactive E-Module that can be accessed through Articulate Rise Software
- ▶ Phase 1: Performed a literature review on existing resources to identify cultural barriers among Afghans, specifically for resources centered on refugees.
- ▶ Phase 2: Conducted multiple semi-formal interviews with physicians of varying fields who all work with Afghan patients regularly to gain insight into their recommendations regarding screening and discussion of more sensitive topics like mental health with Afghan patients.

Results/Response Data

- ▶ N/A as there is no active data collection in the steps to create the module

Evaluation of Effectiveness

- ▶ Module is sharable as an online link that is free to use for anyone
- ▶ Limitations
 - ▶ Can not currently conduct a focus group to assess module effectiveness of the materials
 - ▶ Next steps may include active feedback focus groups to assess changes needed for improvement of the module.

Recommendations for Future Interventions

- ▶ This project may be expanded to include more cultures
- ▶ This project may also be expanded to provide culturally specific information on aspects of health care beyond just mental health and suicide.
- ▶ Future Project Ideas for Cultural Competency
 - ▶ Maternal Health
 - ▶ Pediatric Care
 - ▶ Palliative Care

How to access the project?

- ▶ The project may be accessed via this link:

https://rise.articulate.com/share/2VMi34y5YVXcwHt6LAgDONP-g5_HoQeP#/