



CME Self Study Online: Speak My Culture: Natural Healers & Culture Bound Syndromes

Welcome and thank you for registering for our **Online Speak My Culture 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

Speak My Culture: Natural Healers & Culture Bound Syndromes, 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.

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.

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