Spanish for Health Professionals Dr. Angela Labarca

**SPAN 3697 RCA** MTWThF 10:15-12:15

3 credits 3-0-3 Co-requisites: SPAN 3698 RCA (Hum.)

**WEEK 1: Influence of Climate and Land on Cádiz' population**

Introduction to the course, site orientation. The sea, bay and marshes around Cádiz. Old (malaria) and present epidemics. High amounts of fish and shellfish in the local diet. Oral written protocols for collecting patient data. Hispanic surname system. Role of guardians

and family members in the provision of this data. National ID documents. Parts of the body I; general, local, scientific names. Common symptoms, expressions of location, for keeping patient calm. Taking vital signs. Metric system I. Scenario playing.

**WEEK 2: Attitudes Towards Health and Illness in Spanish-Speaking Communities**

Issues of authority, trust and the influence of the family. The Spanish-speaking health professional, his attitudes, directness, and use of his/her position of authority and ties to the community and families; influence on local decision-making. Parts of the body II.

Metric II. Attitudes towards certain eating styles accepted for males/ females, children.

Plethora of traditional pharmacopeia for ailments of the abdomen. Digestive system complaints. Incidence of high BP among Hispanics. Attitudes towards cardiac disease: Males seek help when condition is acute. The preponderance of masculine attitudes and ideas of power among males and females. An example: Fighting/ treating diabetes propensity among Spanish speakers. Scenario playing. Midterm.

**WEEK 3:** **Field Work, Interviews with Professionals,**

When your job makes you sick. Visit to MUPRESPA: Research on ergonomics, air contamination at work, risk and accidents. Presentation by experts. Assistance

and research funded by the national health system. Visit to a pharmacy and to a

*Herbolaria* shop, herbal and traditional remedies, and "cures". High prevalence of self- medication, traditional remedies and over the counter medication.

The national drug plan. Visit to *Centro Integral de la Mujer.* The reproductive system. Educating pregnant women and preventing teen pregnancy. Leading a return to the beneficial influence of traditional diets rich in fish, fruits, nuts and vegetables.

Scenario playing.

**WEEK 4: Nutrition, Cultural Value of Ingredients, and the Nutritional Pyramids**

The Mediterranean Nutritional Pyramid vs. influence of globalization of the food

industry and loss of traditional nutritional patterns. Increasing obesity among children. Excursion to Granada-Seville-Córdoba and the Sacred Foods: Olive groves, stone fruit and citrics orchards, vineyards, fig and walnut trees extending for miles: Ancient food preservation technologies, the Sephardic cuisine in Seville, Segovia. Olive oil, rosemary, bay laurel, red wine, seeds and walnuts for weight and cholesterol control. Surgery and chemistry development at the University of Córdoba, oldest in the continent. The sage Maimónides. Scenario playing. Final exam.