

# Latino Lay Health Advisors: Building a Healthier Community

East Carolina University and Vidant Medical Center

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2<sup>nd</sup> Annual REACH  
Medical Education Day  
April 20, 2016

## ¿Por qué aquí? ¿Por qué en este momento?

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- Limited access to healthcare for Latinos is well documented.
- Existing student-run free clinic model not designed to address population health.
- Lay health advisor (LHA) programs are successful, evidence-based interventions in Latino communities.
- Interprofessional team provided unique range of skills necessary to train community members.

# Collaborative Team Members

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■ David Baker, Cara Beth Carr, MS3  
■ Directors - Grimesland Free Clinic

■ Kim Larson, PhD, RN  
■ Clinical Professor - College of Nursing

■ Denise Harper, MSN, RN, ACNS-BC,  
CRNI  
■ Clinical Nurse Specialist - VMC



# Description

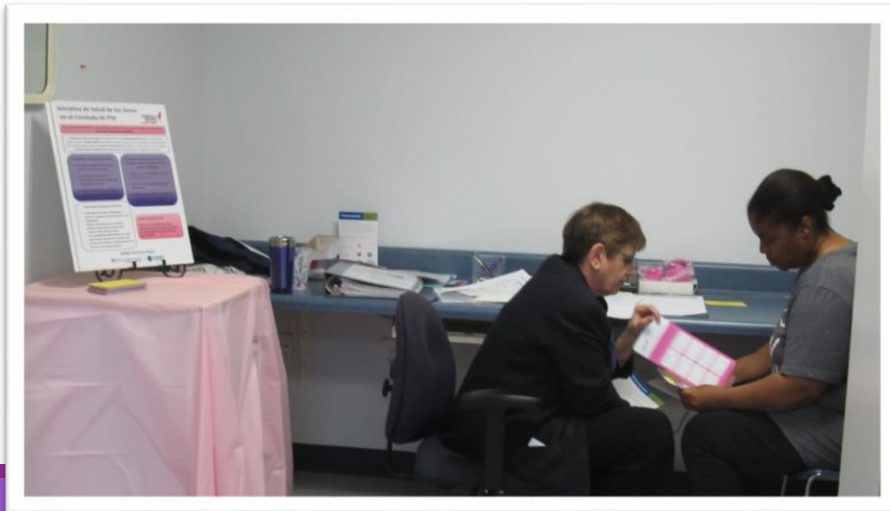
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- LHAs are natural leaders in the community who serve as a resource for friends and neighbors when they have questions about common health concerns.
- Medical, nursing, and dental students collaborated to develop and lead 6 educational sessions on routine screening, common illnesses, oral health, STDs, correct use of antibiotics and OTCs, and family planning.
- Community participant knowledge of topics was evaluated before and after instruction.
- Research team supported newly trained LHAs in the design and implementation of a community health screening.

# Results

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- Three LHAs scored >85% in knowledge of each content area post-session.
- Successful health screening event reached 43 patients, many of whom had early warning signs for heart disease and diabetes.
- LHAs expressed confidence in sharing accurate and reliable information, but voiced limited opportunities for sharing their knowledge with the community.
- Network established to provide students from the various health science disciplines opportunity to design and lead future training.



# Challenges Encountered

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- Identifying and recruiting community participants.
- Coordinating amongst students from various professions.
- Providing curriculum and training schedule that is thorough yet accessible.
- Accommodating schedules of students, faculty, and community participants.
- LHAs did not have experience or access to resources necessary to independently conduct a health screening event.

# Lessons Learned

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- Existing relationship with community leader essential for recruitment.
- Division of labor among students with varying schedules reduced time burden on individuals.
- Flexibility essential in working with community members.
- Members of the Hispanic community desire greater health literacy and are motivated to implement positive interventions.

# Next Steps

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- LHAs organized Healthy Lifestyle Classes in Grimesland this spring.
  - Zumba and other exercise three times/week.
  - Denise Harper offering wellness education once/month.
- Ernesto Barriguete – Pastor/LHA – collaborating with VMC Hospice & Palliative Care.
- In conversation with PA students interested in a youth oriented LHA training.



# Acknowledgements

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- 2015 Recipient Collaborative Nursing Research Award
  - Funding from Vidant Medical Center and the ECU College of Nursing.
- Kim Larson and Denise Harper
- Ernesto Barriguete

# Contact Information

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