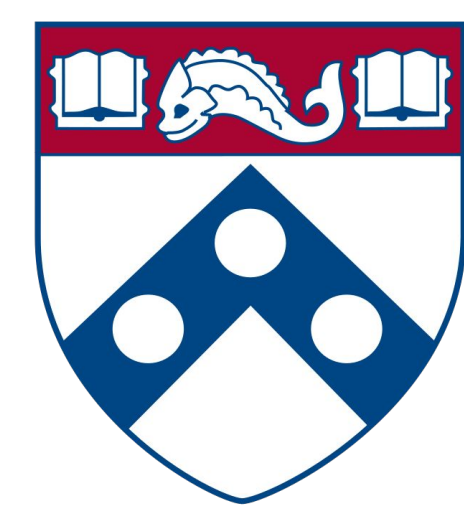


Bridging the Gaps



Health Education through Prenatal and Postnatal Health, Mental Health, and Oral Health Workshops

Student Interns: Kyle Taylor, University of Pennsylvania, School of Social Policy & Practice
Soma Umeozulu, University of Pennsylvania, Perelman School of Medicine

Academic Preceptors: Hillary Bogner, MD, MSCE, University of Pennsylvania, Perelman School of Medicine
Zvi D. Gellis, PhD, University of Pennsylvania, School of Social Policy & Practice
Christopher Renjilian, MD, University of Pennsylvania, Perelman School of Medicine

Community Preceptors: Cait O'Donnell, MSW, African Family Health Organization (AFAHO)

COMMUNITY PARTNER

“The African Family Health Organization (AFAHO) is an ethnic, community-based organization that provides health, human and educational services to African and Caribbean immigrants and refugees (ACIR) in the greater Philadelphia area. We work to strengthen community health culture and facilitate social integration through the utilization of a unique peer support model that uses shared language, cultural expertise, advocacy, and system navigation knowledge to help individuals and families overcome social determinants, build community connections, and gain information and resources needed to thrive, improve health and educational outcomes, promote integration and support self-sufficiency. Through numerous programs and initiatives, AFAHO seeks to serve as a cultural and linguistic bridge between our clients and the larger provider community, both assessing and addressing the needs of our clients within a societal landscape of cultural, geographic, linguistic, economic and other barriers that make it difficult for many to flourish.” <http://afaho.org/>

TEAM'S EXPERIENCE

The Bridging the Gaps student intern from the School of Medicine primarily developed a prenatal and postnatal workshop. With the help of the Health Navigators at the site, the intern was able to tailor the workshop to the specific needs of their clients. The intern presented this workshop, another one on Sexual and Reproductive Health for youth, and developed a Career Workshop for youth with a panel of young professionals.

The Bridging the Gaps student intern from the School of Social Policy & Practice developed two culturally competent mental health workshops, one concerned with stress mitigation techniques and one focused on the detection of warning signs. Additionally, the intern drafted a letter of inquiry (LOI) in pursuit of a grant and engaged in general grant research.

Both interns developed a trivia-style Oral Health Workshop for the high school students participating in the summer camp which proved to be engaging and well received.

WORKSHOP MATERIAL

Prenatal and Postnatal Workshop

Caring for you and your baby

African Family Health Organization (AFAHO)
Developed by Soma Umeozulu



Postpartum Care

- Talk to your doctor or Case Manager if you have questions.
- Give yourself plenty of time to heal and rest after birth.
- Continue to eat healthy foods and gently become more active when ready to avoid blood clots.
- **POSTPARTUM CARE IS IMPORTANT.**
- **Even if you feel fine, you should see your doctor within 3 weeks** of giving birth.
- You also need a **full postpartum evaluation within 12 weeks.**

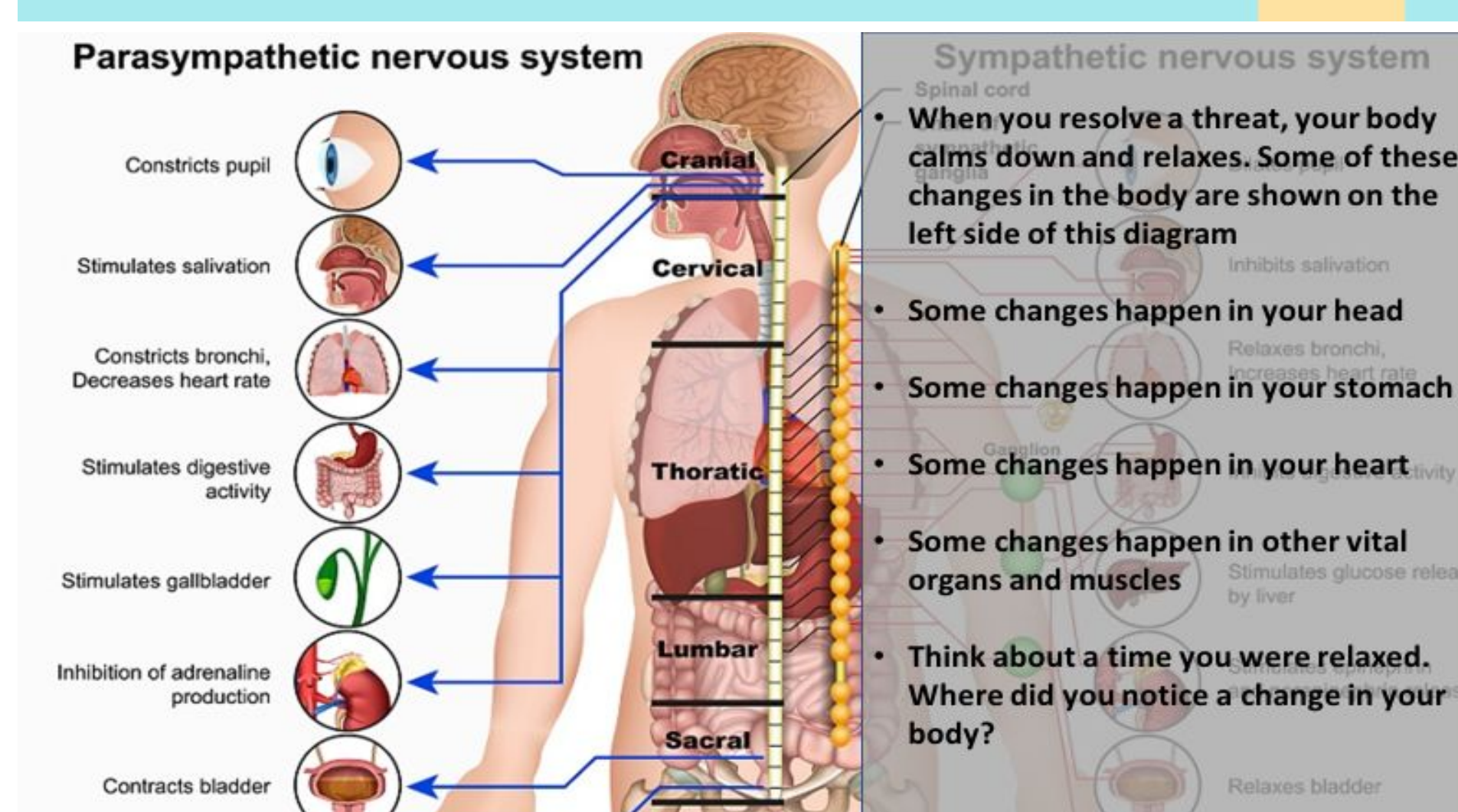


Common Symptoms of stress and sadness

- From stress:
 - Fast heartbeat, shaking arms or legs, agitation, racing thoughts, going to the bathroom when you don't want to (more common in children), not being able to sleep, thinking about a bad event even if you do not want to, having thoughts that are unexpected or won't leave your mind, feeling like you are floating outside your body
- From sadness:
 - Low energy, sleeping a lot or at odd times, no or little interest in things you used to enjoy (like hobbies), slow speech, generally not wanting to do things



Bonus Question: What are some foods and snacks that are high in sugar? What could you replace them with?



REFLECTIONS

Soma: “Working at AFAHO helped me gain practical hands-on experience and a deeper knowledge about barriers that exist for the West African and Caribbean immigrant community as well as how my site is working to address them. I learned a lot about delivering health education and truly understanding community needs. Overall, I have found the entire BTG experience to be valuable to my growth and mindset as a future medical professional. It has made me more excited about making community-focused health a focus of my future career regardless of which medical specialty I choose to pursue. I will take the many lessons learned from my summer and work to apply them to when I am working in clinical settings as a student and in my future career as a physician.”

Kyle: “My summer working at BTG was a wonderful experience. My placement at AFAHO offered me an amazing opportunity to explore a different and vibrant section of the city, near Bartram's Garden, while simultaneously giving me access to caring and committed professionals. The community served by AFAHO, West African and Caribbean Migrants, were some of the warmest and most courageous people I have ever met. My work to create and facilitate culturally appropriate workshops under the topics of mental health and oral health will remain an important experience to reflect on. BTG and AFAHO gave me the tools and the opportunity to both grow as a person and bring attention to a community which often goes unnoticed.”