

Creating a Health Education Curriculum for Immigrant/Refugee Students at Sullivan High School

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Background

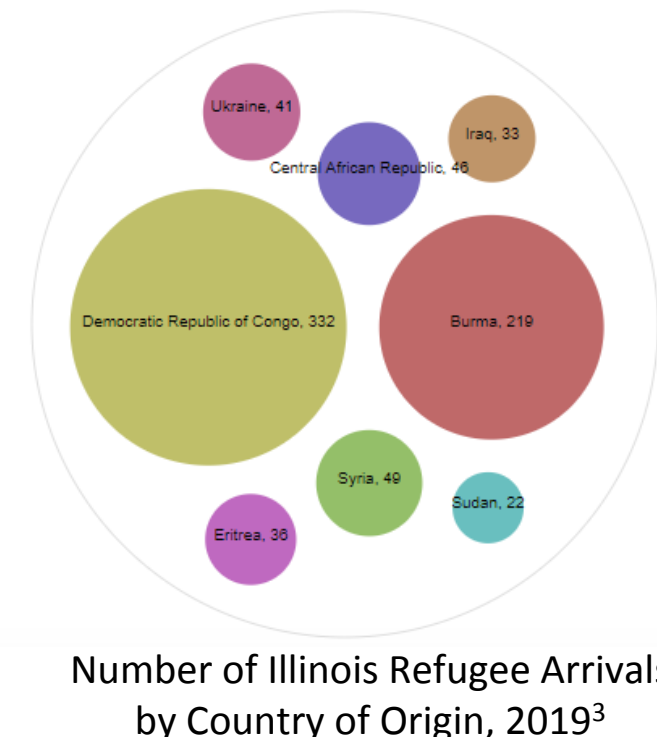
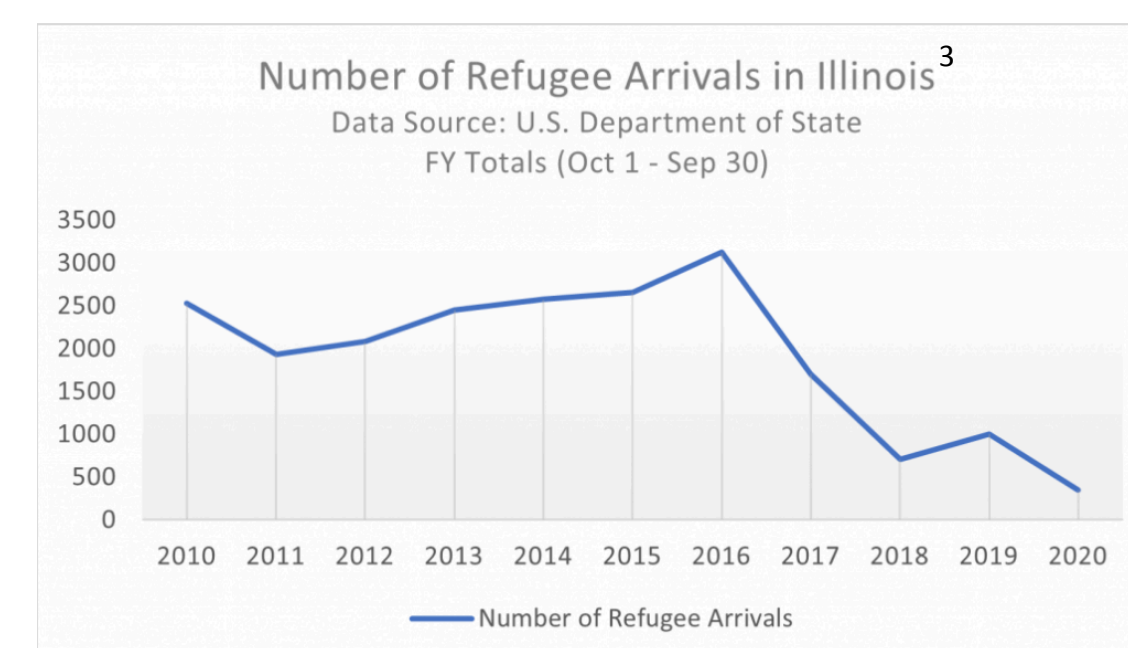
Illinois Refugee Statistics¹

- IL has resettled over 123,644 refugees from more than 60 countries since 1975
- 40% of these refugees have settled in Chicago

Sullivan High School²

- Located in Rogers Park, Chicago
- 100+ Refugee students enrolled 2017-2018
- 45% students in English Learners Program
- 50+ countries represented
- 40+ languages spoken (including Spanish, Arabic, Urdu, Swahili, Malay)

As part of the Illinois Chapter of American Academy of Pediatrics Refugee Immigrant Child Health Initiative (RICHI), University of Chicago residents/faculty and Lurie Children's Hospital faculty have recently started a partnership with Sullivan High School to teach two different classrooms about different health care topics.



Goals/Objectives

Education topics chosen by Sullivan High School students/faculty

- Nutrition, sleep, preventative care and doctor's visits, vaccines, and health care careers

Topics already covered include:

- Mental health, coping with stress, COVID-19 basics, COVID around the world, and the COVID vaccine

Aim of this project:

- To create templated PowerPoints that can be personalized by the presenters but provide consistent information
- Specific PowerPoints to be created: teenage vaccines, summer safety, nutrition, sleep
- Create for virtual learning environment with goal to return to in person lectures

Extra Consideration

English Language Learning Level of two classrooms are Limited (about kindergarten level) and Intermediate/Advanced (high school level).

Tips for English Language Learners⁴

- Avoid slang/idioms
- Speak clearly and slowly
- Aid with scaffolds (pictures, data visualizations, illustrations)
- Identify and define key vocab words
 - Included vocabulary in the chat

Cultural considerations need to be taken into account for certain topics, like sexual health education.

Example Slides from Summer Safety Talk

Drowning

Drowning is third leading cause of accidental death worldwide

- In the US, drowning is the second leading cause of accidental death in children age 1-14 yrs
- Adolescents (15-19 yrs old) have the second highest fatal drowning rate out of any age group.
- Drowning can happen in the time it takes to reply to a text.

If you don't die from drowning, it can cause permanent brain damage.

Drownings in Lake Michigan

Lake Michigan drownings since 2010

Numbers as of September 26, 2020.

Year	Number of Drownings
2010	38
2011	44
2012	49
2013	24
2014	24
2015	25
2016	46
2017	41
2018	42
2019	48
2020	53

53 people died in Lake Michigan last year!

WHAT DOES DROWNING LOOK LIKE?

THE SIGNS OF DROWNING:

1. FACED SWOON
2. HEAD TILTED BACK
3. BODY VERTICAL
4. CLIMBING LADDER MOTION
5. SAND BAR
6. MULTIPLE WATER LEVELS
7. HEAD TILTED BACK
8. BODY VERTICAL
9. CLIMBING LADDER MOTION

Outcomes of Current Project

- Presented as part of group for Teenage Vaccine talk
 - 2 classes of about 15-20 students each
- Created teenage vaccine, summer safety, nutrition and sleep talks future presentations
- Had a discussion with Lurie Department of Adolescent Medicine to discuss the steps involved in sexual health education to determine feasibility of it.

Next Steps

- Other templated talks to develop: winter safety, substance use/abuse, financial wellness, behavior change
- Consider how to include careers in health care
- Considering hands-on sessions once return to in person learning – possible topics include Basic Life Support (BLS), Point of Care Ultrasound (POCUS)
- Expand involvement of this partnership within the Lurie residency, planning to involve 2nd year residents during their Community Medicine and Advocacy (CMA) rotation

Long Term Goals

- The ultimate goal is to create a partnership between Lurie and University of Chicago residents and Sullivan High School and to allow for opportunities for mentorship and exposure to medicine for the Sullivan High School students.

References

- "Refugee & Immigrant Services", Illinois Department of Human Services. <https://www.dhs.state.il.us/page.aspx?item=124289>
- sullivanhs.org
- <https://iecam.illinois.edu/visual/15932/>
- <https://www.colorincolorado.org/teaching-english-language-learners>