

Class of 2020 PRIME-LC Longitudinal Projects

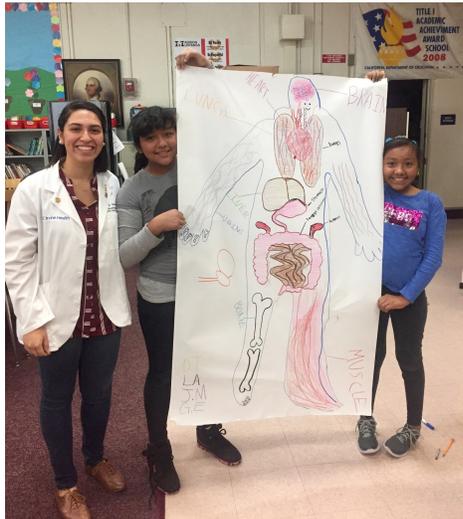
Educational Diabetes Videos

Diabetes is a major cause of morbidity and mortality and it is increasingly a chronic illness among the Latino population. Patients often present with low literacy, which makes many health education resources ineffective. Physicians rarely have time to truly teach their patients about their disease and how to manage it — especially for patients who do not speak English.

To address this knowledge gap, we in the PRIME-LC program want to create Spanish-language health education videos that will be available free to all who want to view them. Our goal is to develop Spanish-language video resources to be posted on YouTube that offer information on diabetes mellitus for Spanish-speaking patients and their families. We have evaluated currently available videos on diabetes in Spanish, and have met with the official providers of UC Irvine's patient education videos. Neither resource fits the needs of patients. As one patient told a PRIME-LC student, "When you're full of tubes and sick, who wants to look at the TV?"

To meet our goal, we will first survey patients to learn what they want to know and how they seek out health information. We will use this information in conjunction with currently available resources to develop culturally appropriate, effective self-management videos in Spanish for patients with diabetes. We will then meet with focus groups to assess the quality of the videos' educational and language content. This assessment will be qualitative (how much they liked the videos), and quantitative (comparing the new videos with the best videos available on YouTube).

Once we have established quality control through the focus groups, our plan is to make more diabetes management videos and ultimately follow a select group of patients and measure their A1c levels after learning from the videos we've made.



Project GREEN's Science Academy and Sports Program at James Madison Elementary School has been the focus of our Longitudinal PRIME Project. The conception of the program started with the dedicated efforts of Jose Rea, CCM, and UC Irvine graduates. We introduce the fields of science, technology, engineering, arts and mathematics to elementary school children.

We became involved with the project almost two years ago and are assisting in the development of a sports program component as well as a medical physiology and anatomy session. The sports program aims to increase and nurture children's interest in sports by participating in two-hour training and scrimmage sessions once a week. Soccer is our main approach and we have had the opportunity to work with great community coaches and as many as 20 students at a time. We plan to enroll more students,

raise funds for these efforts, and eventually to host a friendly tournament to foster students' interest in fitness. We also are working with school administrators at Madison Elementary to launch an exercise awareness program that would bring medical students to the campus to host field days during school hours several times throughout the year. Future projects include collaboration efforts with fellow PRIME-LC students to expand the scope and longevity of our project.