

CONTROL ID: 3644526

TITLE: CARING FOR THE CROSS-BORDER MIGRANT: ADDRESSING EQUITY IN CARE

CURRENT CATEGORY: Ambulatory Medicine

CURRENT SECONDARY CATEGORY: Diversity/Equity/Inclusion, Health Equity and Social Determinants of Health

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ABSTRACT BODY:

Session Summary: Cross-border migration is increasing in the United States, with nearly 45 million immigrants residing in the U.S. as of 2019. As these numbers grow, it is important for us as providers to understand how to deliver culturally sensitive and medically appropriate care to these populations. In doing so, we seek to address three key areas that affect our cross-border migrants, including mental health, infectious diseases, and chronic diseases.

Mental health of immigrants to the U.S. is a massive issue that is often encountered by primary care providers. Oftentimes, these individuals are impacted by high rates of anxiety, depression, and post traumatic stress disorder. If left untreated, mental health disorders can lead to worsening health and even death. By adapting the internal medicine framework to address the needs of these patients, we can improve health outcomes for a significant number of immigrants and make their care much more equitable.

Infectious diseases are often seen in immigrant populations as well. Conditions that may be cause for concern include latent tuberculosis infection, Chagas disease and other parasitic diseases, eosinophilia, and hepatitis B. These may be of particular concern because they often require time-sensitive treatment to prevent worsening conditions in the future. For example, if Chagas disease is not treated with anti-trypanosomal drugs, patients may go on to experience severe cardiac complications or even death. If gone unchecked upon arrival, small numbers of infections can lead to outbreaks in immigrant populations or chronic diseases with lasting effects.

Environmental effects of immigration should also be considered when thinking about the issues they face in their travels across the border. The actual process of crossing the border can be treacherous, leading to adverse health outcomes such as frostbite or heatstroke, depending on the region. These are medical emergencies, which soon lead to drastic outcomes if not provided care rapidly.

We believe that all internal medicine providers should be well-versed in these topics, especially if they are practicing in high-immigration areas. As mentioned previously, immigration rates continue to increase in the United States and their specific health conditions should be common knowledge. With immigrants comprising nearly one fifth of the U.S. population, it is imperative to be familiar with and to understand the health conditions they face, otherwise we are ignoring tens of millions of our citizens.

Relation to Meeting Theme: This session fits the diversity and equity portions of the meeting theme by addressing issues that affect diverse populations and more equitable delivery of care, specifically conditions that disproportionately affect minority populations.

Workshops Learning Objectives: Patient care: Provide respectful and culturally-relevant patient care to cross-border migrants, Medical knowledge: Utilize the most recent literature to provide informed, comprehensive treatment to immigrants, Interpersonal and communication skills: Successful communication with non-English speaking patients and their families, Professionalism: Understand ways to sensitively and ethically care for a diverse immigrant population

Workshop Target audience: General Audience

Session Duration & Scheduling: 60-minute workshop only

Workshop Session Agenda:

0:00-0:05 Introduction to presenters, outline of goals and learning objectives

0:05-0:15 Mental health

0:15-0:25 Infectious disease

0:25-0:35 Environmental health & exposures

0:35-0:50 Breakout discussion with case studies

0:50-0:55 Report back to larger group/ Debrief

0:55-0:60 Session Evaluation

Workshop Session History: No

Session history meeting and dates: (none)

Workshop Product Approval : No

Workshop Product Approval Yes: (none)

Workshop Policy Verification: I affirm that I have read and understand the SGIM Presenter Registration Policy. This policy stipulates that there is no one-day registration fee and that presenters are required to register and pay the appropriate registration fee.

Career Development Workshop Series: Yes

Target Career Stage: Any

Target Career Focus: Any

Capacity-WS: No preference

David E. Rogers Junior Faculty Education Awards: No