

Diabetes IPE e-learning course

Week 4 (2 hours): Exploring cultural, psychological, emotional and social issues in Amrit's case.

You will be doing two e-tivities this week.

You are required to contribute to all the e-tivities this week before you can progress to the next week.

Introduction (approx. 1 hour)



Indian Food picture by J Luoh 2010

Available at <http://www.flickr.com/photos/jenluoh/4518828294/>

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Living with diabetes mellitus can be quite a challenge for patients and their families. Remember that Amrit is of South Asian origin and this in itself can pose challenges for a health care professional. They need to know about some of the cultural issues that can be important to their client's well being.

Communication can also be an important issue.

In addition, we will explore some of the psychological, social and emotional aspects Amrit might be experiencing as she goes through her pregnancy.



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e-tivity 1

Purpose

This e-tivity is to introduce a health care professional's perspective on some cultural issues that affect the management of diabetes in the South Asian community. Remember, this is just one health care professional's perspective.

Task

There are inherent problems of growing rates of diabetes and obesity in the Midlands South Asian communities. Cultural and social factors are considered to influence the management of this condition. Amrit is a South Asian lady. This means that she may be at risk of conditions and the associated risk of heart disease, strokes and other problems.

Researchers at the University of Warwick have been working closely with South Asian communities in Leamington Spa and Coventry to develop strategies for tackling obesity. You will listen to a podcast from Professor Sudhesh Kumar, who is a Professor of Medicine, Diabetes and Metabolism at the Warwick Medical School. Professor Kumar works with a multi-disciplinary research team investigating the pathogenesis and treatment of obesity and its metabolic and cardiovascular complications. Complete the following tasks:

- Listen to the [podcast](http://www.podcastdirectory.com/podshows/339026) (<http://www.podcastdirectory.com/podshows/339026>) on "tackling diabetes and obesity in the UK's South Asian communities" (Note: You need to click on the picture of the headphones when you reach the website. The podcast is approximately 16 minutes long. It is an 'MP3' audio file and may take a few minutes to download)
- Read the [newspaper article](http://www.coventrytelegraph.net/news/coventry-news/2008/03/28/diabetes-epidemic-in-coventry-s-asian-community-92746-20687079/) on the diabetes 'epidemic' in Coventry (<http://www.coventrytelegraph.net/news/coventry-news/2008/03/28/diabetes-epidemic-in-coventry-s-asian-community-92746-20687079/>)

Responses

1. What are your initial thoughts on the issues raised in the podcast and the article? Post your comments in the ...**(suggest a wiki e.g. 'Week 4: Management of diabetes')**.

2. Respond to at least one comment made by other colleagues.



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You may need to revisit this activity during the week to respond to your colleagues' contributions.

e-tivity 2: Emotional, Psychological and Social Issues (1 hour)

Purpose

This e-tivity invites you to think about the emotional, psychological and social issues that can influence Amrit and her family.

Task

Diabetes can have a significant emotional and psychological impact on Amrit's health during her pregnancy. This can also impact on the health of her baby. A health care professional's knowledge of some these issues can be important in helping Amrit's understanding of her condition.

Reflecting back on Amrit's case you considered last week, what could be the cultural and psychological implications in the management of this case?

Post your responses in the discussion board ...**(suggest a wiki e.g. 'Week 4: Emotional, Psychological and Social Issues')**

Responses

- * Respond to at least one comment made by other colleagues.
- * You may need to revisit this activity during the week to respond to your colleagues' contributions.



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Example of discussion board entry

Hi (to a medical student)

I have had previous experience of stigmas during my last IPE event where I visited an Indian mother whose child had Down's Syndrome. She described the poor care she received in India and abuse she received for having a daughter with Down's syndrome, where she was told that it was a punishment from God. The mother said she believed what people told her and it wasn't until someone took time to explain to her what the syndrome was that she stopped blaming herself. This really opened my eyes to different views and cultures and the importance of education. Educating patients helps them to understand their condition and in turn manage it better, which relates well to diabetes a condition that requires good self management.

Xxxxxxx (pharmacy student)

Reply

xxxxxxx, that's so shocking. I hadn't even considered cultural stigma before I did this course. It makes you wonder how many people are living with chronic illness and keeping silent, for fear of abuse.

I'll try to attach the article (bearing in mind my technical incompetence!) Reading the article for this week, I was shocked to discover that diabetes had such a stigma attached to it in different communities. This is something I hadn't considered before. Understanding health beliefs and appreciating different attitudes is so important in achieving a good relationship with patients. In the future, I hope that I will be aware of these differences when treating patients. I did some further reading on these issues and found this article, which I think is very useful. It certainly raises issues I hadn't thought of.

(medical student attached the article)



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