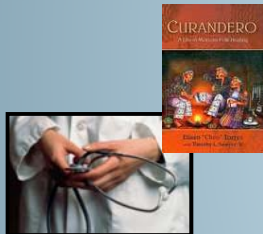


# Developing partnerships to facilitate integration of traditional Curanderismo with primary care

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## Background

It is well documented that improved physical activity and nutrition, smoking cessation and stress reduction are critical for effective self management. However, Latinos frequently face disparities in access to clinics for the primary care advice that could facilitate such self-management. Our project is a Bi-national Community and Academic Partnership Development.



## Methods

### Partnership Development

- The focus of our Partnership Development will be on reduction of disparities in access to care by Latinos and reduction of disparities in chronic illness self-management.
- This partnership will address the dearth of culturally relevant and appropriate self-management interventions for Latinos.
- At least 8 team meetings with all partners to build trust and a strong professional working relationship.
- Explore Curanderismo practices and consider which have strong evidence for efficacy and are consistent with allopathic best practices for primary care self-management.

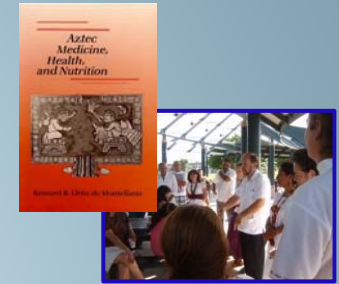
## Desired Outcomes

Through NIH CTSA funding we will be able to explore opportunities for integrating Curanderismo practices (e.g. massage, counseling, herbal remedies) into primary care activities.

- Both partners will be equally and fully engaged in this project.
- Without the credibility of experienced and respected Curanderos this project would not be feasible.
- It is highly unlikely that Latino consumers of Curanderismo who have limited access to allopathic primary care will be convinced that integration of Curanderismo into primary care is a credible and trustworthy project unless endorsed by providers they trust.



- Identify at least five clinic sites in Denver and Colorado where we can pilot test the integration of selected Curanderismo practices into allopathic primary care.
- We will prepare a grant application for a pilot study. This application will serve to demonstrate accomplishment of this outcome.



## Challenges

- Traditional research doesn't typically utilize community partnerships.
- Research has a short timeline, and often the research funding ends before the partnership is well developed and established.
- Time is needed to develop trust
- "Traditional" medicine is not widely accepted in "Western" medicine.



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