

# Remembering Dr Paul Farmer

“Haiti was founded by a righteous revolution in 1804 and became the first black republic. It was the first country to break the chains of slavery, the first to force Emperor Napoleon to retreat, and the only to aid Simón Bolívar in his struggle to liberate the indigenous people and slaves of Latin America from their colonial oppressors.”

— Paul Farmer, *Haiti After the Earthquake*



# Dr. Marie Louise Jean- Baptiste

(Mah-ree Loo-eeze Jahn-Bah-teeste)

(She/her/hers)

- I grew up in Haiti
- Went to medical school
- Received medical training
- Moved to the U.S.
- Trained at CHA as a primary care doctor
- After my training I became an internist with special interest in immigrant care, HIV primary care and metabolic disease
- Past Medical Director for Healthcare for Homeless
- Recent graduate of Culinary



# Bridging the gap

The diabetic group started

- At the North Cambridge Health center a satellite clinic of Cambridge Health Alliance
- Founded May 18, 2003 by Dr. Marie Louise Jean-Baptiste, along with a nurse and case worker.
- The goal was peer to peer education, patient education and empowerment

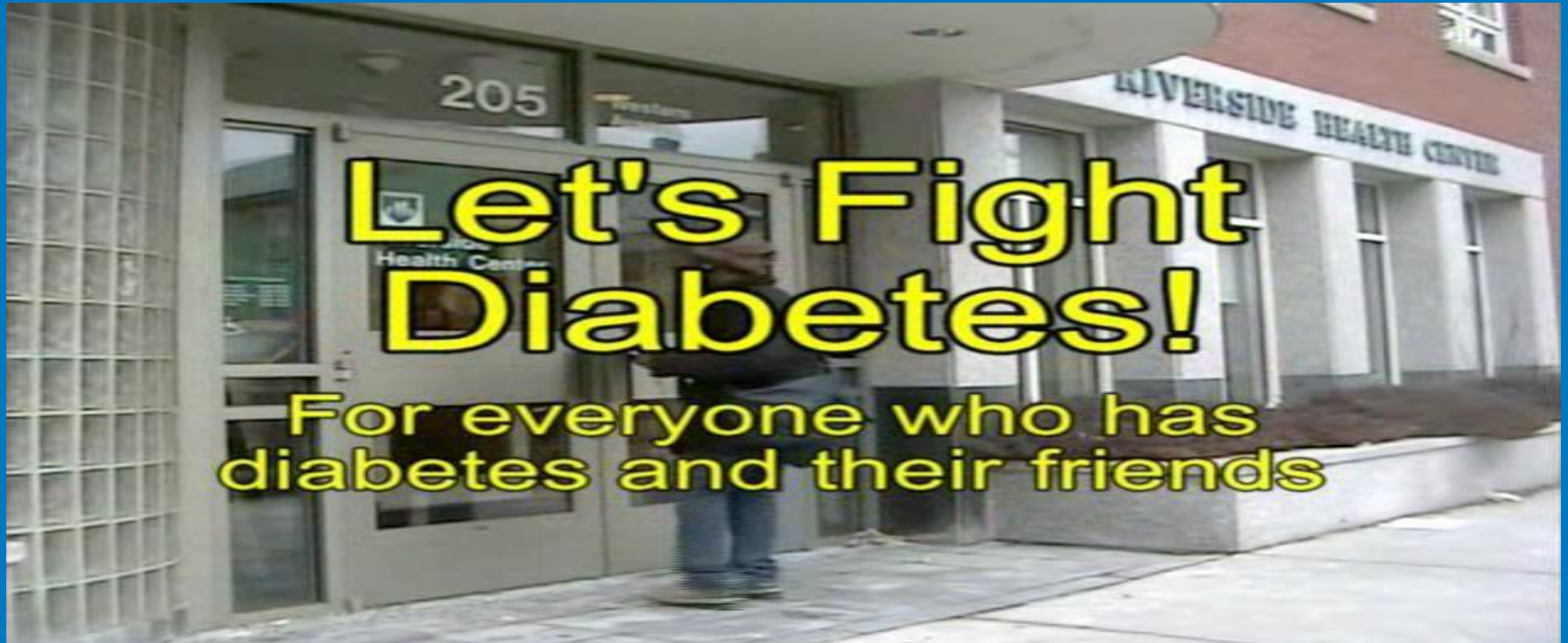


Courtesy of

<http://www.challiance.org/Locations/WindsorStreetHealthCenter.aspx>



Video by HMS third year medical student



## ***THE MEDICAL STUDENT...***

- **Created an educational videotape using group sessions along with patient and provider interviews**
- **Was able to use the video as a teaching tool for patients, providers, and administrators**

## ***ALL HEALTHCARE PROVIDERS...***

- **Developed a greater sensitivity for, and understanding of, social and cultural determinants of care**



# Group Wellness Classes among CHA's Haitian Patients: Lessons Learned and Future Directions

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## Context

Massachusetts is home to the third largest Haitian diaspora population in the U.S., of which one-third lives in the Boston area. The Haitian community is also the area's third fastest growing immigrant community. Sixty-one percent of these individuals are over the age of 35 and 35% have not completed high school. These are individuals whose health literacy is limited and who are also at increased risk of chronic conditions including hypertension, high cholesterol, and type 2 diabetes. Indeed, at CHA, Haitian patients comprise 11% of the diabetes registry despite constituting 5% of the primary care patient population. Compounding this issue is the fact that these older individuals are also less likely to be English-language proficient.

## Historical Background

Over ten years ago, recognizing the inadequacy of traditional patient-by-patient approaches to medical care and the need for tailored, culturally-informed care, Dr. Marie-Louise Jean-Baptiste and resource coordinator Rochelle Guillaume initiated a series of monthly wellness classes aimed primarily at patients of Haitian heritage with poorly controlled chronic illnesses. Initially with goals of improving diabetes management, the classes have expanded in scope to encompass strategies of tackling hypertension, dyslipidemia,



## Objectives

- To describe the design and evolution of a community health program which at its core is a collaborative enterprise between medical staff and patients.
- To offer lessons learned from organizers and patients of the impact of the wellness classes and associated community health programming over 10+ years.

## Wellness Classes

Wellness classes for Haitian patients at CHA and conducted in Haitian Creole are offered **three times monthly at different times during the day** to accommodate patients' schedules.

Each class consists of:

- Welcome and discussion of group rules
- Individual patient check-in with physician in group-setting regarding patient's progress since last class
  - Opportunity for peer-to-peer teaching
- 10 minutes of exercise and stretching
- Healthy snack prepared by resource coordinator and dietician.
- Health education presentation
- Presentation by resource coordinator regarding medicolegal issues or insurance coverage
- Individual patient check-in with physician based on



## Kwen Sante: Radio Show

Airing every Saturday morning on WNTN AM 1550, *Kwen Sante* (Health Corner) aims to increase awareness of health issues prevalent in the Haitian community. Episodes have included:

- Reasons for cancer screening
- Mental health and seeking mental healthcare
- Bone health
- Dental Health



## Cooking Classes

Recognizing the difficulties in translating health education into action and responding to patient requests, we piloted a series of six cooking classes in the summer of 2015. The classes, led by dietician Shalini Chalana, each highlighted a **different nutrition topic** and focused on preparation of a recipe solicited from patients and prepared side-by-side with patients in a more healthful manner. We have continued to offer demonstration cooking classes through 2018.



Examples of Topics Covered:

- 'Salt and high BP
- 'Good' vs. 'bad' fats
- 'Good' vs. 'bad' carbs
- Benefits of fiber



Examples of dishes prepared:

- 'Legim (vegetable mélange)
- 'Pitimi (millet)
- 'Sos pwa (bean sauce)
- 'Mayi moulén (ground cornmeal)

## Eliciting Patient Narratives

- It can be challenging to evaluate community health interventions in populations who are limited English proficient and with lower education attainment by traditional methods.
- In 2007 and again in 2018, we have sought to capture patients' perspectives through video-taped conversations that allow patients to reflect upon their health journeys and participation in the

## Lessons Learned

Over 10+ years of wellness classes and related community health programs, we have learned several valuable lessons:

- Group-based classes among those facing similar health conditions and from common sociocultural backgrounds offer an opportunity for
  - Peer-to-peer teaching
  - Enactment of near-peer solidarity
- Addressing misunderstanding of common health concepts takes creativity and patience
  - Linguistic challenges: *tansyon, sik*
  - HbA1c as a color-coded thermometer
  - Insulin as a key to a room
  - The heart as a water pump
- Health professionals' work is most effective when adopting a stance as an 'accompagnateur.'
- Responding to patient requests and need is critical to encourage buy-in
  - Setting aside time for private one-on-one consultation
- Translating theory into everyday practice can be challenging
  - Logistical hurdles of cooking classes
  - Sociality of cooking and eating
- Limitations of health measures as indicators of programmatic success
  - Encouraging patients to ask questions



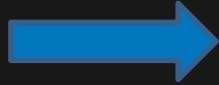
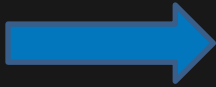
## Future Directions

- Food as medicine:** Acquire a demonstration kitchen to incorporate live preparation of nutritious Haitian food into the wellness classes rather than as separate meetings.
- Haitian Creole health education videos:** Produce short videos about common health conditions for use by medical staff during clinical encounters, health fairs, and in the waiting area of CHA sites.

## Acknowledgments

Anand Habib would like to thank the Albert Schweitzer Foundation for supporting his involvement in community health programming at Windsor Clinic during 2017-2018.

used the second time



# Salt intake and food additive









# **UDH KWENSANTE**



*WITH*  
**ALIX SIMEON**

**&**

**MARIE-LOUISE  
JEAN-BAPTISTE**



# Patients agree the radio show is an effective way to increase health literacy and meet the literacy needs of the community.

*Radio a ede kominote a paske pou mwen pesonelman. Mwen te kon pran move infomasyon nan men lot moun. Men mwen pa fe sa anko"*

*The radio help the community because, personally I use to get my health information from other people, but I don't do it anymore*

*Kwen Sante se on bon emisyon paske gen anpil granmoun nan kominote a ki pa konn li men yo ront di sa, alors enfomasyon sa vinn jwenn yo nan radio li ede yo"**"Kwen sante is helpful because there are many elderly in the community whom are illiterate they are ashamed to say it, but this information s on the radio and it helps them.*

# Qualitative Data Analysis

- Listening to Kwen Sante increased patients' knowledge about their health, care, & disease conditions (Prompt & Jean-baptiste, 2014)

*“mwen soufri sik men mwen pat janm konnen sa ki sik la. Mwen tande radio a dokte a detaye kisa malady a ye, kijan poum jere tet mwen, kisa poum manje, e ki ekzesis poum fe. Mwen swiv yo tout”*

“I am a diabetic, but I had very little knowledge about diabetes. I listened to the radio and the doctor explained what diabetes is, and she taught me how to manage myself as a diabetic, what to eat and to exercise. I follow them



# Haitian Creole language and Culture class

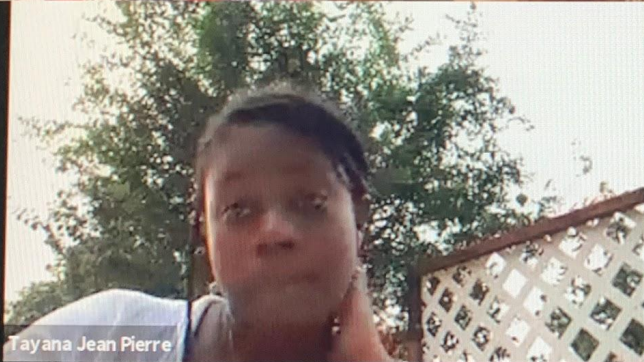
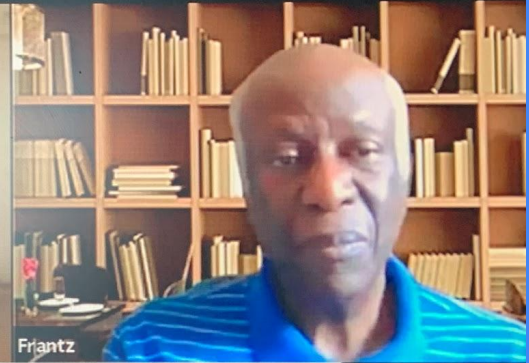


Professor Yvon Lamour , Marie-Louise Jean-Baptiste, Mr Alix Simeon Fondeur









Thank  
you!

