



CME Self Study Online Bundle:

Medical Spanish 101 & Speak My Culture- Natural Healers & Culture Bound Syndromes

Welcome and thank you for registering for our **Online Medical Spanish 101 Course** that includes:

- 1) 1-Hour Recorded Presentation by Tamara Rios, Ph.D.
- 2) Online Flashcards
- 3) 1 CME exam (3 Category 1 AMA CME credits)
- 4) Complimentary Guided Video Tutorial (COVID-19 Lesson)
- 5) One 30-minute Personalized One-On-One Session with one of our instructors at a mutually agreed date and time to clarify and/or practice anything related to this self-study course.

Program Design

This course is composed of a 1-Hour recorded presentation by Tamara Rios, Ph.D.

Medical Spanish 101 is designed to provide healthcare providers with the essential language skills needed to effectively communicate with Spanish-speaking patients in a medical setting. This course will cover basic medical terminology, common phrases, and cultural considerations that are vital for building rapport and providing quality care to Spanish-speaking only individuals.

This course includes straight forward grammar explanations and medical terminology along with cultural nuances that arise in the medical setting with your Latino patients.

Key Lesson Concepts:

- Introductions, greetings, leave takings and general courtesy phrases
- Basic medical terminology and cognates
- Key Power Verbs, allowing you to ask pertinent medical questions and give prescription and follow up instructions
- Promote preventive care
- Improve rapport and engagement
- Effective communication strategies to enhance education

You have access to 1 CME exam. The exam is accredited for 3 AMA category 1 CME credits. Your certificate will be emailed after your exam is reviewed/ graded.

Welcome and thank you for registering for our **Online Speak My Culture: Natural Healers & Culture Bound Syndromes Course** that includes:

- 1) 1-Hour Recorded Presentation by Tamara Rios, Ph.D.

- 2) Online Flashcards
- 3) 1 CME exam (3 Category 1 AMA CME credits)
- 4) Complimentary Guided Video Tutorial (COVID-19 Lesson)
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Program Design

Speak My Culture: Natural Healers & Culture Bound Syndromes," an enriching course that explores traditional healers, healing practices and traditional cultural influences on health in the Latino culture. This course is designed to help healthcare professionals gain a deeper understanding of how traditional Latino cultural beliefs and practices impact health behaviors and outcomes.

This presentation introduces you to some of the natural healers in the Latino culture and how they may be involved in some of your patients' medical care. This, in turn, will provide you with a better understanding of what some of your Latino patients' belief system is concerning health. You will gain an understanding of what some of the "extra-official" considerations, home remedies and/or treatments they may have taken, and perhaps will not voluntarily mention.

You will learn how to encourage your Latino patients to open up to you about this, providing you a better picture of their health history and thus, resulting in more patient trust (confianza) and compliance.

By integrating these cultural insights, you'll be better equipped to provide empathetic and effective care to Spanish-speaking patients.

Key Lesson Concepts:

- **Enhanced Cultural Awareness:** Develop a deeper appreciation for various Latino health practices and beliefs, improving your ability to connect with Spanish-speaking patients from different backgrounds.
- **Improved Patient Care:** Learn to identify and integrate traditional healing practices with modern medicine, leading to more holistic and patient-centered care.
- **Spanish Language Skills:** Acquire essential Spanish vocabulary specific to natural healers and culture-bound syndromes, enhancing your communication with Spanish-speaking patients.
- **Increased Awareness:** Gain insights into culture-bound syndromes, enabling you to better recognize and address these conditions in your practice.
- **Practical Skills:** By integrating these cultural insights, you will have the skills to provide empathetic and effective care to your Latino patients.

How to use this course

1. **Memorize the terms relevant to your specific field.** The vocabulary lists have been carefully selected to correspond to common healthcare-related conversations.
2. **Maximize your learning by using this technique –**
 - a) Start by watching the presentation from the beginning.
 - b) Try to memorize the vocabulary, read and/or listen to it as many times as you need. The first few times, just attempt to obtain the general idea.
 - c) Repeat words and phrases aloud as much as possible to reinforce the structures and to mimic the accent and intonation.

d) The more you listen to the presentation and review the terms, the more you will improve.

The goal is to help you assemble the sentence structures that suit your specific needs.

The purpose of this course is to teach you to communicate with your Spanish-speaking only patients to form strong clinician–patient rapport. This presentation's objective is to teach the sentence structures needed to form your own key phrases, to suit your own specific needs.

If a word or concept related to your specific field is not mentioned, simply learn to use the sentence structure, and add your own specialized term. In this way, you will learn how to say whatever you need to.

Remember, you can review the presentations, terms and key phrases as often as you need. Regular review is key! It won't be long until you realize how much medical Spanish you've learned.

We encourage you to schedule your Personalized One-On-One session with one of our instructors, which you can do at a mutually agreeable date and time.

You may contact us either by phone or email to schedule your session:

520-907-3318

tamara.rios@medspanish.org

Please remember to contact us with any questions or concerns throughout your learning journey. We are always happy to help! That's what we're here for!

Good luck! ¡Buena suerte!

Cordially,

The Ríos Associates team