Grenada 2016

This is a collective and reflective journal presentation for NURS 147B Community Health Clinical taking place in Santa Cruz, CA and Grenada, West Indies
Preparation for Grenada 5/31, 6/1, 6/6

Goals/Objectives: Use evidence based practice (EBP) to gain knowledge that can be implemented in any community on a global level—“One world, one health”.

Summary of what we did/reflection: Students, with supervision from faculty, prepared for their global health experience in Grenada. Focus was primarily on the health fair in Carriacou, which required an understanding of the nursing care process, clients, and other healthcare professionals—all while maintaining an understanding of safe, age, and culturally sensitive interactions.
Goals/Objectives: Initiate global experience that helps the nurse expand on his/her ability to understand local issues by building confidence in helping diverse populations—with empathy and compassion.

Summary of what we did/reflection: Began first steps towards building confidence by arriving in a foreign country and opening oneself up to the integration of the new culture. Accepted the role of being a minority and began development of understanding about what it means to be culturally sensitive and the importance of treating all clients equally.
Goals/Objectives: Develop cultural competence, awareness, and preservation while collaborating with the local Grenadian nurses.

Summary of what we did/reflection: Continued working on the health fair in Carriacou. Discussed all assignments and clinical goals/objectives—critical thinking competencies, nursing process, ethical decision-making, and attitude. At the end of the day, all student nurses and faculty experienced the local culture with the Grenadian nurses.
Goals/Objectives: Simulation about the “first knock” at a client’s house during home health visits while demonstrating an understanding about the client’s needs, case management, and collaboration with other professionals. Perform a mini-teach which demonstrates student’s ability to understand a topic, teach, and take on a leadership role.

Summary of what we did/reflection: During “first knock” simulation, students developed a nursing diagnosis in collaboration with clients, families, groups, community and other health team members to formulate and/or revise plan(s) of care—including health promotion, education, and prevention. Additionally, students performed a mini-teach on different topics. This mini-teaches demonstrated student’s ability to teach and take on a leadership role by the effectiveness of his/her oral and written communication with other students during presentation.
Saturday 6/11 - “first knock”, mini-teach
Sunday 6/12 - CPD preparation meeting

**Goals/Objectives:** Develop stronger sense of community, which allows people to get to know each other—evidence supports crime decreases when people have a sense of community. Improve leadership skills further. Better understand the needs and resources of the Grenadian nurses to effectively lead CPD discussions—further building confidence to help diverse populations in local community.

**Summary of what we did/reflection:** Developed skills further in leadership, communication, teamwork and collaboration by working on CPD presentation within groups. Used EBP to research and obtain information that was relative to topics and the Grenadian nurses.
Monday 6/13 - SGU Orientation / Skype 127

Goals/Objectives: Examine the legislative process at the state and national levels as it affects the health care delivery system, Build rapport with St. George’s University, Apply epidemiological model to populations at risk.

Summary of what we did/reflection: Our welcome orientation consisted of a campus tour and various speakers that taught us about epidemiological risks currently affecting Grenada. We also learned about their culture, gender issues, “saving brains” program, mental health care, and overview of health care in their country. This meeting between SJSU and Grenada has resulted in strengthening our existing global nursing relationship with the University. Later on the in day, we skyped with Debbie, or we at least tried!
Tuesday 6/14 - St. George General CPD, interprofessional dinner with Jen Solomon

**Goals/Objectives:** Plan preventative, therapeutic, and rehabilitative nursing interventions for frequently occurring community health problems (communicable diseases, violence, client centered care, advocacy.

**Summary of what we did/reflection:** We visited St. George’s hospital and presented on topics that included correct body mechanics and caregiver role strain. This counted towards the Grenadian nurses’ CPD (continuous professional development) units. We also realized the nurses in Grenada encountered the same amount of stress and faced similar challenges as we do in the US.
Wednesday 6/15 - TV Press, Site Visits
Planned Parenthood and Saving Brains

**Goals/Objectives:** Critique appropriate evidenced-based nursing care in planning for the health promotion and management of populations

**Summary of what we did/Reflection:** Saving Brains was one of my favorite clinical sites. Seeing the interaction with these mothers and their children was a once in a lifetime experience that I will never forget. Studies have shown that human touch, song, and positive discipline is beneficial for both child and parent. The Saving Brains bus drives out to certain areas in Grenada and a two hour program is conducted through the participation of mother, child, and the program director Mrs. Stephanie Holmes.
Goals/Objectives: Generate interventions associated with nursing management of selected community health care problems

Summary of what we did/reflection: With the help of Ms. Jennine Sylvester-Gill, we visited a “hot spot” defined by Planned Parenthood as an area populated by men. The bus terminal was considered a hot spot for them to educate and promote men’s health through conversation. Ms. Gill was amazing! She mastered the interaction her and these men. She also engaged these men to be interested in their health.
Thursday 6/16 - Carriacou, walking tour, radio press

**Goals/Objectives:** Use health literacy resources and information technology to improve care provided to the community clients and selected aggregates

**Summary of what we did/reflection:** Half of us went to inform the locals of our health fair and to post flyers around the streets. The other half went on a mission to find the local radio station to help promote our health fair. Utilizing the radio was a great idea to help promote our health fair information. Not only did we inform the community through radio and print, we also used word of mouth. Through conversation with the locals we obtained useful information to help plan next year’s event.
Goals/Objectives: Analyze specific community health problems in terms of professional responsibilities, standards, accountability and legal matters

Summary of what we did/reflection: Carriacou’s only hospital was visited which is located on top of a hill. Another CPD was presented on this day at CHS (Carriacou Health Services) discussing Evidenced based practices. For the first half of the day, I was resting in my room. I realized that day to accept people’s advice and let myself recover. Later on in the evening we prepared for the big health fair! OT helped put together our passports to health. Team SJSU GO!
Sat 6/18 Health Fair at Hillsborough Health Clinic

In partnership with the Hillsborough Health Clinic, Carriacou Health Services and Dr. Tanya Edwards, we were able to connect the community of Hillsborough on Carriacou with health education, free screening, and referrals in a variety of areas specific to the wants and needs of the community members including blood sugar and diabetes education, blood pressure and HTN education, men and women’s sexual health including prostate and breast exams, and mental stress/illness education.

Goal/Objective: based on priority nursing diagnosis and in collaboration with clients, families, community and other health team members, formulates and implements a plan of care. Utilizes teaching, advocacy, cost-effectiveness, leadership, collaboration, referral and case management activities, and consultation as appropriate.
Sun 6/19 - Health Fair at Carriacou Health Services

Goal/Objective: based on priority nursing diagnosis and in collaboration with clients, families, community and other health team members, formulates and implements a plan of care. Utilizes teaching, advocacy, cost-effectiveness, leadership, collaboration, referral and case management activities, and consultation as appropriate.

Day two of the health fair included the same services provided on day one of the health fair, in a less structured capacity as we were joined by the Department of Agriculture, who put on an informative and meaningful session about their program, sites, and goals for providing local, healthy, affordable produce to the community. Day two was important because it opened up discussion between providers and local residents about eating habits, cultural practices, and need for the services provided by the department of agriculture.
Successful Health Trip By San Jose TO

80 people cross the Sister today better for current health. St George’s doctor were able to attend to several persons that turned up for the two-day exercise at the Hillsboro Health Centre and the exercise was Prime Minister, Dr Keith Mitchell. Head of the team Dr. Tanara McKinnon, said that the program was able to address issues of medical concern vision, healthy eating, stress management, body mechanics and mental care. She added that they have been able to discover some cases of diabetics in young persons who never knew they covered that it was not so in their case as they were taking good care of their health. On Sunday the team partnered with the marketing and National Imaging board, which supported the exercise with a...
Monday 6/20 - Carriacou Island Tour

Goal/Objective: Begin to identify the cultural identity of a community based on the community’s history, cultural descriptors, historical influences, and current events.

The two hour island tour was not only beautiful, it was an important part of our ability as a class to learn about the rich history of the island, the culture of its people, the natural resources, cultural practices, as well as identify challenges, barriers, and needs.
Tuesday 6/21 - Planned Parenthood, Saving Brains, TV press

Goal/Objective: provides nursing care according to the guidelines of the Nurse Practice Act, the ANA standards of community health nursing, QSEN, and the agency

We worked with two different community organizations dedicated to improving the health of the community. We worked with planned parenthood and spokesperson for GNOW (Grenadian National Organization of Women) Jacqueline Pascal, learning about the culture around women’s rights and opportunities in Grenada with regard to violence and women’s sexual health. The Saving Brains Bus was an opportunity to work with Stephanie Holmes and her work with mothers in the community, promoting positive parenting to promote health and brain development in children 0-3 years old.
Wednesday 6/22 - Clinical Limes Community

Goal/Objective: provides nursing care according to the guidelines of the Nurse Practice Act, the ANA standards of community health nursing, QSEN, and the agency

The Limes neighborhood is a specific area of targeted need, where we were able to walk through the streets of the community and either seek, or be sought out as nurses and occupational therapists by residents of the community. We were privileged to be invited into people’s homes and businesses and be able to open have dialogue with them about their health. Equally as important was that the community recognized the program by the T-shirts, and we were able to follow up with clients that had been positively impacted by the students from previous years.
Objective: Provide nursing care in a safe, age and culturally sensitive manner when interacting with clients and other health professionals, while in the clinical setting and when documenting the nursing process (PLO#2)

Personal Reflection: Interacting with special needs patients was an amazing experience. It made me realize that some of the difficulties these patients face have to do with the way they are perceived and treated by society in general. My attitude toward people with special needs will forever be altered for the good and will aid to better understand everyone. Educating nurses about self-breast exams and checking their blood pressure was very empowering and will make a positive impact in their health/lives.
Objectives: Conducts assessments appropriately (PLO#7) Analyzes data from needs assessment (PLO#8)

Personal reflection: Interacting and connecting with psychiatric patients was very fun. These patients seeked attention and were eager to engage with the nurses. This wonderful experience gave me a different perspective than the negative stigma that societies attach to mental illness.
Saturday 6/25- Seven Sisters and Grand Etang Lake
Objective: Demonstrates effective oral and written communication skills that include personal objectives, charting, presentations, journals, summaries and interactions with others (PLO#3)

Personal reflection: On our last day we were responsible for presenting/teaching on our assigned test questions. It was a great way of practicing effective oral communication through presentation. We also had the opportunity to debrief with the SGU students and share our experiences as well as say our goodbyes :(
Farewell Grenada... We left our hearts in St. George’s and felt we received more than we gave. We all suffered some culture shock coming home and it took us a while to adjust. This we compared to transition of care between hospital and home.

Goal/Objective: Describe the implications of a changing healthcare environment and strategies for adaptation.
Nurs 137, CLO10

We had a chance to compare and contrast the health care systems of our two different countries and how we affect each other in an ever more interconnected world.

Last night
SJSU Classes: 7/6, 7/13
Preparing for community health at home

Goal/Objective:
Apply the epidemiological model to populations at risk. N127B, CLO6
Mercy Housing Complexes serve immigrant, elderly, low income and disabled people, all vulnerable populations.

We met José, Kelly and Diana, Resident Services Coordinators for Mercy Housing complexes

José, Kelly and Diana prepared us for our work in the Beach Flats neighborhood by acquainting us with the clients we would be working with and the problems and issues the community faces, such as gang violence and lack of local resources. We were eager to apply the lessons we had learned in observation, listening, cultural humility, motivational interviewing, and exploring long-term solutions to problems.
Clinical site visits in the Beach Flats 7/7, 7/16

Nueva Vista Apartments and Beach Flats Community Center
Classes at Nueva Vista office, 7/20, 7/27

**Goals/Objectives:**

Discuss ethical issues related to implementing nursing care in the community. N137, CLO4

Apply the nursing process to the concepts of promotion of health, prevention of illness, and restoration of health in a community context. N137, CLO1

We met with SJSU alumni who had also been to Grenada and we shared experiences and insights. Matt Perry, a reporter for the *California Health Report*, was there to write about our work. This independent, non-profit journalism project covers health and health policy throughout the state, producing public interest stories about health care, health disparities, children’s health, aging and justice and violence. Matt accompanied us on some visits to client’s homes. The alumni shared valuable insight on how their global experiences made them better nurses.
El Centro, Neary Lagoon, and Sycamore apartments, together with Nueva Vista, make up Mercy Housing. There exists a profound disconnect between these communities and the rest of Santa Cruz.

**Goal/Objective:** Critically analyze health promotion models and situations. 
N127B CLO4. We met this objective by immersing in the community and scrutinizing the circumstances of the social determinants of health.
Food Deserts:

Impoverished neighborhoods are often food deserts, where quality produce and products are not readily available. Both the Limes in Grenada and the Beach Flats are considered food deserts.

This food truck visits the area on a semi-regular basis. The nearest full service super-market is many miles away.

Goals/Objectives: Assess a five family system to determine strengths, problems, resources, and effective nursing interventions. N137, CLO2
Setting out

Goals/Objectives:

Manages a caseload of clients with complex needs in a community setting. N147B PLO4

We got to know our way around a neighborhood that is nearly invisible to and ignored by the surrounding town. We found our clients and had that first knock.
Client home visits:

**Goals/Objectives:**

Generate interventions associated with nursing management of selected community health care problems. N127B CLO9

Provides nursing care in a safe, age and culturally sensitive manner when interacting with clients and other health professionals, while in the clinical setting and when documenting the nursing process. N147B PLO2

Working with this community was an invaluable experience. We listened, took blood pressures, wrote lists of medications, problem-solved, asked questions, listened some more, and looked up resources. We left with enormous empathy for the people here, and respect and admiration for their resilience. We learned over and over again that, “less is more” in so many ways.