

CHICANA/O STUDIES 145S: Binational Health (5 units)
UC Davis Quarter Abroad Fall 2020
Oaxaca, Mexico

Monday/Tuesday 11:30am-1:30pm (time variable)

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Course Description

This course is an examination of health care systems, health status and intervention strategies presented in public health care settings, private clinics and by indigenous healers in Mexico. Analysis of the impact of high-risk diseases as well as prevention, treatment strategies, and cost implications are also an important component of this upper division course. Both biology and Spanish pre-requisites must be met before enrolling in the course

Topical Outline

This course is designed for bilingual (Spanish-English) students considering careers in medicine or allied health professions and who are interested in improving their cultural humility skills within the Mexican-origin population. The course will be team-taught in Mexico with health professionals and experts in the medical field. Content areas of the course include the following: overview of binational adult and child morbidity and mortality rates, standard practice patterns for disease treatment in Mexico and the US, risk factors associated to selected diseases, and distinct cultural and indigenous practice patterns. A major goal of this course is to provide specific knowledge on the Mexican origin and Mexican indigenous population for future health professionals so that they may systematically understand the unique cultural, linguistic and health needs of this population. In addition, the course should assist students in developing skills that allow them to appropriately interpret standard medical risk factors related to the onset of diseases such as hypertension, diabetes, dengue, tuberculosis, HIV, and specific cancers within this population.

Required Texts

A course reader will be provided with selected readings.

Course Grading and Evaluation

The course will be both lecture and discussion format. A final, a class group research project, preparation for and presentations at schools in Puerto Escondido, and class participation will determine course grades. Class participation grades are determined by attendance at lecture, submission of selected assignments on reading materials, and active participation in discussion.

Assignment Points

Presentations in schools in Puerto Escondido (10 pts. Each week)	20 points
Take Home Final	20 points

Class Group Research Project*	40 points
Class Participation	20 points
Total points possible	100 points

The final grade will be based on the following scale:

A = 90-100; B = 80-89; C = 70-79; D = 60-69; Fail = 59

Take Home Final - Distributed in class November 3, 2020 and due November 29, 2020. Final is to be uploaded to canvas by 5 p.m. Mexico time.

The final should be exactly four pages and double spaced using a 12-point font. Any less or more pages or incorrect use of font will result in point deductions from the final exam grade.

LECTURES: In Oaxaca City, Dra. Magaly Chavez or a Mexican guest will lecture once a week (day to be determined) Dra. Flores, will lecture in the afternoon on Mondays and on Tuesday mornings. Student groups will present every Tuesday afternoon. Schedule may change due to field trips.

Group Research Project: Due November 9 and 10, 2020 in class.

Students will meet weekly in groups of 3-4 students to analyze a health care or public health issue that they observed in their clinical rotations and/or during their public health brigades in Oaxaca, which they would like to further explore. In particular, students are encouraged to assess the cultural differences they have observed in handling these health care/public health issues.

Each group will be responsible for developing a 20-minute power point presentation to be delivered in class on either Monday or Tuesday. Specific topics will be assigned in Oaxaca, but will include diabetes prevention, D.V. prevention, outreach to homeless children or youth. This is a group grade and the same grade will be assigned to all members of the group.

Course Requirements:

1. Read the assigned material before lecture.
2. Turn in all assignments on time. No late assignments will be accepted. No exams or any other assignments may be made up.
3. Students are expected to behave in a manner consistent with the University Code of Student Conduct, section 102.13. Disruptive behavior in class will not be tolerated, which includes sleeping, reading newspapers or non-class related materials, and talking. Furthermore, cheating or plagiarism will be penalized to the fullest extent under the student code of conduct. Students who plagiarize will receive a failing grade and will be brought to the Academic Senate Board for expulsion. Specific details regarding conduct appropriate to the University community are published in the Code of Student Conduct available from the office of Students Judicial Affairs located in 3200 Dutton Hall or on-line at <http://www.sja.ucdavis.edu>.

Note that the final exam for this class is due while we are in Puerto Escondido. The three weeks in Puerto Escondido are very busy. You have to plan ahead in order to complete your work on time.

Dra. Flores will hold office hours in Oaxaca City on Wednesdays 5:00-7:00 p.m. and on Fridays 4:00-6:00 (unless there are field trips scheduled) at Becari Language School In Puerto, Office hours will be on Tuesdays 10:00 am-12:00 noon by the pool of my hotel, or at another location to be announced. ☺ Meetings with groups to plan group activities will be by appointment.

Course Schedule

WEEK 1 ORIENTATION WEEK

September 19-26 Orientation meeting with Dra. Flores, Moira Rogers (CFHI), and Local Coordinator and Medical Director, Dra. Magaly Chavez (no clinical rotations this week)

Students will organize their clinical schedules, be introduced to the classroom setting, determine language course selection, and have an overview of cultural issues specific to the region and the patient population.

WEEK 2 HEALTH CARE SYSTEM IN MEXICO AND THE US: IMPLICATIONS FOR CHICANA/OS AND LATINA/OS

Reading Assignment: Reader Weeks 1- 2 readings

September 28 **Mexican Health Care System** – Dra. Magaly Chavez

September 29 **Chicanos/Latinos in the US Health Care System** – Dra. Flores

WEEK 3 INTEGRATION OF TRADITIONAL MEDICINE IN THE U.S. HEALTH CARE SYSTEM AND DISEASES IMPACTING CHICANA/OS AND LATINA/OS IN THE U.S. AND MEXICO

Reading Assignment: Reader Week 3 readings

October 5 **Integration of Traditional Medicine in the Mexican Health Care System** – Dra. Magaly Chavez

October 6 **Cultural Issues Impacting Latino Health** – Dra. Flores

**Saturday – Sunday, October 10-11 Tour Sierra Norte (Capulalpam)
Una noche de cabañas de Ixtlan de Juarez (comida on Saturday
and desayuno on Sunday are included).**

Activities include: upon arrival, orientation to Capulalpam and lecture on traditional medicine, visit to traditional medicine clinic, lunch, and recreational activities
Weather permitting we will have a fogata in the evening
Sunday after breakfast we will have a guided hike to identify local habitat, impact of climate change on forests and efforts to protect the environment

WEEK 4 NUTRITION AND OBESITY IN THE U.S. AND MEXICO

Reading Assignment: Reader Week 4 Nutrition and Obesity readings

October 12 **Nutrition, Malnutrition and Obesity in Children in Oaxaca and in Mexico – TBA**

The Obesity Epidemic in the United States — Dra. Flores

October 13 **Prevention of Overweight, Obesity and Diabetes – the U.S. Context – Dra. Flores**

Visit to Diabemed [tba]

WEEK 5 CHICANO/A LATINO/A MENTAL HEALTH IN THE U.S. AND MEXICO

Reading Assignment: Reader Week 4 Mental Health readings

October 19 **Treatment of Psychological and Psychiatric Issues in Mexico – Dr. Roque and Dra. Chavez**

October 20 **Mental Health Issues Among Chicano and Latino Adults: The US Context – Dra. Flores**

WEEK 6 DEATH AND DYING IN MEXICAN CULTURE

Reading Assignment: Reader Week 5 readings

October 26 **Mexican Views on Death and Dying –**

October 27 Celebration of Day of the Dead Ulises Bonilla and guests

October 30-31 **Tapete and Altar building activities**

WEEK 7 TRADITIONAL MEDICINE: CURANDERISMO, FOLKLORE PRACTICES, AND HEALING Day of the Dead Celebrations

November 2-7 Day of the dead celebrations
No clinical rotations this week

WEEK 8 TRAUMA, FAMILY INJUSTICE AND INTIMATE PARTNER VIOLENCE

Mon. Nov. 9 **Binational perspectives on IPV Dra. Flores**

First 3 groups present their power point

Tues. Nov. 10 IPV in Oaxaca staff from Secretaria de la Salud

Remaining groups present their power point

PLEASE NOTE THIS IS THE LAST WEEK OF CLINICAL ROTATIONS

PREPARE TO LEAVE FOR PUERTO ESCONDIDO

WEEKS 9-11. PUERTO ESCONDIDO

See Chi 21S syllabus for weekly activities

Work on your final Due 11/29

WEEK 11 REFLECTIONS AND WRAPPING UP

November 30 REFLECTIONS ON INDIGENOUS HEALING

Reading Assignment: Reader Week 10 readings

December 1 **Concluding Comments on Binational Health –Dra. Flores**

Wrap up and Evaluations

Despedida

December 4 Program ends – student departure

*Schedule of speakers and activities is subject to change. Departure times, packing lists, and other details will be provided in Oaxaca City.