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MIG-DHL

Migrants Digital Health Literacy

Module 2

**Main health issues
when landing in a new
country**



Erasmus+

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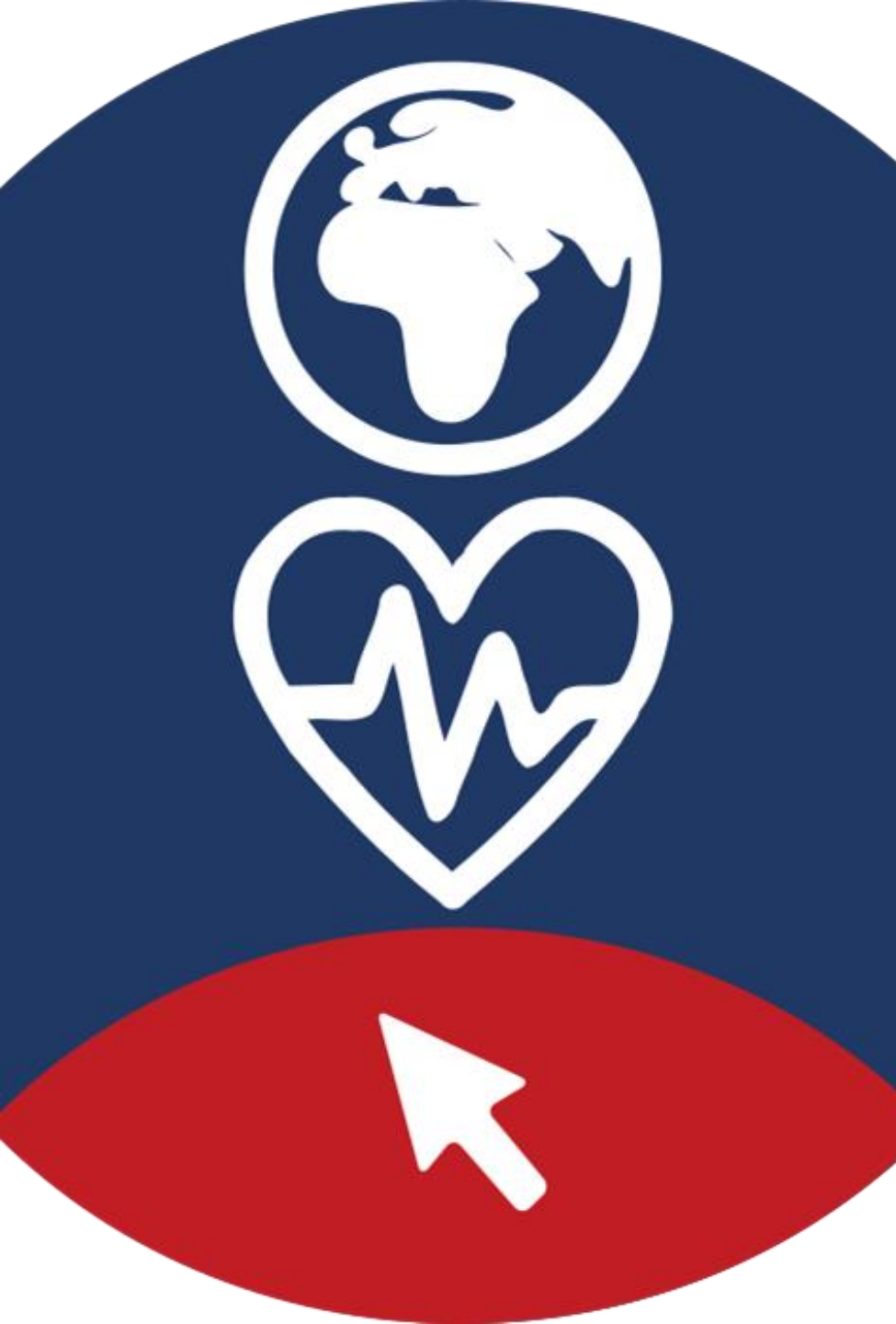
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Modules

1. What is Digital Health Literacy and its relevance

2. Main health issues when landing in a new country



3. National Health Systems

4. Turning digitally literate

5. Navigating the National Health System through internet

6. Being active in the digital health environment

Objectives



- ✓ To understand the various risks to migrant health during all the stages of the migrant journey
- ✓ To understand the cultural differences influencing health narratives between the country of origin and the host country
- ✓ To use online tools that can facilitate understanding of health issues and country specific health related circumstances
- ✓ To learn relevant to health country specific terminology and explore useful online tools
- ✓ To understand the main health protective behaviours and learn how to find reliable relevant online sources
- ✓ To learn relevant to health country specific terminology and explore useful online tools



Competences

- ✓ Understanding differences about health and health treatment in the country of origin and the country of arrival
- ✓ Understanding how culture can affect health narratives
- ✓ Gaining knowledge on specific physical and mental health risks migrant populations are at risk of during the migrant journey, learn how to use relevant online sources
- ✓ Gaining knowledge about specific prevention and health promotion strategies and use relevant online tools
- ✓ Gaining awareness about digital health literacy's relevance for migrants' health



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2.1

Introduction to this module

Objectives

- Identifying the health-related risks before, during and after your journey to the host country
- Exploring your physical and mental health
- Learning about prevention strategies and how to use them to improve your health

Let's start ...

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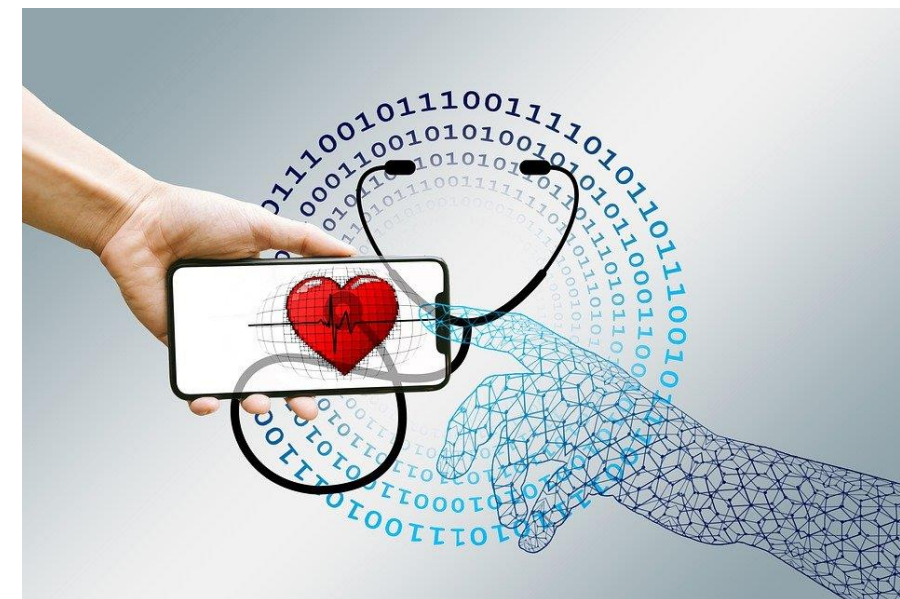
2.4



Introduction

This module focuses on raising awareness about your health issues which are particularly prone to when arriving in a new country. Your trainer is expected to guide the group of learners in identifying and reflecting on factors which influenced your health before, during and after arrival in the new country. Each of these phases impact on the physical and mental health, and in some cases they are interrelated and mutually dependent.

Health issues are not only manifested in disease symptoms. They also have to do with language and terms, and different ways of dealing with illness. Behind symptoms and their description there are often also culture-specific narratives to be considered. The focus is how illness can be addressed using digital means.



2 Main health issues when landing in a new country

Opening

- ✓ The trainer explains the session's objectives, the duration, the organisation and the activities.
- ✓ S/he encourages active participation.
- ✓ S/he makes sure that each participant has access to a digital tool.
- ✓ S/he explains the rules for the session.
- ✓ S/he shortly presents the practical activities.



Action 2.2

Identify Health Risks before, during and after coming to a new country

Objectives

- Identifying health risks in the country of your origin
- Identifying health risks during the journey
- Identifying health risks when arriving in the new country



2.1

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2.4



Health risks at the countries of your origin

In your country of origin, health risks depend on many different factors: level of education, hygiene deficits, environmental factors, traumatic events such as environmental disasters or wars, inadequate health care due to a lack of financial resources or inadequate infrastructure.

Cultural differences can also play a role, e.g., a lack of appreciation of dental health or mental health.

- Social-economic status
- Educational level
- Genetic make-up
- Local disease profile
- Poor personal & food hygiene
- Specific health conditions
- Environmental push factors
- Conflict, disasters & other traumatic events
- Weak health care system



Health risks during the journey

Many health risks are added to the exertion during the trip: months of exposure to stress, exposure to extreme heat or cold without appropriate clothing, injuries, unsanitary diet and inadequate sanitary facilities, sexual assault and other traumatic events.

- Modes of travel
- Legal or illegal border crossing
- Environmental elements
- Sexual & other violence, detention & other traumatic events
- STDs, injuries & exposure to physical dangers and extreme environmental conditions
- Unsanitary conditions & overcrowding
- Inadequate nutrition
- Poor personal and food hygiene



Health risks when arriving in a new country

Arriving in a new country is initially marked by relief: you have made it and you are safe. But adapting is difficult: existing clinical pictures worsen, unfamiliar dishes lead to nutritional difficulties, the insecure situation regarding residence status leads to mental problems, homesickness and fear for family members are part of everyday life.

In addition, there are drug intolerances, inadequate vaccinations, language difficulties when communicating symptoms of the disease.

- Adaptation to new life, surroundings & culture
- Collective accommodation
- Uncertain legal status
- Access to basic survival needs
- Entitlement & access to health services
- Susceptibility to new diseases
- Environmental conditions
- Social exclusion
- Cultural, linguistic & legal barriers to access health services
- Discrimination
- Lack of access to healthy food

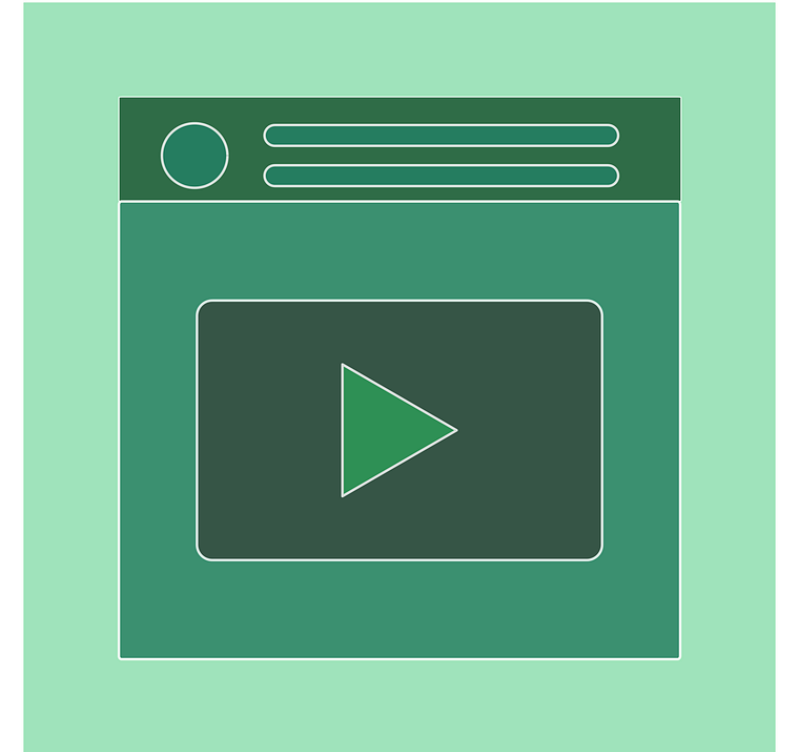


Describe your experiences

- Please watch a video:
<https://www.youtube.com/watch?v=eLbmUbj0edk>



- Discussion on the video



Describe your experiences

Note down your health experiences in the three stages on the pin board or flipchart:

- **Stage 1:** health risks at the countries of your origin
- **Stage 2:** health risks during the journey
- **Stage 3:** health risks when arriving in a new country



Describe your experiences

- Create a priority list of each stage according to the relevance for your life and health
- There might be differences according to country of origin; please group the experiences based on similarities and differences
- Take notes of the outcome as this will be reflected in your homework



Your homework

- For your homework, please create your own **pocket guide** with health terms
- Please use the **provided template** to look for terms of physical and mental health and any other issues you regard as important for your health
- Search online for the right expressions



Create your own Pocket Guide with health terms!

This is a template and you are asked to fill in relevant health terms used in your mother tongue, the language of your country, in English and/or French.

You may use terms of physical and mental health and any other terms you regard as important for your health (terms, issues and symptoms). For inspiration, some words are already provided. Please use a digital device (apps or by browsing a computer).

Take 30 minutes to do this - good success!

Term in your mother tongue	Term in your host country	Term in English	Term in French
		hospital	<u>hôpital</u>
		dentist	<u>dentiste</u>
		headache	<u>mal de tête</u>
		optician	<u>opticien</u>
		disease	<u>maladie</u>

[Download the Pocket Guide from here !](#)

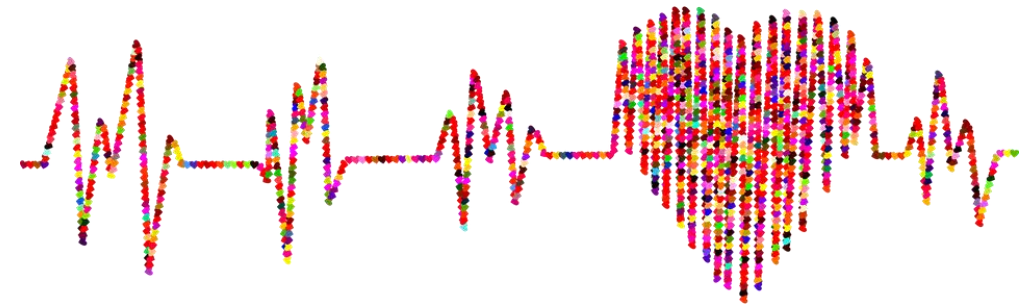


Action 2.3

Exploring the physical and mental health of migrants

Objectives

- Exploring your illness narratives
- Introducing symptoms of health and mental health issues that are more prevalent in the migrant population
- Identifying through the symptoms the diseases and suggesting specific (digital) actions



2.1

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Exploring your illness narratives

The perception of illness and the way it is dealt with can be very different depending on the cultural background. Symptoms of illness are interpreted differently and the point at which medical help is required can also vary. The assessment of when home remedies are sufficient and when a doctor should be consulted can differ culturally.

Communication of illnesses also varies: there are illnesses that are shared with friends and others that are treated as taboo. The recovery process is also subject to different characteristics: e.g., does a sick person withdraw from family life or does the family play a role in recovery? What role does digital help play and how is it used?



Symptoms that are more prevalent in the migrant population

There are a number of diseases that occur more frequently in migrant populations. According to a WHO study, these include, above all, infectious diseases like tuberculosis, HIV infection and viral hepatitis, respiratory diseases, vector-borne diseases.

The following non-communicable diseases are also observed disproportionately: cardiovascular diseases, diabetes, cancer and chronic lung diseases, many of them require the provision of continuous care over a long time, often for life.



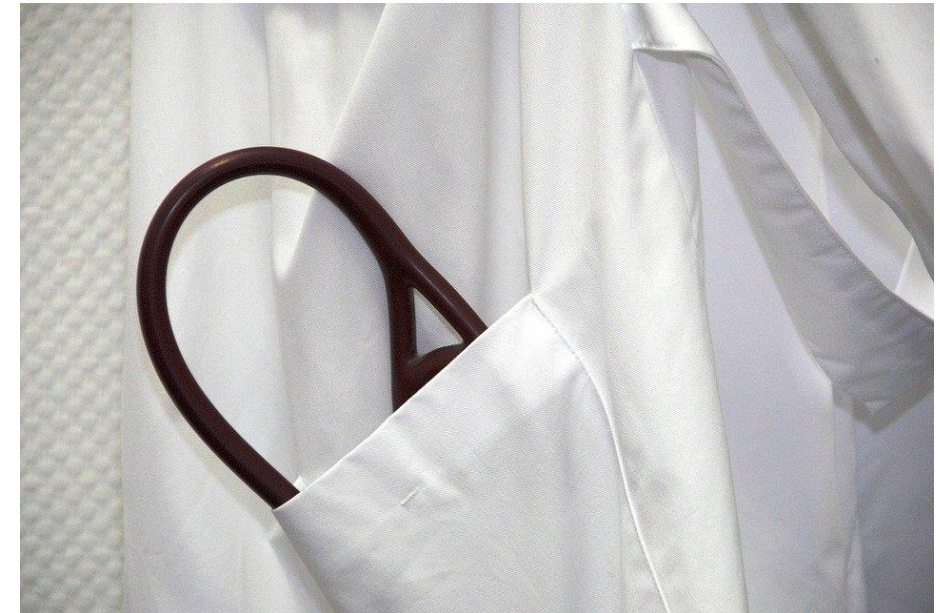
Identifying the disease and suggesting specific actions (1)

Most probably, you are aware of diseases that occur more frequently, but how to deal with them in order to maximise chances of recovery is not always clear. It is also often unclear at what point medical help and medication is absolutely necessary to alleviate symptoms and avoid subsequent health damage. This may also be related to cultural differences about which you as well as health workers in the host country must first be aware.



Identifying the disease and suggesting specific actions (2)

Medical treatment can be provided in different ways: in a doctor's practice, by a doctor visiting you in your home, in a hospital emergency room and digitally. Pharmacies offer advice for minor health problem. Without an appointment, you will always find help in a hospital emergency room, but some doctor's surgeries also offer this. Normally, you will make an appointment in a timely manner.



Identifying the disease and suggesting specific actions (3)

More and more doctors are also offering digital treatment, especially in times of a pandemic.

However, a prerequisite for this is that your data is stored in the practice and, as a rule, the doctor would like to have already recorded your health status.

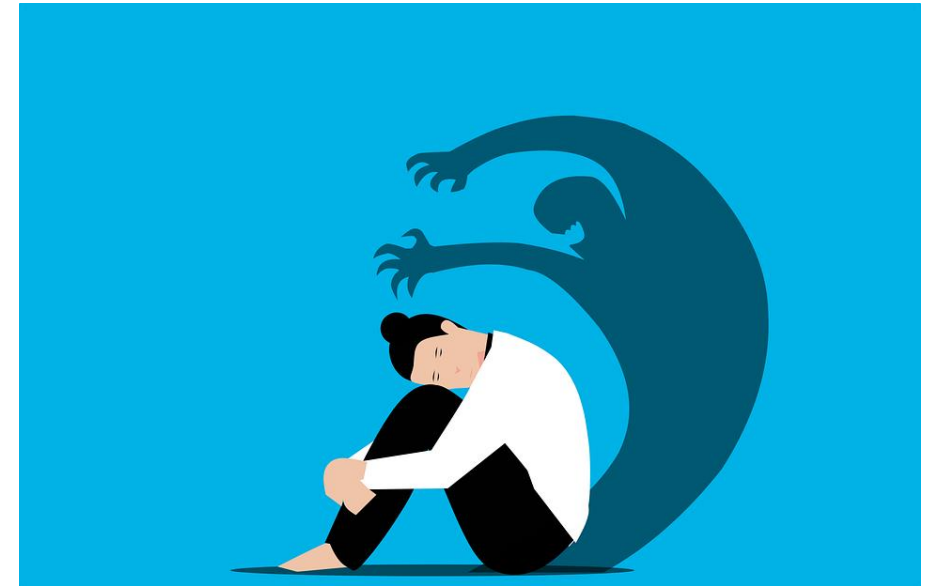
The advantage of digital treatment is that you can also receive it via your mobile phone and do not have to come to a doctor's practice.



Dealing with mental illness

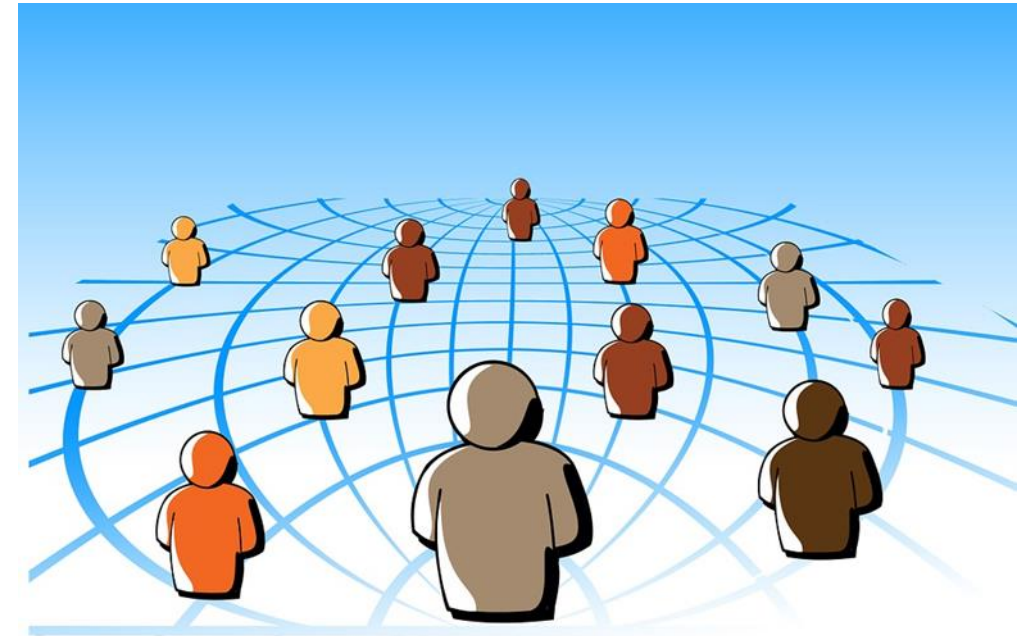
Mental illnesses are becoming increasingly identifiable and treatable thanks to refined diagnostic methods, but access to counselling, treatment and therapy (face-to-face and online) is not always possible at short notice. Refugees with post-traumatic stress are a vulnerable group for whom few preventive and therapeutic measures are available. Integrative, culturally sensitive approaches to treating refugees face complex challenges, such as cultural and language barriers, which require specialisation on the part of medical experts.

Read more in Annexes II and III !



Describe your experiences

- Discuss narratives identifying through the symptoms diseases and suggesting treatments
- Consider mental problems as well
- Use digital sources
- You may work in smaller groups if necessary



Describe your experiences

- Identify health problems which you have experienced yourself.
- Note the outcome on pin boards, computers or any other appropriate method or device and present it in the final meeting.
- In case of two groups: nominate one or two rapporteur/s who present/s the outcome to the whole group at the end of the session.

But:

- This is a learning exercise and you should always consult your doctor for the diagnosis and especially for the treatment!



Describe your experiences: guiding questions

You may use the following questions:

1. **Symptoms:** What is the health problem?
2. **Reason:** What do you think has caused the health problem? Why do you think it started when it did?
3. **Severity:** To what extent does it limit the quality of your life?
4. **Duration:** How long have there been symptoms?
5. **Treatment:** Can the health problem be treated by yourself or do you need to see a doctor?
6. **Impact:** What are the main problems caused?
7. **Fear:** What do you fear most about the health problem?



Describe your experiences

- Discuss when help is recommended
- Identify which doctor is the right in handling the health problem (e.g. GP, ophthalmologist, dentist)
- Identify health problems when immediate handling might be necessary (e.g. by calling an emergency doctor or an ambulance)



What is a serious health risk when arriving in a new country?

Only one answer is correct!

A. Headache

B. Cold

C. Mosquito bite

D. Inadequate vaccinations



2 Main health issues when landing in a new country

In the countries of migrants' origin, health risks depend on...

Only one answer is correct!

A. Local retailers

B. Neighbours

C. Pets

D. Level of education



2 Main health issues when landing in a new country

Illness can be treated...

Only one answer is correct!

A. In a doctor's practice, hospitals, medical centers, pharmacies, at a homoeopathic practitioner

B. In a supermarket, a market hall and any food stalls

C. In the employment agency

D. In hospitals only



2 Main health issues when landing in a new country

In case of illness, digital help ...

Only one answer is correct!

A. Is not offered by doctors

B. Is a possible treatment

C. Is the best way for diagnosis

D. Is always credible



2 Main health issues when landing in a new country

Digital treatment can happen via

Only one answer is correct!

A. Mobile phones, tablets, desktop computers

A. Is not offered by doctors

C. Shouting for help out of the window

D. Any person who has a computer



2 Main health issues when landing in a new country

Health risks when arriving in a new country include that

Two answers are correct!

A. existing clinical pictures worsen

B. Land lines without displays

C. Injuries from car accidents are not treated at all

D. unfamiliar dishes lead to nutritional difficulties



2 Main health issues when landing in a new country

A doctor is not necessary when you follow advice on the internet.

True

False



2 Main health issues when landing in a new country

Health treatment is provided by doctors only in case of employment.

True

False



2 Main health issues when landing in a new country

Online treatment is not possible for mental diseases.

True

False



Match the columns

Match the columns !

The perception of illness and the way it is dealt with

but access to counselling, treatment and therapy is not always possible at short notice.

Mental illnesses are becoming increasingly identifiable and

e.g., level of education, hygiene deficits, environmental factors, traumatic events.

A general practitioner (GP)

can be very different depending on the cultural background.

Health risks depend on many different factors

is the first contact point for all health problems.



Action 2.4

Prevention strategies

Objectives

1. Learning about disease prevention
2. Exploring the most common prevention strategies
3. Understanding the importance of adopting prevention strategies



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Vaccination

Why is it important for me to be vaccinated?

- **Protects you** from future exposure to **serious and deadly** diseases caused by viruses or bacteria
- **Reduces the risk of getting** a disease by working with your body's natural defences to build protection (WHO)
- **Prevents and controls infectious-disease outbreaks** e.g. Corona Virus
- **Prevents more than 20 life-threatening diseases** (WHO)
- **Prevents 2 to 3 million deaths every year** (WHO) and protect individuals, communities and populations – Some illnesses like *Smallpox* were globally eliminated through vaccination.
- A vaccinated persons is **less likely to pass on an infectious disease to others**. So, people who get vaccinated help protect those who cannot be vaccinated themselves. (European Commission)



Vaccination

Are vaccines safe?

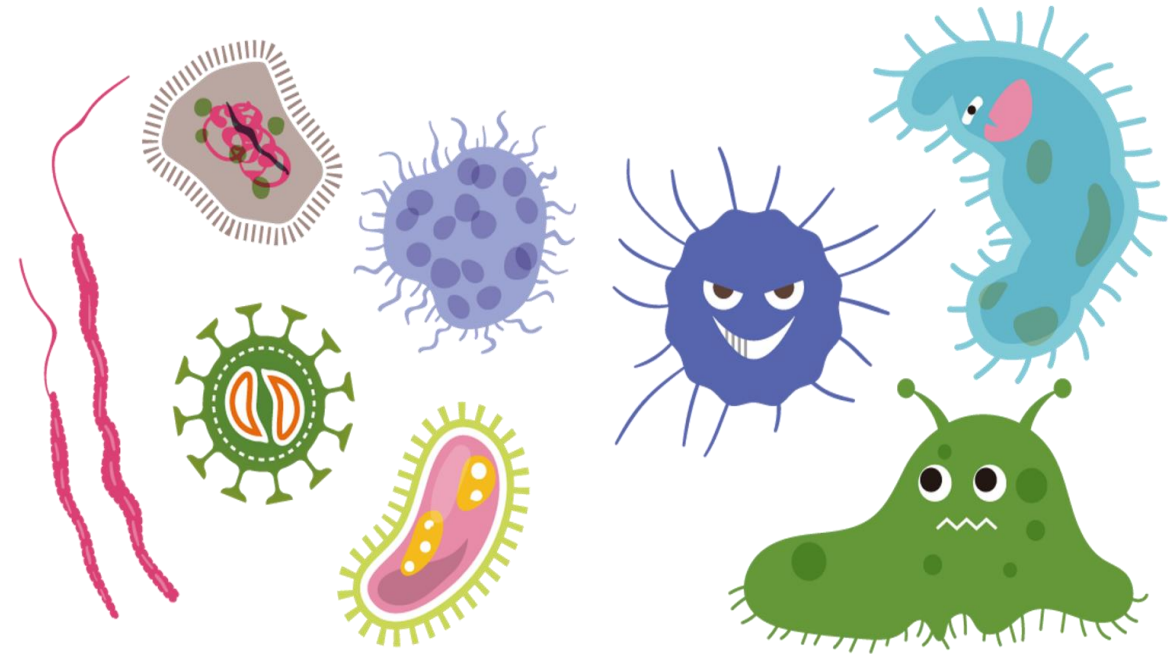
- All countries have a **National Immunization Programme** to protect the population against vaccine-preventable diseases (UNICEF)
- All vaccines used in national immunization programmes are **safe and effective** (WHO)
- **Most side effects are minor** and short-lived



Vaccine-Preventable Diseases

When I get vaccinated I can be protected from:

- Tubercle bacillus
- Poliovirus
- Diphtheria
- Tetanus
- Pertussis
- Measles
- Hepatitis A/B
- Rotavirus
- Yellow fever virus
- HPV
- COVID-19
- [related videos](#)



Nutrition

Why is it important for me to have a good nutrition?

- Nutrition is extremely **important for your health** and for the **development of human beings**
- Good nutrition is related to **better infant and maternal health, stronger immune systems, safer pregnancy and child birth, and lower risk of non-contagious diseases (WHO)**.
- Poor nutrition can lead to **malnutrition** - a condition of not getting enough or getting too much of a nutrient or nutrients.
- **Malnutrition** is a serious threat to human health and includes both **undernutrition and overweight**



Signs of Malnutrition

Undernutrition signs:

- Weight loss
- Lowered appetite
- Fatigue/Weakness
- Frequent illness
- Reduced concentration
- Poor wound healing
- Hair thinning
- Mood disruptions (Johns Hopkins Medicine)

Overnutrition signs:

- Weight gain
- Diabetes
- High blood pressure
- High cholesterol
- Inflammation



Treating and Preventing Malnutrition

What can I do to prevent malnutrition?

- **Treat malnutrition:** foods rich in nutrients – eat plenty of foods such as fruits and vegetables, whole grains and lean proteins
- **Treat overnutrition:** reduce overall calories and improve the balance of your diet
- **Treat undernutrition:** increase overall calories by adding food rich in nutrients
- **Avoid junk foods** which are high in calories but have little nutritional value



Preparing Meals at Low Budget

How can I plan and prepare nutritious meals without spending a lot of money?

1. Plan your meal

- Choose some **recipes**
- Make a **list** of all ingredients
- **Prioritize** according to nutritional value and price.
- **Balance out** the most expensive foods
- **Limit processed** foods
- Plan at least one **meal without meat** a week
- Plan meals around foods that are **on sale**
- Plan to **use leftovers**

2. Consider farmer's markets

- Local, fresh and in-season produce
- **'Green' and 'organic' fruits and vegetables**
- **Form relationships with growers/farmers**

TIPS

1. Carry **small change** (cash) and **shopping bags** with handles
2. Consider the **shopping time** – you might get even lower prices when farmers are getting ready to leave

3. Adopt "cheap" Eating Habits

- Buy **fresh foods** and process them yourself
- Invest in **food storage** utensils
- Eat in restaurants only on rare occasions
- **Learn** to cook from scratch
- Don't waste your food - **Freeze** it
- Eat **grains** more often
- Use bigger quantities of **cheap food**



Smoking and Drinking Alcohol

Similar to **poor nutrition**, **smoking tobacco** and **excessive alcohol use** are some of the main **causes of preventable diseases**

Effects of smoking

- Main risk factor for most of the leading causes of death
- 1.6 million people die every year because of smoking in Europe (WHO)
- Impact on diseases such as: **cancer, cardiovascular disease, high blood pressure, eye damage, osteoporosis, tooth and gum disease**

Quitting smoking

- Life expectancy, breathing, health and overall well-being can be improved
- Quit smoking Apps: [QuitNow](#), [Smoke Free](#) and [quitSTART](#)



Smoking and Drinking Alcohol

Effects of excessive alcohol use

- Causal factor for **over 200 diseases** including seven types of **cancer, neuropsychiatric disorders, cardiovascular diseases, cirrhosis of the liver** and **several infectious diseases**
- Across the WHO European Region, alcohol causes almost **1 million deaths annually**, contributing significantly to unintentional and intentional injuries. (WHO).
- Alcohol is **never safe** for **pregnant** women
 - Prenatal alcohol exposure can cause **defects** which include **physical, mental, behavioural and/or learning disabilities** with possible lifelong implication of the baby/child (WHO)



Physical Activity

What is physical activity?

- *“Any bodily movement produced by skeletal muscles that requires use of energy”* (WHO)
- **Children, adolescents, and adults of all ages** need to stay active throughout all stages of their lives
- WHO guidelines and recommendations provide details for different age groups and specific population groups on **how much physical activity** is needed for good health



Benefits of Physical Activity

How can I benefit from physical activity?

- **Increases life expectancy** - Regular physical activity reduces the risk of premature mortality
- **Improves quality of life**
- **Improves respiratory , cardiovascular and general health (WHO)**
- **Reduces feelings of anxiety and depression**
- **Improves mood and mental health**
- **Reduces risk of injury** – regular exercise increases muscle strength, bone density, flexibility and stability (WHO)
- **Saves money from health care costs.**
- **Improves quality of sleep**
- **Helps you control your weight**
- **Improves memory and brain function** for all age groups



Examples of Physical Activities



Physical Exercises

- ✓ Walking/Jogging/Running
- ✓ Dancing
- ✓ Swimming
- ✓ Aerobics
- ✓ Bicycle riding



House Chores

- ✓ Gardening
- ✓ Cleaning



Outdoor Activities

- ✓ Playing at the park
- ✓ Hiking/rock climbing
- ✓ Football/Basketball
- ✓ Step counter app/Pedometer



Screening for Special Diseases

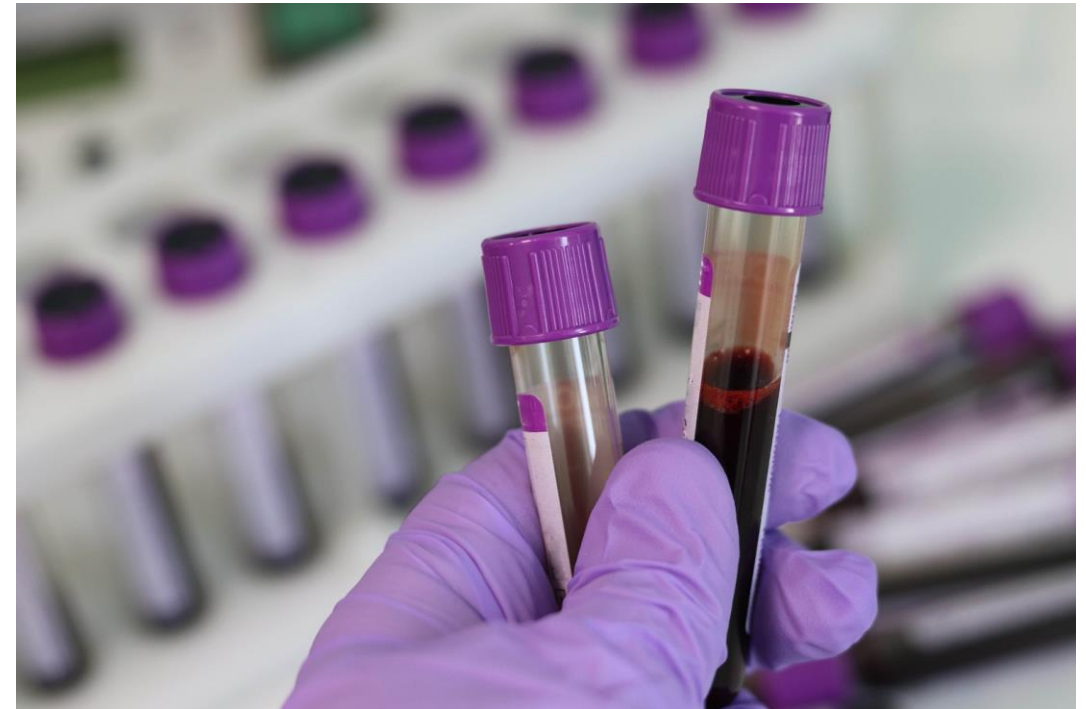
Why should I have regular screening tests for special diseases?

- To **early detect** potential health disorders or diseases in people without any symptoms of a disease
- To **reduce the risk** of disease and treat it most effectively
- Screening tests are not 100% accurate in all cases, however, it is more **valuable** to have the tests at appropriate times than not having them at all



Common Screening Tests

- Appropriate timing and frequency of screening tests are done based on **age, overall health and medical history**
- Common screening tests include:
 - Cholesterol measurements
 - Pap Smear
 - Mammography
 - Diabetes or prediabetes
 - Sexually Transmitted Diseases



[Source](#) | [Pixabay license](#)

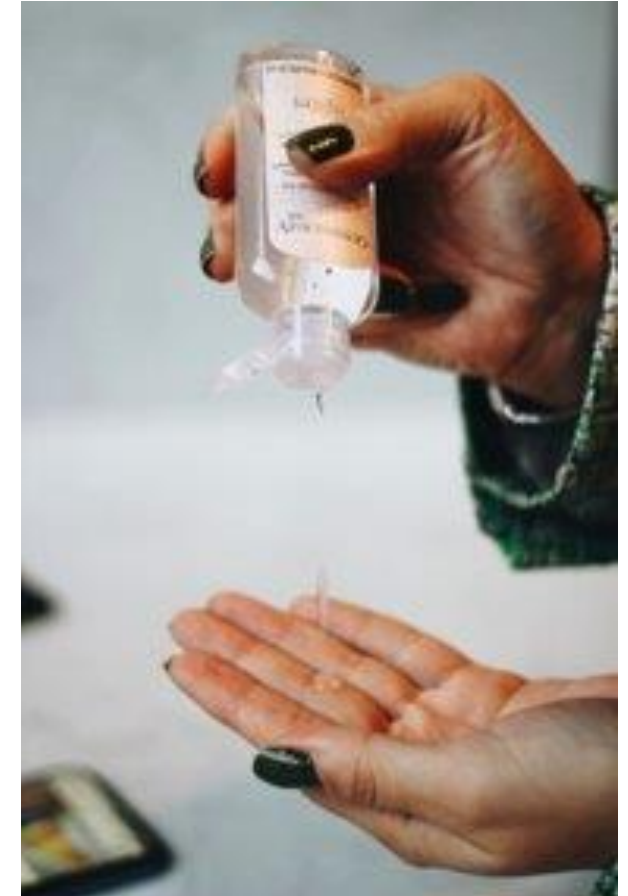


Hygiene Principles

How can I help to stop the spread of diseases during a pandemic?

Personal Safety Practices

- Physical distancing
- Face coverings
- Gloves
- Hand hygiene (ECDC)
- Coughing and sneezing hygiene
- Personal disinfection
- Personal accommodation (WHO)



Targeted Hygiene

What hygiene practices should I adopt?

You should focus on hygiene practices at the times when harmful microbes are most likely to be spreading (WHO).

These moments include when you:

- **Handle food**
- **Eat with your fingers**
- **Use the toilet or change a baby's diaper**
- **Cough sneeze and blow your nose**
- **Care for domestic animals**
- **Handle and launder dirty clothing and household linens**
- **Handle and dispose rubbish (WHO)**



How to Break the Chain of Infection



Source | [Pexels license](#)

The main goal of a hygiene practice is to **reduce the number of "bad" microbes on hands, surfaces and fabrics** to a level which is not harmful to health.

HOW CAN THIS BE DONE?

- Removal of the microbes from the surfaces using cleaning products and utensils under running water.
- Inactivation of the microbes on the surfaces using products like disinfectants, hand sanitizers and heat (WHO).



2 Main health issues when landing in a new country

Which of the following is a **non-** vaccine preventable disease.

Only one answer is correct!

A. Rotavirus

B. Tetanus

C. Covid 19

D. Giardiasis



2 Main health issues when landing in a new country

Match the columns

Match the columns !

Hygiene practices

improves memory and brain
function for all age groups

Physical Activity

reduce the number of harmful
microbes on hands, surfaces and
fabrics

Vaccination

reduce the number of harmful
microbes on hands, surfaces and
fabrics



2 Main health issues when landing in a new country

Which are the **overnutrition** signs?

Two answers are correct!


A. Weight gain

B. Hair thinning

C. High blood pressure

D. Weight loss



The image features a dark blue background with several overlapping circles in shades of grey and white. The text is positioned within a large grey circle on the left side.

**ANNEX I:
ADDITIONAL
INFORMATION ON
WOMEN'S HEALTH**

Women's Health

What if I get pregnant or become sick. Will I have access to quality affordable healthcare?

- Some health issues affect women differently and more commonly than men
- Women bear exclusive health conditions such as **breast cancer, cervical cancer, menopause** and **pregnancy issues**
- In addition, **women suffer higher heart attack deaths compared to men**, and they are more likely to have **depression** or **anxiety**
- **Women are more likely to have urinary tract conditions** and they also suffer more with present more **sexually transmitted diseases**
- While most conditions present frequently in women, some illnesses pose **huge health risks**



Women's Health

Depression and Anxiety

- Natural **hormonal fluctuations** can cause depression or anxiety. **Pre-menstrual syndrome** occur often among women, also, many women develop a form of **depression after birth called "baby blues"**
- **Perimenopause** in women can also cause depression

Pregnancy Issues

- Pregnancy can cause a healthy woman's **red blood cells to drop** or **lead to depression**
- Also , pre-existing conditions such as **Asthma, Diabetes,** and **Depression** can worsen the pregnancy and threaten the health of the mother and her child



Women's Health

■ Autoimmune diseases

- This occurs when **body cells** that eliminate threats such as viruses, **attack healthy cells**
- The condition affects women with symptoms such as **exhaustion, mild fever, pain, skin irritation** and **Vertigo**. (U.S Department of Health and Human Services)

■ Gynecological Health

- Bleeding and discharge are a normal part of the menstrual cycle, however, vaginal issues can also indicate serious problems such as **STDs and reproductive tract cancer**. Unchecked mild infections can cause **infertility** or **kidney failure**.



2 Main health issues when landing in a new country

Special Care in Pregnancy

What resources are available to help me throughout my pregnancy?

- Pregnancy care consists of **prenatal** (before birth) and **post-partum** (afterbirth) health care for mothers who are expecting their babies
- During this time, mothers go through **treatments and trainings** to ensure a healthy pre-pregnancy, pregnancy, labor and delivery for mother and baby



Source | [Unsplash license](#)



Special Care in Pregnancy

Prenatal

- Prenatal care begins at least **three months before conception** and it is about adopting healthy habits such as **not smoking and taking alcohol**, taking **dietary supplements**, taking **folic acid supplements** and **avoiding all contact with toxic substances**
- This **reduces risks during pregnancy** and increases the chance of a safe and healthy delivery



2 Main health issues when landing in a new country

During Pregnancy (1)

A mother should schedule **regular healthcare** throughout each stage of pregnancy, for example:

- **Every month** in the first 6 months of pregnancy
- **Every 2 weeks** in the 7th and 8th months of pregnancy
- **Every week** during the 9th month of pregnancy



During Pregnancy (2)

Routine checks and tests

- Routine tests and screenings such as blood test for **anemia, HIV** and **blood type**
- Monitoring **blood pressure**
- Measuring **weight gain**
- Monitoring **baby's growth** and **heart rate**
- Monitoring **special diet and exercise**
- Recommend **special classes** at different stages of pregnancy



2 Main health issues when landing in a new country

During Delivery

Routine checks and tests

- During labour and delivery it is very important that mothers cooperate with the healthcare assistants in avoiding and treating any possible complications and optimizing postnatal outcomes
- Care should include skilled care at birth, through obstetric care and management of preterm birth





- https://www.youtube.com/watch?v=S7qO_9-NJmA

Essential Elements of Newborn Care (1)

How can I protect my newborn right after labour?

1) Immediate and thorough drying

- **Dry the baby in a warm towel** then transfer the infant into a **second warm dry towel** to prevent hypothermia and also to stimulate the infant to cry
- Do an **initial examination** to assess the infant for size, gender, gross congenital abnormalities or other obvious clinical problems

2) Clamping the Umbilical Cord

- **Delay the cord clamping to 2 minutes after birth**, also allow the infant to cry a few times before clamping the cord, for the baby to receive some extra blood from the placenta.
- The **extra blood will prevent iron deficiency anemia** later in the first year of life
- **Clamp the cord 3 or 4 cm from the infant's abdomen.**



Essential Elements of Newborn Care (2)

3) Skin to Skin Contact

- The mother should **see and hold the baby** as soon as possible after delivery for an important stage of **bonding**
- An infant appearing normal should be **placed on mother's abdomen waiting to be dried**, umbilical cord clamped, and the initial examination made.
- Then moved into **kangaroo position** between mother's breasts
- Bonding is the **emotional attachment that develops between mother and child**, an important step towards good parenting.



Essential Elements of Newborn Care (3)

4) Early initiation of breastfeeding

- A mother should **put infant to her breasts immediately after delivery**, studies have shown that there's a greater chance the mother will breastfeed successfully
- It also reassures the mother that the infant is healthy



Special Requirements for Baby Care

How can I protect my newborn right after giving birth?

Handling a new born baby

- **Wash your hands before handling the baby** to avoid risk of infections
- Always **support baby's head and neck**
- **Bathing basics** – sponge bath the baby until the umbilical cord falls off and the navel and the circumcision heals completely
- **Circumcision and umbilical cord care** is important in 10 days to 3 weeks
- **Feeding and burping** – Newborns need to be fed every 2-3 hours for about 10-15 minutes on each breast.
- **Sleeping basics** – Always place babies on their backs to sleep to avoid '*sudden infant death syndrome*'



2 Main health issues when landing in a new country

Normally, in the ninth month of pregnancy a woman should visit the doctor

Only one answer is correct!

A. Once a month

B. Twice a week

C . Every week

D. Every two weeks



2 Main health issues when landing in a new country

Urinary tract infections are more frequent in women than men

True

False



2 Main health issues when landing in a new country

Match the columns

Match the columns !

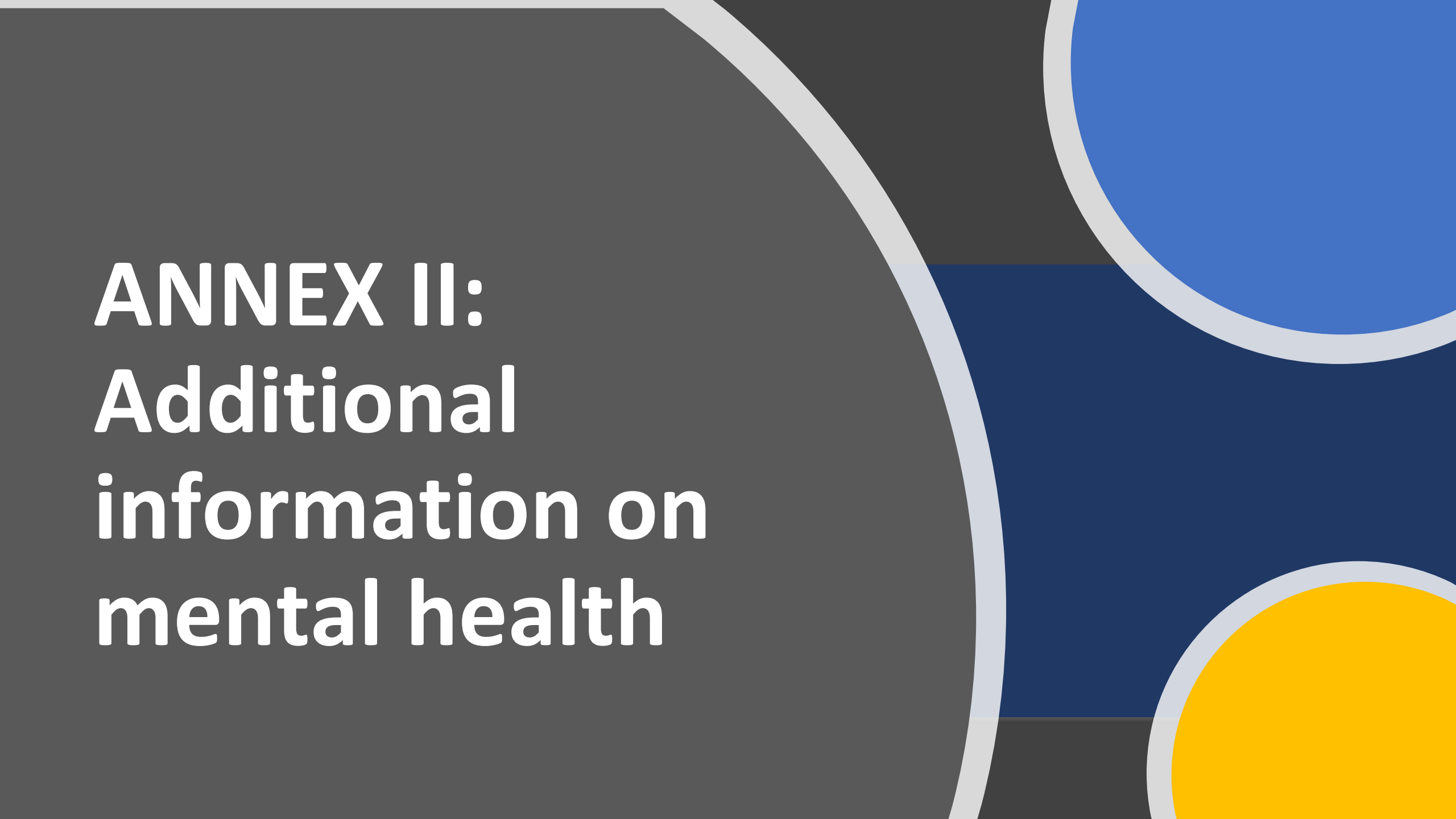
Wash hands before handling a
baby

can lead to depression or anxiety

Natural hormonal fluctuations

to avoid risk of infections





**ANNEX II:
Additional
information on
mental health**

Mental illness – how to cope with

Mental disorders or illness might not be topics that is openly discussed in your country of origin as it is a sensitive issue. Therefore:

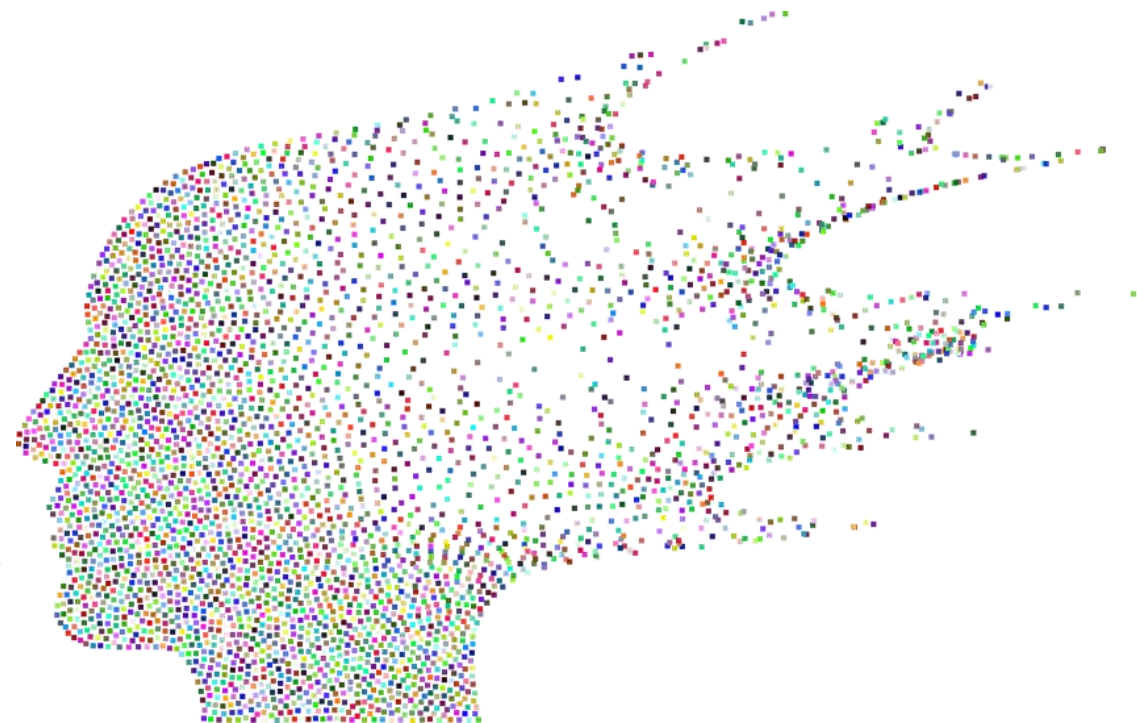
- Be aware of symptoms of mental illness (e.g. dejection, subjective sense of hopelessness, depressive episodes).
- Be aware that mental illness needs special treatment and that there are specialists and good treatment methods for these.
- There are special counselling centers and the family doctors are always the first point of contact.



Examples of signs and symptoms of mental illness

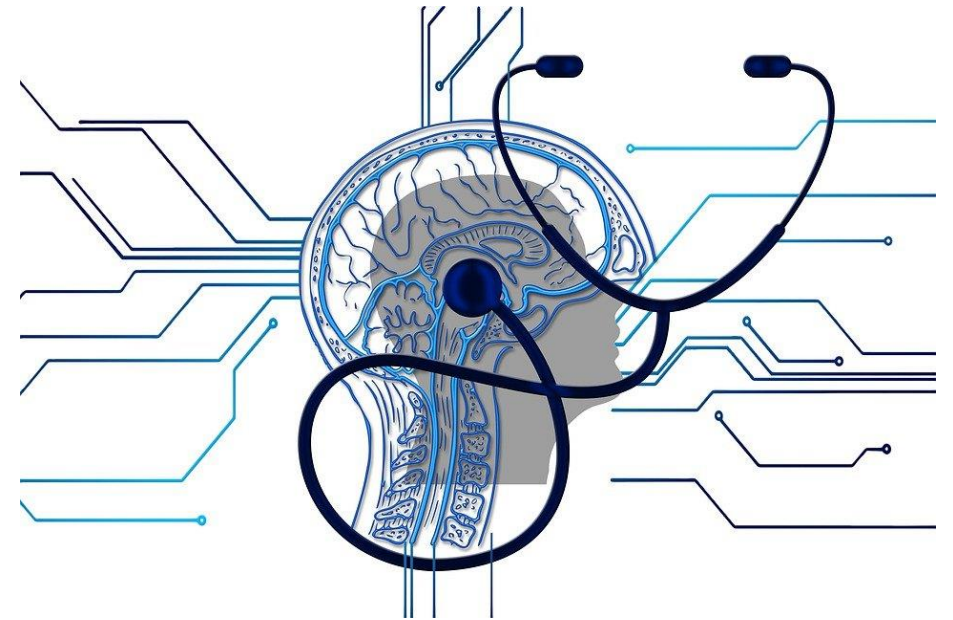
- Feeling sad or down.
- Confused thinking or reduced ability to concentrate.
- Excessive fears or worries, or extreme feelings of guilt.
- Extreme mood changes of highs and lows.
- Withdrawal from friends and activities.
- Significant tiredness, low energy or problems sleeping.

Not all of these symptoms are necessarily those of mental illness. Your doctor can help you assess and recommend treatment.



Mental illness – how to get treatment

- Don't be afraid to talk to your doctor about it.
- Although some treatments may not be available, there are many ways to deal with mental health problems.
- If you feel friends, family members or children need help, offer support or contact one of the local support organizations.





**ANNEX III:
ADDITIONAL
INFORMATION ON MENTAL
HEALTH RESILLIENCE**

Building Mental Health Resilience

How can I cope with challenges on a daily basis?

- Resilience is the **ability to recover and adapt** from life's misfortunes and troubles
- Resilience gives people the **emotional strength** to deal with trauma, adversity and hardship
- People who are resilient **utilize their resources, strengths and skills** to overcome challenges and work through any setbacks
- **Flexibility, adaptability** and **perseverance** can help people to tap into their resilience by changing certain thoughts and behaviors



Coping Strategies

- People face different adversities and crises in life such as:
 - Illnesses
 - Loss of loved ones
 - Job loss
 - Abuse
 - Bullying
 - Financial Instability
 - Tragic events i.e. terrorist attacks, mass shootings, natural disasters, COVID-19

Resilient people do experience stress, setbacks and difficult emotions, but they tap into their strengths and seek help from support systems to overcome challenges and work through problems. Resilience empowers them to accept and adapt to a situation and move forward



Steps to Building Resilience

How can I build resilience?

In order to build resilience, you will have to:

- Develop self-awareness
- Build self-regulation skills
- Learn coping skills
- Increase optimism
- Strengthen connections
- Know your strengths





<https://www.youtube.com/watch?v=RMnZFXjKtAs>

2 Main health issues when landing in a new country

Which of the following does **not** describe an adversity or challenge in life?

Only one answer is correct!

A. Abuse

B. Needs fulfillment

C. Illness

D. Job loss



2 Main health issues when landing in a new country

Which of the following **two** statements are correct?

Two answers are correct!

A. Resilience is the ability to bounce back and adapt to life's misfortunes and set backs

B. People who are resilient avoid utilizing their resources, strengths and skills to overcome challenges and work through any setbacks

C. Flexibility, adaptability and perseverance prevent people from tapping into their resilience by changing certain thoughts and behaviors

D. Resilience gives people the emotional strength to cope with trauma, adversity and hardship



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MIG-DHL

Migrants Digital Health Literacy

Congratulations!
You have completed this
module!

