

Mini-Medical School Final Exam Caring for an Immigrant Patient



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It's US History. It's All Political....

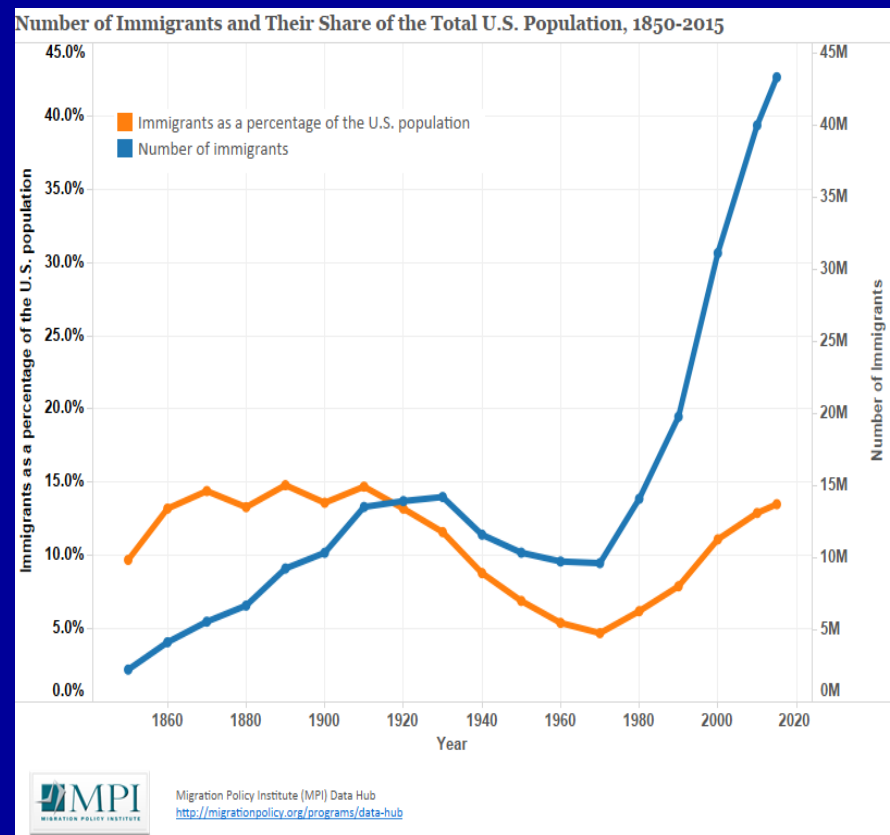


- US highest number of immigrants in the world
- California highest number of immigrants in the US, including undocumented immigrants

US Immigration Over Time

- Today 13.3% (42.4m) foreign born (FB)
 - 1/2 citizens
 - 1/4 here legally
 - 1/4 without documentation
- » Pew, 2016
- 26% FB or children of FB

Immigration Since 1860



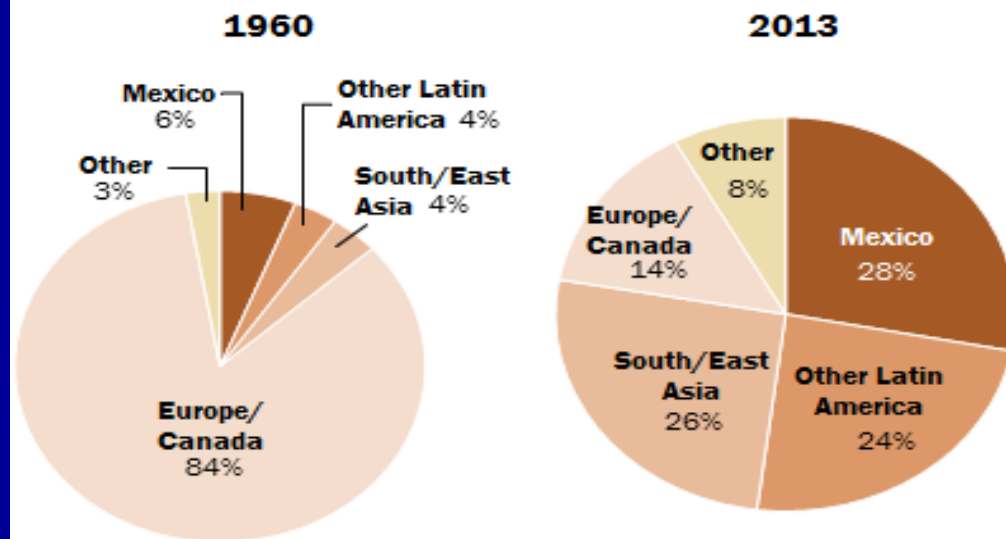


Shift from Europe to LA and Asia

FIGURE 5.2

From Europe and Canada to Latin America and Asia: A Dramatic Shift in Immigrant Origins

% of U.S. immigrants born in ...

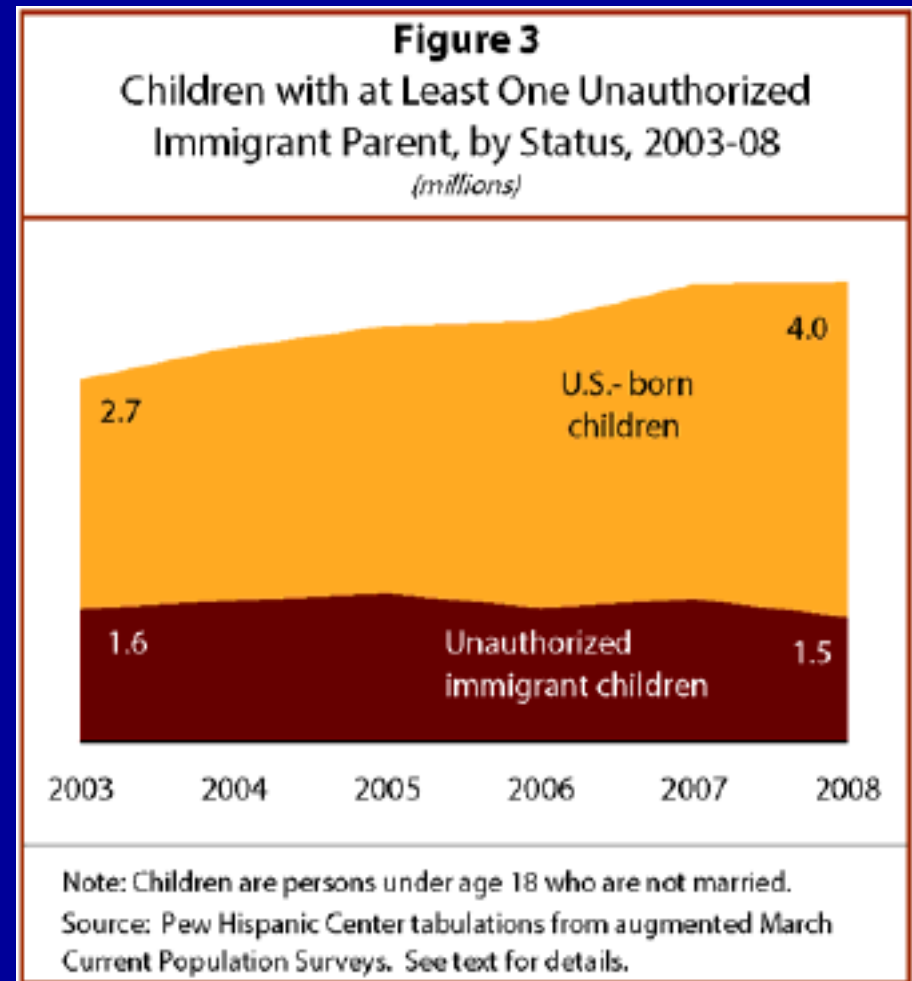


Source: Pew Research Center tabulations of 1960 U.S. decennial census data and 2013 American Community Survey (IPUMS)

PEW RESEARCH CENTER

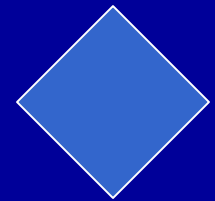
Mixed Status Families

- About 10 m undocumented in US
- Nearly 2/3 of undocumented in US for over decade
- 4 m US born children have one UD parent



No Easy Generalizations: The Immigrant Hourglass

- 20% of low wage workers are immigrants
 - 70% farmworkers
 - 75% home-healthcare aides
- 25% of physicians are FB
- 22% of STEM workers FB
- More FB with advanced degrees than NB
- More FB with low education
 - Pew, 2013
- Median income for native/naturalized same, non-citizens is lower



Summary Immigrant Demographics

- Immigrants and their children make up about 25% of our population
- Difficult to make generalizations
- Undocumented people are integrated into our communities, many in mixed citizen families.

Mrs. Chen



Think like a doctor

- *“It’s better to know the patient who has the disease than to know the disease the patient has...” William Osler*
- What risks/exposures does your patient have?
- What problems/illnesses are possible and common given those risks/exposures?

Mrs. Chen

- 74 year old woman with history of high blood pressure who complains of palpitations and shortness of breath for a few weeks. She has no cough, no fever or chills, no weight loss; no shortness of breath when she lies down.
- Her only medications are for hypertension
- Never smoked, no drinking
- Vitals: 120/80 102 95% O₂ sat
- She has a normal heart exam
- Her lungs clear; abdomen benign
- Mild swelling in her legs

Crucial questions:

- Where is she from?
- What is her immigration history?

An Approach to Immigrant Patients:

- Health risks of native country
- Health risks of travel— both initial and recurrent
- Health risks of adopted country

An Approach to Immigrant Patients: Three Considerations

- Health risks of native country
- Health risks of travel— both initial and recurrent
- Health risks of adopted country

Risks of Native Country

- Epidemiology of diseases
 - Higher risk exposure to infectious diseases, environmental exposures, geography of genetic disorders
 - <https://www.cdc.gov/immigrantrefugeehealth/guidelines/refugee-guidelines.html>
 - High rates of chronic disease in developing world
- Epidemiology of stressors
 - Politics/economics/natural disasters
 - *Keeping up current events and knowing something about recent history is as important as med updates*
- Health care access and practices
 - Vaccinations, preventative care, chronic disease care, medication use

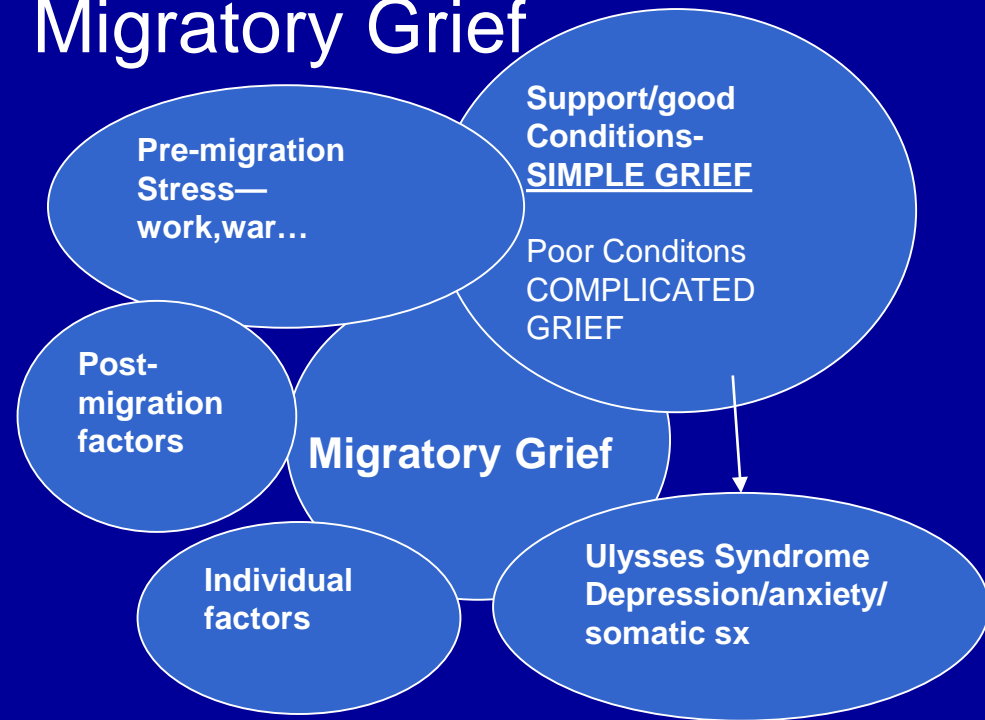
An Approach to Immigrant Health

- Health risks of native country
- Health Risks of Travel—Initial and Recurrent
- Health risks of adopted country

Migration is Stressful

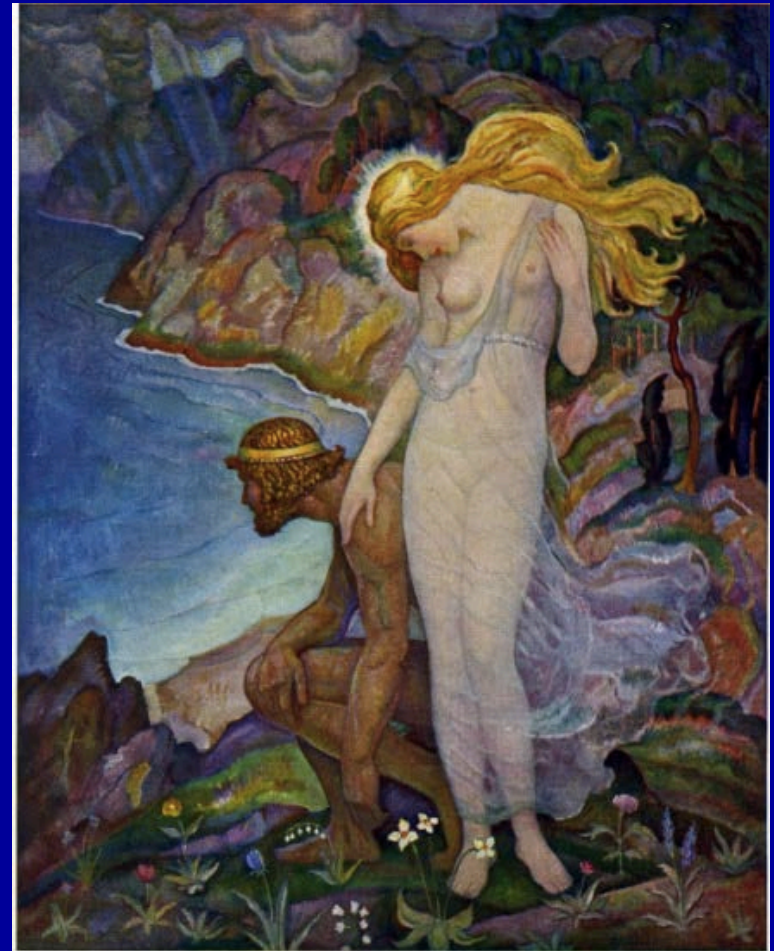
- separation family/culture
- dangers of the migratory journey,
- social isolation, difficulty communicating
- absence/gain opportunities
- possible failure of the migratory goals
- drop/gain in social status
- remittances/family expectations
- attitudes in the receiving country.

Migratory Grief



Ulysses Syndrome

- *“Ulysses spent his days sitting on the rocks by the sea, being consumed by tears, sighs and sadness...”*
 - *Odyssey, Song V.*
- *“... mere mortals have to behave like heroes in order to survive.”*
- *Syndrome of prolonged grief with symptoms that include headaches, insomnia, abdominal discomfort and symptoms of depression and anxiety*
 - *Dr. Joseba Achotegui (2010)*



High Risk Travel Medicine

- ½ of US residents traveling abroad are FB visiting home
- Higher risk of getting sick while traveling
- Riskier behavior
 - Visit when pregnant, sick or with children
 - Stay for longer, eat like hosts.
 - More often sex, rural areas, contact sick relatives
 - Travel for health care or use health care— dentistry etc
- But less often vaccinated/prophylaxed
- Recs for FB travelers same all travelers

An Approach to Immigrant

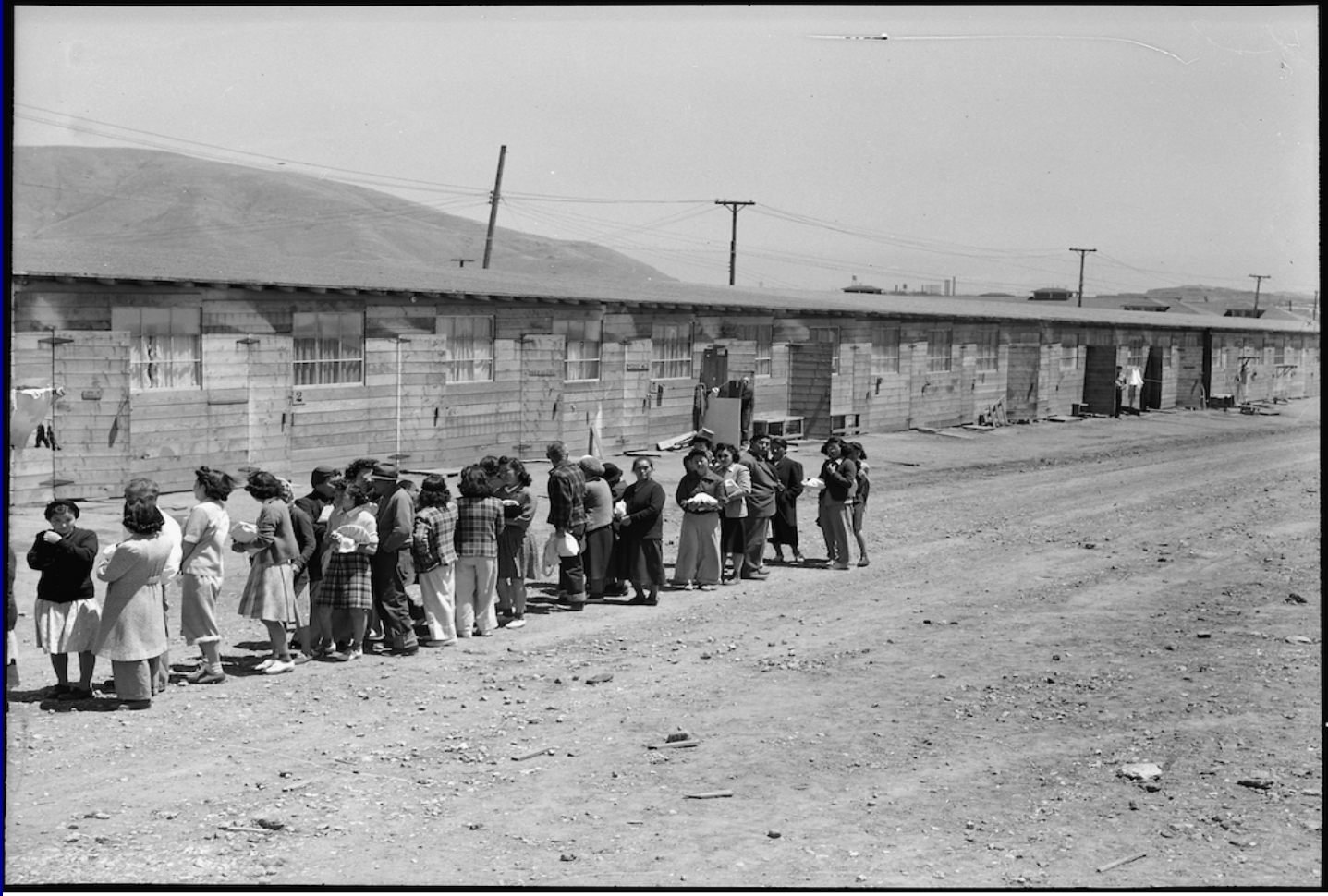
- Health risks of native country
- Health risks of travel—initial and recurrent
- Health risks of adopted country

Risks of US Life

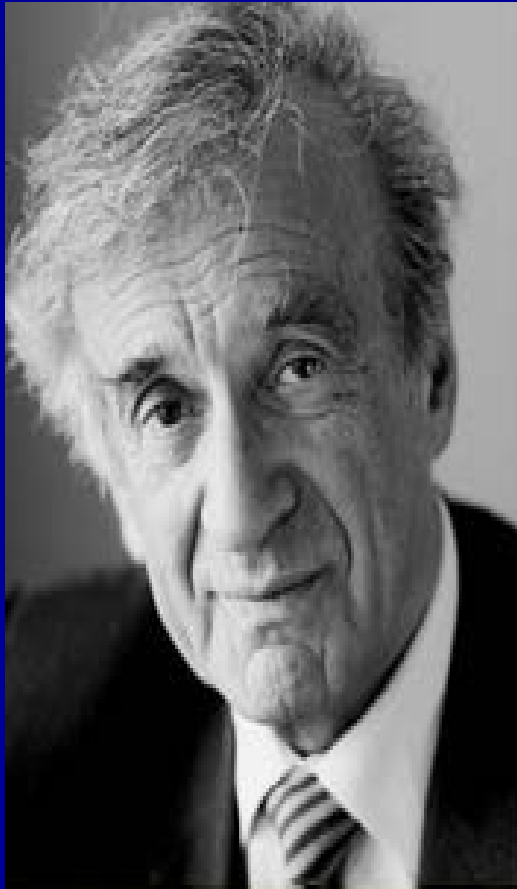
- **Epidemiology of Disease**
 - More chronic illness, lifestyle changes
 - Environmental risks:
 - Latinos highest workplace fatalities;
 - FB highest workplace injury
 - pesticides,
 - sexual harassment
- **Epidemiology of Stressors**
 - Minority Status
 - Legal status
 - Language marginalization
 - Discrimination/Fear
 - Absent family
- **Health Care Access and Practices**



Tanforan Japanese Internment: By Executive Order 2/19/42



“Illegal Alien”



“You who are so-called illegal aliens must know that **no human being is illegal**. That is a contradiction in terms. Human beings can be beautiful or more beautiful, they can be fat or skinny, they can be right or wrong, but illegal? How can a human being be illegal?”

Elie Wiesel, writer, Nobel Peace Prize winner and Holocaust survivor.

Undocumented and Access to Care

- Highly variable by state, county, city policies
- Can range from excellent to none
- Undocumented children covered in many states
- Undocumented adults covered in NYC, SF, LA, others
- Some undocumented adults have private insurance via employers

Policies Matter

- Undocumented with good access do well:
 - No difference btwn undocumented/documentated/citizens Mexican-Americans in diabetes outcomes
 - Iten/Fernandez 2014
 - Undocumented present with more advanced HIV do equally well once in care
 - » Poon, 2012
- Expanding coverage to undocumented children results in high enrollments and better outcomes
 - » Howell, 2010

Policies Matter: Dialysis and Undocumented

- Near universal coverage for dialysis with exception of undocumented
- Two strategies depending on state
 - Emergent dialysis (only when emergent conditions exist)
 - more costly; 5x the mortality
 - Chronic dialysis
 - Rodriguez, 2015; Cervantes, 2017; Fernandez 2017

Fear as Barrier

- 1/8 undocumented immigrants fear deportation when accessing care
 - » Maldonado, 2013
- Patients forgo care for fear of ICE
 - » Hacker, 2012
- Patients forgo care when immigration policies become more stringent
 - » Rhodes, 2015



'This is really unprecedented': ICE detains woman seeking domestic abuse protection at Texas courthouse

Mrs. C



Case

- 74 year old woman from China with history of high blood pressure presents with palpitations and shortness of breath for a few weeks. She has no cough, no fever or chills, no weight loss; no orthopnea.
- She has lived in US for 30 yrs. She lives with her children. A grandson has recently come to visit.

Case: Mrs C

- Was 'reeducated' during the Cultural Revolution
- She returned 2 weeks ago from a trip to China where she went to visit her dying sister.
- Grandson has overstayed his visa

Immigrant Health: Summary

- Native country
 - Screen for infectious diseases, mental illness, violence/torture, missed screening (PAP), vaccinations
- Traveler
 - Immigrants are diverse, understand the immigration history
 - Immigrants are high risk travelers
 - Take repeated travel history
- Health risks of adopted country
 - Chronic illnesses, exposures
 - Remember barriers to care— communication and legal issues
 - Develop culturally competent systems

Mrs C

- Native country
 - woodsmoke, TB, PTSD
- Travel
 - New exposure? TB? meds? Political? Travel itself?
- Adopted country
 - Grandson? New chronic disease?

Immigrant Health: Think Globally, Act Locally

Physical Map of the World, June 2003

AUSTRALIA Independence state
ANTARCTICA Dependency or area of special sovereignty
POLY / AZORES Island / island group
● Capital
State / TERRITORY
Autonomous Province
Marked territory of 1948-1954



June 2003
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