



Manos de Apoyo Helping Hands

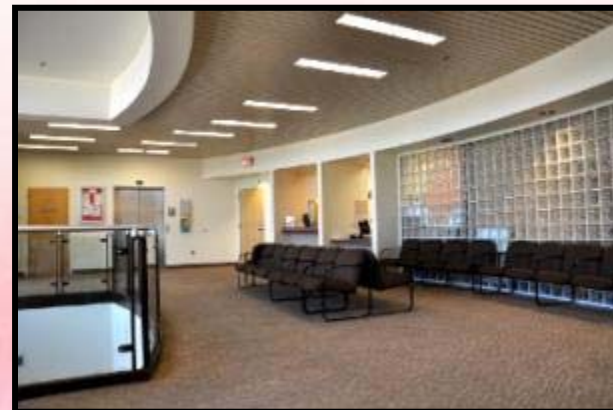
Presented by:
Patty Molina, Prevention Manager
Mariposa Community Health Center
Women's Cancer Conference
February 22, 2011
Gilbert, Arizona



Mariposa Community Health Center

✦ MCHC

Mariposa Community Health Center, Inc. (MCHC) is a 501(c) (3) not-for-profit, community-based health organization. The mission of MCHC is to provide the highest quality, community-focused, accessible and culturally appropriate medical, dental and preventative services to all residents of its service area, without regard to economic status or any aspect of discrimination.



MCHC satellite clinics



✦ *History*

Established in Nogales, Arizona in 1980, MCHC is a 330-funded Federally Qualified Health Center and is the largest health care provider in the border communities of Santa Cruz County, providing medical, dental, preventative and public health services. Clinical staff includes 13 physicians, four dentists, a behavioral health consultant, two pharmacists, three nurse practitioners, a physician assistant, five registered nurses, medical assistants, aides, full radiology and laboratory capabilities, and complete pharmacy services. MCHC serves more than 20,000 patients per year at its main campus in Nogales, the county seat, and at satellite clinics in Patagonia and Rio Rico. MCHC is also the sole provider of Arizona Department of Health Services (ADHS) funded public health services such as community health nursing, WIC/Nutrition, immunizations, AIDS education and outreach, and tobacco prevention and cessation.

Manos de Apoyo



✦ Funding by the Arizona Department of Health Services

✦ Comprehensive Cancer Control Program

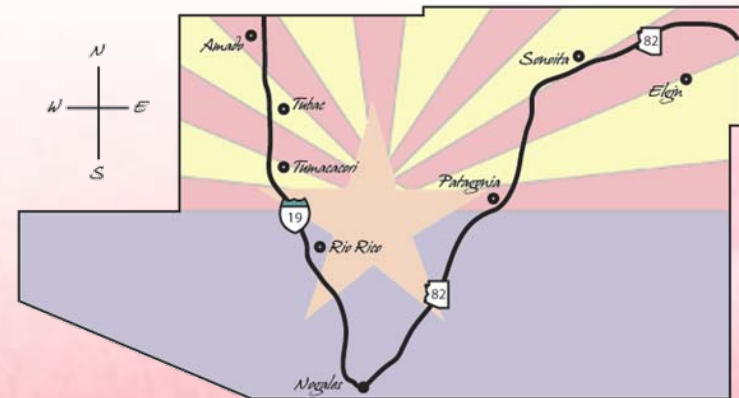
May 2009 – June 2010





The Goal

✦ The goal of this project is to *increase cancer prevention awareness and cancer screening behaviors among the Hispanic/Latino population of Santa Cruz County, Arizona.*



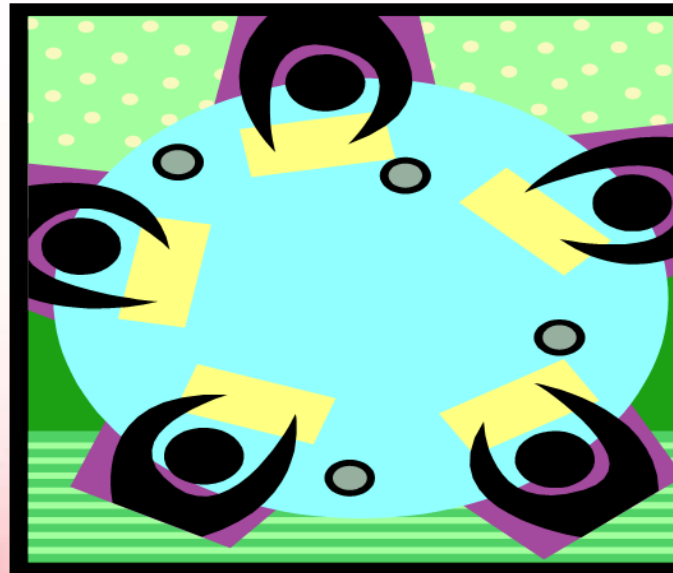
Promotora Mentor Norma Guerra

- ✦ 20 year survivor
- ✦ Worked 17 years as a Promotora de Salud at MCHC
- ✦ Retired February 2009



The Lay Leaders

- ✦ **Five (5) Lay Leaders trained**
- ✦ **All survivors**
- ✦ **10 modules**



The Modules

- ✦ **What is Cancer?**
- ✦ **What is Breast Cancer, Treatment and Safety?**
- ✦ **How to find a provider**
- ✦ **Not comparing themselves to others who have breast cancer and another's treatment**
- ✦ **Lymphedema**
- ✦ **Nutrition**
- ✦ **Physical Activity including arm exercises and the care of their arm**
- ✦ **Change of image and skin**
- ✦ **Forgetfulness during treatment**
- ✦ **Family support including spousal support**

Additional Training

- ✦ *¡VIDA! Breast Cancer Education for Breast Cancer Survivors, family members and caregivers from the University of Arizona's Arizona Cancer Center.***
- ✦ 12 trainings via video conferencing**
- ✦ 4 additional trainings ¡Vida! Educational Series for community health workers**

Lay Leader Track Sheet

Lay Leader Track Sheet							
Lay Leader Name							
Date/ Fecha	Client Name/ Nombre del Cliente	Primary Address/ Domicilio	Phone/ Teléfono	Client Type/ Tipo de Cliente ND/S	Contact Type/ Forma de contacto T/P/G	Type of Service provided/ Tipo de servicio	Follow- up Date/ Fecha de seguimi- ento

Track Sheet Key

✦ Client Type Key:

✦ S Survivor/Sobreviviente

✦ ND Newly Diagnosed/Diagnóstico Nuevo

✦ Contact Type Key:

✦ T Telephone/Teléfono

✦ P In person/En persona

✦ G Group/Grupo

✦ A What is Cancer?/Qué es Cancer?

✦ B What is Breast Cancer and Treatment? And Safety? /Que es Cancer del Seno y tratamiento? La Seguridad?

✦ C How to find a provider/Cómo buscar a un doctor?

✦ D Not comparing themselves to others who have breast cancer and another's treatment/No debe compararse con otras personas con cancer y con otros tratamientos?

✦ E Lymphedema/lymfadema

✦ F Nutrition/nutrición

✦ G Physical Activity including arm exercises and the care of their arm/Actividad fisica incluyendo ejercicios y cuidado de brazo.

✦ H Change of image and skin/cambios en la piel y en uno mismo

✦ I Forgetfulness during treatment/Perdida de memoria durante el tratamiento

✦ J Family support including spousal support/Apoyo entre familia incluyendo al esposo

Manos de Apoyo Goals

- ✦ **Reach 600 women between the ages of 25-60**
- ✦ **Provide 40 breast cancer survivors with navigational and emotional support during treatment and recovery**



Our Numbers

- ✦ **929** women were provided with breast cancer screening and early detection information
- ✦ **100** cancer survivors were provided with navigational and emotional support during treatment and recovery



Evaluative Statement

- ✦ Sign-in form was used by Promotora Mentor during Lay Leader trainings
- ✦ Evaluation was conducted to measure the trainees' thoughts of overall training
- ✦ Pre and Post Test was conducted



Manos de Apoyo
Pre and Post
Results

Knowledge	Pre	Post
Their level of knowledge about a program or service that supports women with breast cancer	3	5
Their level of knowledge about where to refer a woman diagnosed with breast cancer	3.4	5

Ability	Pre	Post
What is cancer?	2.4	5
What is breast cancer and treatment? Security	2.2	5
How do you find a doctor?	2.4	5
Do not compare with other women that have breast cancer and the treatment of other's	2.4	5
Lymphedema	2.4	5
Nutrition	2.8	5
Physical activity including arm exercises	2.4	5
Changes in the skin and oneself	2.2	5
Treatment forgetfulness	2.6	5
Family support including husband	2.4	5

Recommendation for Replication

- ✦ **Should Manos de Apoyo be considered by any other organization or group for replication; the main thing to keep in mind is that this project would not have been as successful as it was if it had not been for the 17 years of experience the Promotora Mentor has working with other survivors and her abilities as a long time breast cancer survivor to know first hand how to navigate the system in and around this disease. The characteristics of the survivors chosen for the Lay Leader role are also imperative; one thing about breast cancer survivors is that their self esteem at the beginning of their diagnosis is low and many do not know where to turn; however with the appropriate moral support and guidance, they can overcome this and become leaders in their abilities to assist other survivors the same way they themselves were helped.**

Questions?

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Thank You!

