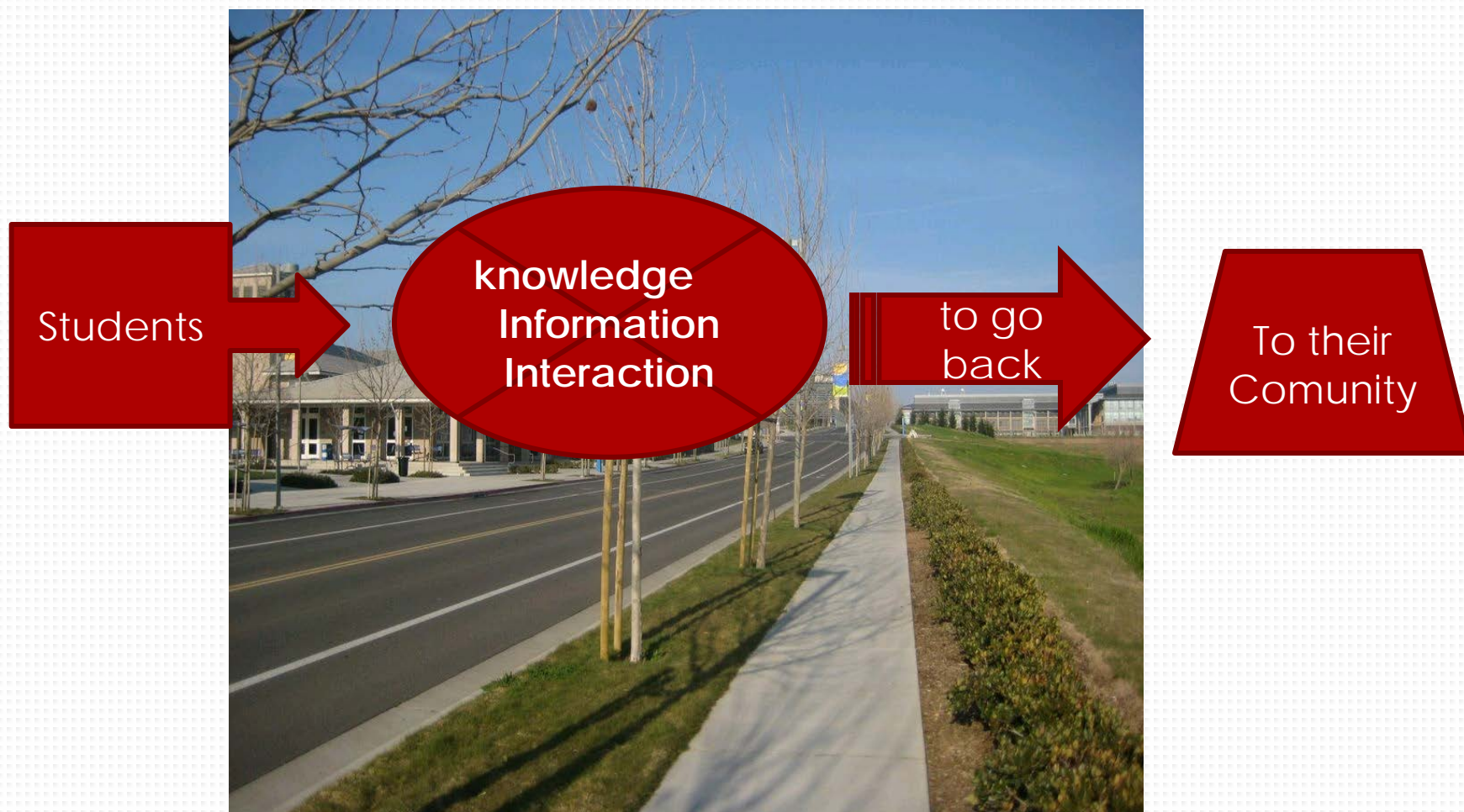


*Interact with Spanish-speaking  
community through creative  
project developed in small groups  
enhance Medical Spanish learning*

Yolanda A. Pineda-Vargas  
School of Social Sciences Humanities and Arts  
Foreign Languages Program

# Merced- UC Merced – Medical Spanish



*Spanish is considered the most important language to learn in the United States right now.*

- ..."**Spanish** is understandably stressed as **the most important language for Americans of any age to learn**...Regardless of your age, it's never too late to add a skill that will boost your employment prospects and possibly your paycheck. **The need for employees with foreign language skills is only expected to grow in the next 10 years**, and there are many fields where being bilingual can have a real bearing on your candidacy (**Chicago Tribune, 2012**).

# Hispanic or Latino in Merced-California

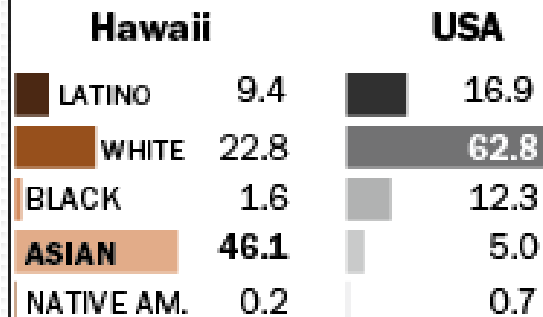
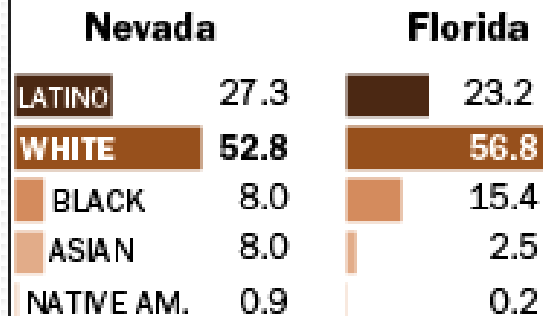
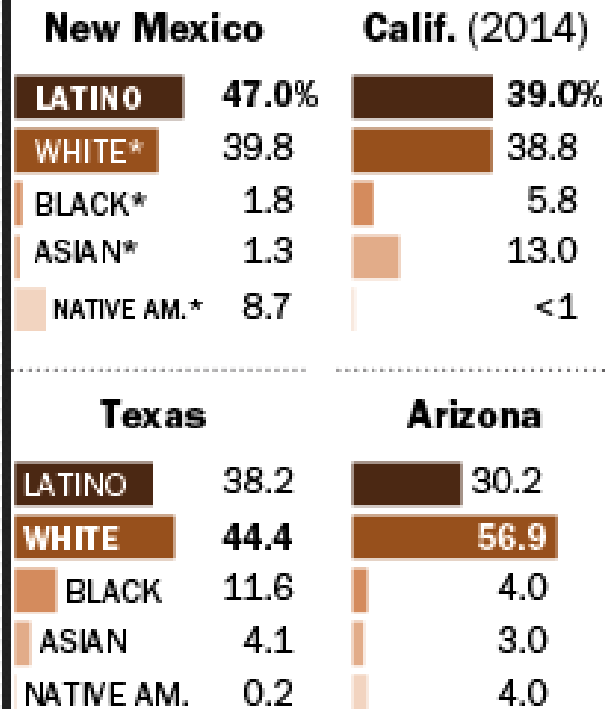
- **California** Population: **38,802,500** (2014 estimate) - highest state population.
  - **Hispanic or Latino: 38.4%** \*
- **Merced County** Population: 80,608 (City Limits) 119,338 (Urban Area)
  - **Hispanic or Latino of any race: 49.6%** (40,073 persons)\*
- **UC Merced** has been designated as **Hispanic-Serving Institution** (April 30 2010)
  - **Hispanic undergraduate students: 45.6%** (2,681)\*\*

Source: \*U.S. Census Bureau; ([www.census.gov](http://www.census.gov)) , Department of Finance; ([www.dof.gov](http://www.dof.gov)) - See more at: <http://www.mercedfirst.com/community-profile/demographics#sthash.Wn9V4HLb.dpuf>.

\* UC Merced : <http://www.ucmerced.edu/news/uc-merced-designated-hispanic-serving-institution>

## Racial/Ethnic Population for Selected States

*% of state population in 2012, unless otherwise noted*



Source: IPUMS for all states except California. California estimate is from governor's 2014-15 budget summary. "\*" indicates "non-Hispanic" population figures. Category labeled "Asian" includes Pacific Islanders.

# Why Spanish for Health Professionals?

- Nearly **one in five residents** in California → LEP (Limited English Proficient)\*.
- About **65 %** of the **LEP** population (both foreign- and native-born) **speak Spanish**\*.
- The Hispanic population and Hispanic LEP population grew in every region of the United States.
- **Spanish proficiency** is becoming a “**highly desirable**” characteristic in applicants to ***medical programs in the United States.***

\*Source: Authors' analysis of the U.S. Census Bureau's 2011 American Community Survey.

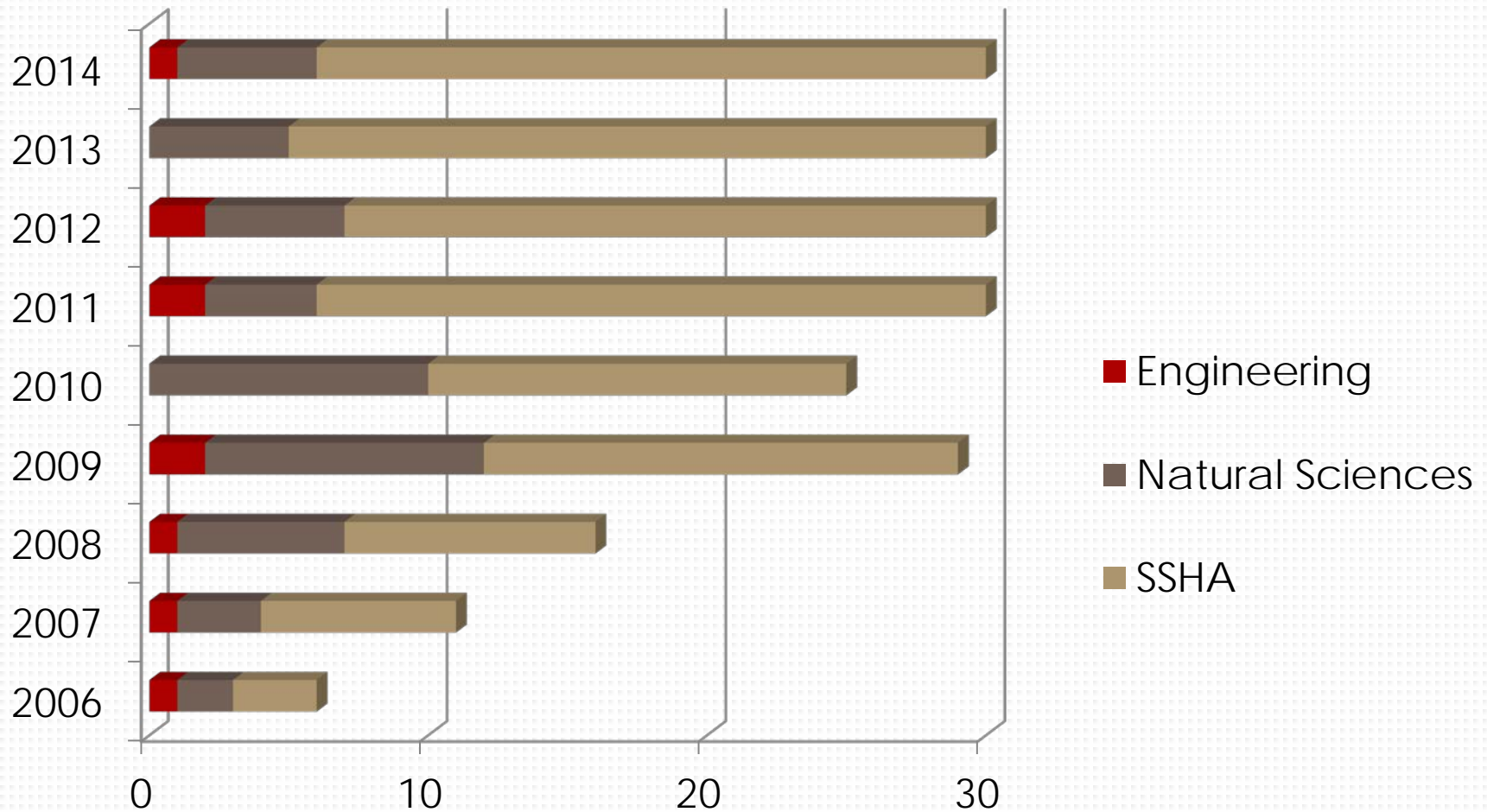
# Why Spanish for Health Professionals?

- Employment opportunities for Spanish-speakers increase every year.
- The Bureau of Labor Statistics predicts a **22% increase** in employment for:
  - **interpreters** (generally defined as on-the-spot and person-to-person) and
  - **translators** (involving written or recorded matter) in all job categories.
  - The greatest number will be shared between **health care** and **law** where "it is critical that information be fully understood among all parties."

# Spanish for Health Professionals at UCM

- Spanish for Health Professionals (Span 141 →107).
- The **first course** section→ **Fall 2006**.
- The course is taught entirely in Spanish.
- This course **is for students** that are considering a **career related to health**, but it is also **open to all students regardless of their career plans**.
- Requirements: Advance Spanish / AP5
- In the market **there is not a book** available that would cover the course goals; instead, there are variety of academic sources accessible through **the library or online**.

# Students / Schools



# Course Goals:

1. Develop students' ability to **understand spoken Spanish medical terminology** in a variety of medical contexts.
2. Acquire **reading skills** to interpret and translate medical-related literature in Spanish.
3. Study Latino culture in the United States and understand the importance of **cultural sensitivity** in working with these patients.
4. Develop students' **writing skills** in medical Spanish in order to compose messages, publicity announcements, and audiovisual material.
5. **Inspire students to be involved with community organizations.**

# Class activities

- Contests to practice the medical vocabulary and concepts.
- Reading scientific and newspaper articles.
  - Identifying keywords.
- Analysis of materials translated into Spanish by medical centers.
- Oral presentations on health topics of general interest.
- Roundtable
- Debates on controversial health issues.
- Dramatization of real situations in a medical consultation.

# Teaching Strategy-1

To learn a specific medical issue:

- Students are expected to come to class prepared. They should read the material and complete all the homework assigned before class.
- **Collaborative learning techniques.**
  - Think/ Pair/Share:
    - Group members think about a question/topic individually
    - Share their thoughts with partner.
  - Group discussions:
    - 3 -5 students
    - Discussion Leader.
  - Group Survey.
  - Critical Debate.

Students practice oral and written Spanish reading, talking, interacting and writing.

# Teaching Strategy-2

## Group work of community outreach

- Students read health news and do research from academic sources on health issues related to Latinos and healthcare. Oral Presentation.
- They apply their learning to practical situations to demonstrate and practice proficiency in Spanish in a work-like situation.
- Identify communication barriers caused by ignorance of **the colloquial language**.
- They will have 2-3 different activities from which to choose.

# Service-Learning

- Design **conference for Spanish speaking parents and /or students** from Merced Elementary, Middle and High School District on a health topic.
- Develop a **creative educational material** or improve one done before.
  - Audiovisual material (Power point, videos, arts projects, online class)
- Help Spanish speaking families, UC Merced students and interpreters to manage or prevent diseases.

# Projects in Merced community

- Conference for parents of Spanish-speaking
- Conference interpreters Healthy House.
- Participation in events organized by entities related to health Merced.
- Developing glossary of medical terms for Healthy House.
- Creation of audiovisual material to be used by health agencies in the area of influence.
  - Videos
  - Brochures
- Healthy fair for Kids / Building Healthy Communities  
→ Southwest Merced/East Merced County

# Examples:

- Brochures:
  - Ejercicios de Calentamiento.
  - Deportes para una vida saludable.
  - Innovaciones Médicas.
- Videos:
  - Insurances.
  - Congenic diseases
  - Zumba para niños.



# Objetivo

Es importante calentar el cuerpo antes de cualquier actividad física. El objetivo del calentamiento es preparar al cuerpo, tanto física como mentalmente para hacer ejercicio. También ayuda a prevenir posibles lesiones.

-Steven Dowshen, MD



## Ejercicios de Calentamiento



### Brazos

Mantén posición por 12 Segundos

Brazo derecho

Brazo izquierdo



### Mariposas

Mantén posición por 15 segundos



### Estiramiento de corredor

Mantén posición por 12 segundos

Ambos lados derecho & izquierdo

Espalda  
Mantén posición por 15 segundos



### Muslos

Mantén posición por 12 segundos

Muslo derecho

Muslo izquierdo



### Ejercicios con Cuerda

Saltar 12 veces con ambos pies.

Saltar 5 veces en el pie derecho.

Saltar 5 veces en el pie izquierdo.



### Pantorrilla

Mantén posición por 12 segundos

Pantorrilla derecha

Pantorrilla izquierda



Estiramiento de molino de viento  
Mantén posición por 12 segundos.

Ambos lados derecho & izquierdo





## Deportes en equipos, en Merced

- Béisbol
- Fútbol Americano
- Fútbol
- Softball



[http://www.customink.com/assets/site\\_content/templates/c6/hero-shot/soccer-design-ideas-88b69f34d2c3de54f62a6e76f128ad70.png](http://www.customink.com/assets/site_content/templates/c6/hero-shot/soccer-design-ideas-88b69f34d2c3de54f62a6e76f128ad70.png)



## ¿Cuándo puedo practicar deportes en Merced?

Béisbol (Primavera)	Edad 5 -16	Oficina de la liga 726- 6263
Fútbol Americano (Todo el año)	Edad 8-14	Oficina de los pumas 725- 8409
Fútbol (Otoño)	Edad 6 - 18	Oficina de la liga 384- 2417
Softball (Primavera)	Edad 4-18	Oficina de la liga 722- 4866

## Deportes para una vida saludable

Español 107  
Universidad de California, Merced  
Alexis Chen, Jovana Navarrete y  
Brianda Garcia

2014



<http://cache1.laxsi-cach-nw.gu/WA66D-001-4000e-galle-jumping-to-catch-ball-gm/magis.jpg?w=180&h=180&v=2&id=ipn5PC9kVwDUTz7DPP94LqfbaInLzqg-ey5KPR10K3D>



## Innovaciones Médicas

### Diabetes

Tratamientos nuevos:  
Insulina inyección, otro tipo de tratamiento es cuando la persona se cuida y toma nota de su dieta. También se tiene que monitorear los niveles de glicemia/glucosamina en la sangre. Hay maquinas de mano que toma la sangre con una aguja pequeña para revisar los niveles de sangre.



### Enfermedades Cardiovasculares

Tratamientos nuevos:  
Hospitalización con administración de medicamentos con posible intervención quirúrgica. Depende del estado del paciente y la gravedad del daño.

### Enfermedades Respiratorias

Tratamientos nuevos:  
Medicamentos como Cromolyn sodium, Teofilina, Beta agonistas, Corticosteriode. También un tratamiento que consiste en suprimir la sensibilidad del paciente hacia el irritante alérgico y antihistamínicos para combatir las alergias.

## Cáncer

Tratamientos nuevos:  
Quimioterapia, radiación, inmunoterapia, etc.

### Enfermedades de Transmisión Sexual

- Tratamientos nuevos:
- Causadas por bacterias tienen medicina que ayuda eliminar la enfermedad.
  - Causadas por un virus hay medicamento que ayuda disminuir la enfermedad por periodos de tiempo. También hay invenciones que han ayudado para prevenir ETS como contraceptivas.



## LAS REFERENCIAS

Corsino, Edgar.

### Enfermedades Mentales

Tratamientos nuevos:  
Hacer el mejor diagnostico de la enfermedad mental, dar la terapia apropiada acompañada con medicamentos. Medicinas psiquiátricas también con psicoterapia o Terapia Electroconvulsiva para casos especiales.

### Enfermedades de la Infancia

Varicela, polio, paperas, rubéola, sarampión  
Tratamientos nuevos:  
Existen formas de vacunas que inyectan la misma bacteria o virus pero está controlado y con eso se forma una defensa contra esa enfermedad.





# Conference Invitations

## Poca Información Crea Una Magia Pequeña

Regalos,  
Sorpresas, y  
mucho más



Maneras de  
mantener  
una vida  
saludable

**Fecha** 1 de Diciembre del 2010

**Horario** 5:30 pm

**Lugar** Cafetería Alicia Reyes Elementary School

**Conferencistas** Esther Cruz, Saida Delgado, Maricruz Tarango,  
Alexis Plascencia, Antonio López

**¡Vengan y disfruten!**

Vamos hablar sobre la importancia de la higiene en la escuela y en el hogar. Hablaremos de que es la higiene y como puede tener un ambiente sano y así prevenir enfermedades.


**Estudiantes de la  
Universidad de  
Merced**

Todos los padres y estudiantes son bienvenidos. Tendremos refrescos y bocadillos para todos. Es un tema importante del que todos deben ser informados.



# Familia Saludable Familia Feliz

como  
prevenir o controlar:



**Asma  
Aché  
Cáncer  
Diabetes  
Obesidad  
Efectos del sol  
Intoxicaciones  
y más !!!**

9 de diciembre de 2008

5:30 p.m

Cafetería

Alicia Reyes Elementary School

Invita:

Spanish 141 students-University of California Merced



# Feria Binacional



# Student testimonials

- *“Uno de los proyectos que más disfruté fue el haber hecho una investigación sobre una enfermedad de mi preferencia y aprendes más de ella.”*
- *“En esta clase aprendí sobre la enfermedad que padece mi mamá. Ahora la entiendo más y puedo ayudarla en sus visitas al médico”.*
- *“En esta clase pude darme cuenta que es muy importante tener en cuenta las diferencias culturales entre los países de habla hispana en el momento de una consulta médica.”*

# Student testimonials

The course is super beneficial! Especially because I could related the scenarios she would speak about in class. For example, the child that has to translate for their parents in a clinic. I lived through that experience and know I can better translate. I have definitely expanded my vocabulary not only orally but grammatically.

I loved that she knows, like, everything there is to know in health! She is more than prepared! She expects a lot from her students and I like that she had us working our butts off for the final group project because it was definitely an experience.

# Thank you

## Questions

