PROGRAM DESCRIPTION

One of the fastest growing immigrant groups in the United States are South Asians from the Indian subcontinent and includes people from Bangladesh, Pakistan, India, and Sri Lanka. With approximately 185,000 South Asian residents, New Jersey has one of the highest proportions (2.3%) of South Asian residents in the country and has experienced a phenomenal increase (113%) between 1990 and 2000.

This conference will help raise awareness about the increased burden of chronic illness and health disparities experienced by South Asian communities for health conditions such as diabetes, cardiovascular disease, hyperlipidemia, tuberculosis, depression and cancer. By using existing and promising practices from the health literacy and cultural competency fields, we will educate and empower attendees from a variety of professional and consumer backgrounds to take back innovative and practical tools that can be employed in their own settings both with South Asian and other multicultural populations.

The conference will also generate recommendations and a strategic action plan for addressing health disparities and health literacy challenges in the South Asian community. We hope that the conference will also catalyze the creation of an ongoing “learning community and collaborative” that can positively impact on clinical and preventive care, public health practice, education, research, and health care policy.

TARGET AUDIENCE

The conference is designed for physicians, nurses, other healthcare professionals, educators, and researchers that serve the medical and public health needs of the South Asian community; community-based organizations and government agencies that advocate for healthcare issues affecting the South Asian community; and consumers and patients who wish to better understand the dynamics of the patient-healthcare provider interaction in order to improve their health outcomes.

LEARNING OBJECTIVES

Upon completion of this activity, participants should be able to:

• Describe the impact of health disparities including low health literacy experienced by South Asian populations in New Jersey
• Identify and apply best and promising practices to help patients/consumers with health literacy challenges, navigate the health care system to reduce disparities, manage chronic illnesses, and support prevention activities
• Employ innovative health education strategies including multimedia, music, and mobile technologies to improve access, disease self-management, promote wellness and integrative healing, and empower patient/consumers.

REGISTRATION

Registration Fee: $75. The registration fee includes tuition, continental breakfast, lunch, and refreshment breaks, and handout materials. Participants whose registrations are received at least one week in advance of the activity will be sent a confirmation letter and directions.

Registration will only be accepted through our secure online website at: http://ccoe.umdnj.edu/SouthAsianCommunity. Minimum and maximum enrollments have been established – we urge you to register early.

Refund Policy: A full refund, less a $20 cancellation fee, will be granted if notice is received up to the date of the program. Refunds cannot be given for “no shows” or cancellations received once the program has started.

For additional information on the registration process: call 973-972-4207, option 1.

ACCREDITATION

Physicians: UMDNJ–Center for Continuing and Outreach Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UMDNJ–Center for Continuing and Outreach Education designates this educational activity for a maximum of 6.75 AMA PRA Category 1 Credit(s) ™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurses: UMDNJ-Center for Continuing and Outreach Education is an approved provider of continuing nursing education by the NJNSA, an accredited approver, by the American Nurses Credentialing Center’s Commission on Accreditation. Provider Number P173-11-09-12. Provider approval is valid through November 30, 2012. This activity is awarded 6.75 contact hours. (60 minute CH).

Nurses should only claim those contact hours actually spent participating in the activity.

Provider approved by the California Board of Registered Nursing, Provider Number CEP 13780.

Accreditation refers to recognition of continuing nursing education activities only and does not imply the UMDNJ-Center for Continuing and Outreach Education, NJSNA, California Board of Registered Nursing or ANCC Commission on Accreditation approval or endorsement of any commercial product.

Health Educators: This program has been approved for 6.75 Category I Continuing Education Credits for CHES by the University of Medicine and Dentistry of New Jersey-School of Public Health. The UMDNJ-SPH has been designated as a provider of continuing education in health education by the National Commission for Health Education Credentialing, Inc. The approval number is 18030.

Licensed Social Workers: University Behavioral HealthCare of the University of Medicine & Dentistry of New Jersey, provider #1173, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program from August 10, 2009 to August 10, 2012. University Behavioral HealthCare of the University of Medicine & Dentistry of New Jersey maintains responsibility for the program. ASWB credits are accepted by the New Jersey State Board of Social Workers. Licensed social workers participating in this course will receive 6 cultural clinical continuing education clock hours. Targeted social work practice level: Intermediate.

NOTE: Social Workers must provide their Social Work license/certification/registration number and license jurisdiction on the sign in sheet and request for certificate. Please be sure to bring this information with you to the training.
Conference Chairpersons

Sunanda Gaur, MD, Co-Director, South Asian Total Health Initiative (SATHI); Professor of Pediatrics and Director, Robert Wood Johnson AIDS Program; Director, Pediatric Clinical Research Center, UMDNJ-Robert Wood Johnson Medical School, New Brunswick, New Jersey

Naveen Mehrotra, MD, MPH. Co-Director, South Asian Total Health Initiative (SATHI); Associate Clinical Professor of Pediatrics, UMDNJ-Robert Wood Johnson Medical School, New Brunswick, New Jersey

Robert C. Like, MD, MS, Professor and Director, Center for Healthy Families and Cultural Diversity, Department of Family Medicine and Community Health, UMDNJ-Robert Wood Johnson Medical School, New Brunswick, New Jersey

Mitchel A. Rosen, MS, CHES, Director, Office of Public Health Practice, UMDNJ-School of Public Health, Piscataway, New Jersey

SATHI Advisory Committee

Geetha R. Ghai, PhD, MBA, Former Associate Director, Center for Advanced Food Technology, Department of Food Science, Rutgers, The State University of New Jersey; and, Public Member of Advisory Commission, Office of Minority and Multicultural Health, New Jersey Department of Health and Senior Services

Aparna Kalbag, PhD, Post Doctoral Fellow, Office of Global Health, UMDNJ-Robert Wood Johnson Medical School, New Brunswick, New Jersey

Jigna Rao, Member, Asian American Study Foundation - Board of Trustees, The State of New Jersey; Former Director, Drumthwacket, The Official Residence of the Governor of New Jersey

Keynote Presenters

Ranjita Misra, PhD, CHES, FMAARC, Professor, Department of Health and Kinesiology, College of Education and Human Development; and, Research Director, Center for the Study of Health Disparities, Texas A&M University, College Station, Texas

Christina Zarcadoolas, PhD, Associate Professor, Department of Preventive Medicine, Mount Sinai School of Medicine; and Health Literacy Consultant, New York City Department of Health and Mental Hygiene, Bureau of Chronic Disease Prevention, Public Health Details Program, New York, New York

FACULTY

Thangamani Aravindan, MSN, RN, CCRN, Adjunct Faculty, Union Community College, Trinitas School of Nursing, Elizabeth, New Jersey; Cardiothoracic RN, Newark Beth Israel Medical Center; President, American Association of Indian Nurses-New Jersey

Bhaswati Bhattacharya, MPH, MD, MA, Clinical Assistant Professor, Family Medicine, Weill-Cornell Medical College, New York; Director, Center of CAM at Wyckoff Heights Medical Center, New York, and Dinacharya Institute and New York and Cutacca.

Rajita Bhavaraju, MPH, CHES, Training and Consulting Specialist, UMDNJ-New Jersey Medical School Global Tuberculosis Institute, Newark, New Jersey

Marybeth Caruso, RN, FN-CSA, Nursing Coordinator and Nurse Case Manager, Tuberculosis Center, Middlesex County Health Department, Edison, New Jersey

John D. Clarke, MD, Medical Director & Medical Review Officer, Long Island Rail Road - New York; President, Clarke Multimedia, Inc.

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Elissa Director, MA, Health Literacy Consultant; Founding Member, The New Jersey Health Literacy Coalition

Kiameesha Evans, MPH, CHES, Program Director, Office of Community Outreach, Cancer Institute of New Jersey, UMDNJ-Robert Wood Johnson Medical School, New Brunswick, New Jersey

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Christina Zarcadoolas, PhD, Associate Professor, Department of Preventive Medicine, Mount Sinai School of Medicine; and Health Literacy Consultant, New York City Department of Health and Mental Hygiene, Bureau of Chronic Disease Prevention, Public Health Details Program, New York, New York

Linda Mathew, MSW, LSW, OSW-C, Oncology Certified Licensed Social Worker, The Cancer Institute of New Jersey, New Brunswick, New Jersey

Meena Murthy, MD, Chief, Division of Endocrinology, Nutrition & Metabolism; Director, Saint Peter’s Thyroid and Diabetes Center, Department of Medicine, St. Peters University Hospital, New Brunswick, New Jersey

Vasudev N. Makhija, MD, DFAPA, Psychiatrist, Linden, New Jersey; Clinical Associate Professor, Department of Psychiatry, Seton Hall University School of Graduate Medicine Education; Senior Vice President, New Jersey Psychiatric Association

Sunil H. Parikh, MB, BS, CPM, Statewide Project Director, Prevention of Blindness and Diabetes Units, Commission for the Blind and Visually Impaired, New Jersey Department of Health and Senior Services; Chairman, Sight Saving Academy India, Inc.

Aruna Rao, MA, Associate Director, NAMI New Jersey; Founder and Director, SAMHAJ, North Brunswick, New Jersey

Ranjitha Sandeep, Founder/Director, Yoga-Sutra for Life, Westfield, New Jersey

Biren Saralaya, MD, Assistant Professor of Medicine, The Cancer Institute of New Jersey, UMDNJ-Robert Wood Johnson Medical School, New Brunswick, New Jersey

Varsha Singh, MSN, APN-C, Adjunct Faculty, Trinitas School of Nursing, Elizabeth, New Jersey; Advanced Practice NP, Adult Medical Clinic, Robert Wood Johnson University Hospital at Rahway; Secretary, American Association of Indian Nurses NJ-2

Sunil J. Wimalawansa, MD, PhD, University Professor; Professor of Medicine and Physiology & Integrative Biology; Director, Osteoporosis Center, UMDNJ-Robert Wood Johnson Medical School, New Brunswick, New Jersey

The Conference Center at New Jersey Hospital Association
760 Alexander Road, Princeton, NJ 08543
www.conferencecenternj.com

For additional information or if you have special needs, contact UMDNJ-Center for Continuing & Outreach Education at: 973-972-0076 or by email at: gallsa@umdnj.edu

UMDNJ reserves the right to modify the program contents, faculty, and program activities and reserves the right to cancel the activity, if necessary.

Activity Code: 11MR08
7:45 am  Registration, Continental Breakfast; Exhibits

8:30 am  Opening Remarks and Conference Overview

SATHI Co-Chairs:  Naveen Mehrotra, MD, MPH
Sunanda Gaur, MD

Invited Dignitaries:  Peter S. Amenta, MD, PhD
Dean, UMDNJ-Robert Wood Johnson Medical School
Poonam Alaigh, MD, MSHCPM, FACP
Commissioner, New Jersey Department of Health and Senior Services
Upendra J. Chivukula
Assemblyman, New Jersey Legislature

9:15 am  Keynote Address: Addressing Health Literacy Challenges in Multicultural Communities: Best and Promising Practices
Christina Zarcadoolas, PhD

10:00 am  Break; Exhibits

10:20 am  Keynote Address: Addressing Health Disparities and Chronic Illness in South Asian Communities: What We Know and What Don’t We Know
Ranjita Misra, PhD, CHES, FMALRC

11:05 am  Panel Discussion: Interfacing Health Literacy with Selected Initiatives in Culturally Competent Health Care, Cardiovascular Health Disparities, and Provider/Consumer Health Education

Discussants:  Vidya Bhushan Gupta, MD, MPH, FAAP
Namratha R. Kandula, MD, MPH
Elissa Director, MA
Moderator:  Robert C. Like, MD, MS

11:50 am  Lunch; Exhibits

Workshop Sessions
The workshop sessions will consist of two thematic sessions devoted to Selected Health Disparities and Innovative Strategies. Attendees will be able to select 1 of 3 participatory workshops related to these themes.

1:30 pm  Workshop Theme 1: Selected Health Disparities
Cancer Care and Prevention: Navigating the Healthcare System

Presenters:  Kiameesha Evans, MPH, CHES
Linda Mathew, MSW, LSW, OSW-C
Biren Saraiya, MD
Facilitator:  Sharad Goyal, MD

Diabetes Care and Prevention: Managing Chronic Illness

Presenters:  Meena Murthy, MD
Sunil H. Parikh, MB, BS, CPM
Facilitator:  Geetha R. Ghai, PhD, MBA

Tuberculosis Prevention and Control: Overcoming Stigma

Presenters:  Rajita Bhavaraju, MPH, CHES
Sunanda Gaur, MD
Marybeth Caruso, RN, FN-CSA
Facilitator:  Jigna Rao

3:30 pm  Break; Exhibits

3:15 pm  Workshop Theme 2: Innovative Strategies
Chronic Disease Management

Presenters:  Thangamani Aravindan, MSN, RN, CCRN
Vasudev N. Makhija, MD, DFAPA
Aruna Rao, MA
Vansha Singh, MSN, APN-C
Facilitator:  Aparna Kalbag, PhD

Multimedia, Music, and Mobile Technologies: Delivering Health Messages to Diverse Populations

Presenters:  John D. Clarke, MD
George H. Collier PhD
Facilitator:  Robert C. Like, MD, MS

Integrative Healing, Alternative Medicine, and Spirituality

Presenters:  Bhaswati Bhattacharya, MPH, MD, MA
Ranjitha Sandeep
Sunil J. Wimalawansa, MD, PhD
Facilitator:  Naveen Mehrotra, MD, MPH

4:45 pm  Closing Session: Addressing Health Literacy and Health Disparities Challenges in the South Asian Community: A Call to Action

Facilitators:  Sunanda Gaur, MD
Naveen Mehrotra, MD, MPH
Robert C. Like, MD, MS

5:30 pm  Evaluation; Conference Adjourned

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