El Sol: An Interdisciplinary Center for Guatemalan Healthcare

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Professor III
Disclosure

- Terri Rocafor PhD, ANP-BC, RN
- Professor III
  - College of Health Sciences
  - Palm Beach State, Lake Worth, Florida
- Visiting Professor; Chamberlain College of Nursing
- No commercial support was received for this presentation
- No conflict of interest is identified
Objectives

- The learner will critically appraise the interdisciplinary evidence based practice model in place at El Sol, MyClinic for applicability to alternate local or global settings.
- The learner will examine and apply the analysis and findings related to Life Course Theory for implementation of interdisciplinary healthcare solutions amongst vulnerable populations.
- The learner will integrate upstream solutions identified in the El Sol model.
- The learner will design and integrate into practice best practices from the LCT model.
- The learner will apply concepts of the El Sol model for implementation in practice settings worldwide.
Life Course Theory

• A framework conceptualizing health and disease across populations. Rethinking the paradigm of healthcare in a successful medical home model involving a community

  • Whole person, family, and community approach
  • Longitudinal focus- early upstream: determinants of health
  • Multi-sector service line development- vertical-horizontal-longitudinal

(Cheng & Solomon, 2014, Kuh & Ben-Shlomo, 1997)
Background- Life events-social determinants

Jacaltenango a valley town located in the Guatemala state of Huehuetenango.

Focus of genocide-indigenous Maya escaped during the civil war.

150,000-200,000 estimated as murdered during the lengthy civil war.

Post conflict violence.

Poverty is extreme – income < $2000.00 per year.

(Rural Poverty in Guatemala, 2013; World Bank, 2013, Puac-Polanco et al., 2015)
Jacaltenango, Guatemala-Influencing Life Experiences

- Rural and remote; lack of healthcare
- Maternal-infant mortality/malnutrition
- Lack of finances from the ministry of Health
- Extreme poverty
- Disruption of family unit
- Safety

(World Bank Indicators, 2013)
Characteristics influencing life course

- **Rural Poverty**
  - No way to care for family
  - Lack of markets
  - Maternal child disparities

- **Life Choices to leave**
  - Death and injury
  - Separation
  - Fracture of families

- **Effect of Globalization**
  - Awareness of disparities
  - Orchestrated crossings
  - Improved communication

(Personal Interview D. Williams & B. Dezga, 2017; Thompson, 2012; Guatemala, 2013)
Brother Cities  The unlikely match

Jacaltenango, Guatemala  Jupiter, Florida

(Downes, 2011; Thompson, 2012)
Upstream Priorities

- A *local* issue with federal, state, and local implications
- Poverty
  - Extremes in Guatemala
  - Below the poverty line in Jupiter
  - Healthcare access
  - Impact on health system
  - Safety of the people
  - Focus on social and health issues

(Friends of El Sol, 2017)
Upstream: Action for disparities

- An unlikely partnership developed
- Humanity and injustice recognized
- Safety of workers
- Meetings began with town leadership
  - City council & Mayor (2005)
  - St Peter’s Catholic Church
  - Sol Silverstein-visionary
  - Friends of El Sol created
  - Multi-faceted Board of Directors

(Downes, 2011; Friends of El Sol, 2017; Model of Hope, 2013)
Vertical Integration

- Primary healthcare
  - Voluntary, cash pay
  - Portable clinic - 2014
  - Co-location of free clinic and Federally Qualified Heath Center (HQHC) April 2017

- Secondary
  - Jupiter Medical Center
  - Specialist

- Tertiary
  - Emergent, trauma
  - Project Access
Horizontal Integration

- Whole community approach
- *Open to all*; uninsured, under-insured
- Multiple service line sectors
  - Financial- grants, donations, My Clinic model
  - Social- behavioral, acculturation
  - Health- mammogram, Jupiter Medical Center, Project Access
  - Education- diet, diabetes
Longitudinal Integration

- Adult Health
  - Primary, episodic, specialists, dental
- Behavioral Health
  - Navigators, depression, adaptation stress
- Legal/Financial support
  - Citizenship, visa
- Pediatric services
  - Immunization, wellness
- Maternity care
  - Cooperative care
Diane Williams  Health Coordinator - Visionary

Fully bilingual, excellent organizational skills

Non-medical background, oversees the budget to develop the free standing clinic for the people of Jupiter

Quantum grant, Allegany Ministry, Palm Healthcare Grants
## Strategies for Nursing: Global Focus

<table>
<thead>
<tr>
<th>Volunteer opportunities</th>
<th>Preventative Education</th>
<th>Interdisciplinary</th>
<th>Awareness and Acceptance</th>
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</thead>
<tbody>
<tr>
<td>• New clinic</td>
<td>• Diabetes</td>
<td>• Nursing input</td>
<td>• Education</td>
</tr>
<tr>
<td>• Physicians, Nurse</td>
<td>• Psychosocial</td>
<td>• Holistic view</td>
<td>• Legislative efforts</td>
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<tr>
<td>Practitioners</td>
<td>Support</td>
<td>• Build medical</td>
<td>• Dream Act</td>
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<tr>
<td>• Specialists</td>
<td>• Family care</td>
<td>and nursing</td>
<td>• Policy</td>
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<tr>
<td>• Dental services</td>
<td>• Nutrition</td>
<td>teams</td>
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<td></td>
<td>• Domestic Violence</td>
<td>• Behavioral</td>
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<td>• Parenting</td>
<td>• Education</td>
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<td></td>
<td></td>
<td>• Legal</td>
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(Camann, M.A., & Long, J., 2014)
Role of the Advanced Nurse

Board of Directors for My Clinic
• Integrate a holistic approach
• Oversight of preventative care, horizontal development
• Consistency in volunteer opportunities

Primary, Preventive Care
• Ongoing access to medical home
• Nutrition, primary prevention of disease
• Parenting, domestic violence

Acculturation needs
• Physical and Psychosocial issues
• Separation angst, depression screening,
• Need for bilingual providers,

(Camann, M.A., & Long, J. 2014)
My Clinic- Why it works

- Board plan
  - Open to all; not just Guatemalan residents
  - Palm Beach County Health Care District partnership
  - Own a building; increased hours
  - Sustainability
- Preventive care
  - El Sol’s Promotores de Salud
- Consistency of ARNP and physician coverage
- Grants and Donations
- Cooperation with local facilities
Volunteers

- 21 physician volunteers
- 6 Nurse Practitioners
- 8 RN’s
- 3 Patient Navigators
- Students- pharmacy-physician-nursing
- Dedicated behavioral health

Year to date 2017: 2067 Volunteer hours at My Clinic
## Medical Home Growth

### Visits 2016 and 2017

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<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
<th>% Increase</th>
<th>Adult</th>
<th>Behavioral</th>
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<td>246</td>
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<td>Feb</td>
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<td>267</td>
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<tr>
<td>May</td>
<td>412</td>
<td>272</td>
<td>51</td>
<td>223</td>
<td>64</td>
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My Clinic-Limitations

- Need for medical specialists
- Access to medications
  - Asthma, insulin, glucose supplies
- Expansion
- Language- multiple dialects
The Guatemalan community gives back

- Annual Art Show
- Habitat for Humanity
- Painting Palm Beaches
- Intra-organization self governance
- Church
- Leisure
- Festivals
References


History and Background. (2017). Retrieved from [http://:friendsofelsol.org](http://:friendsofelsol.org)
References


