

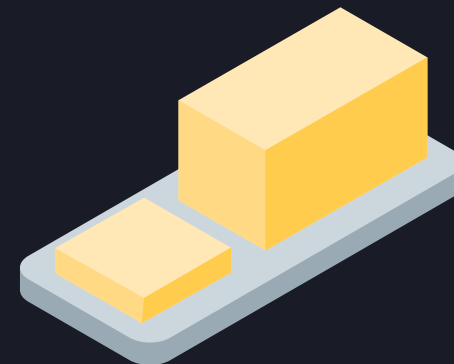
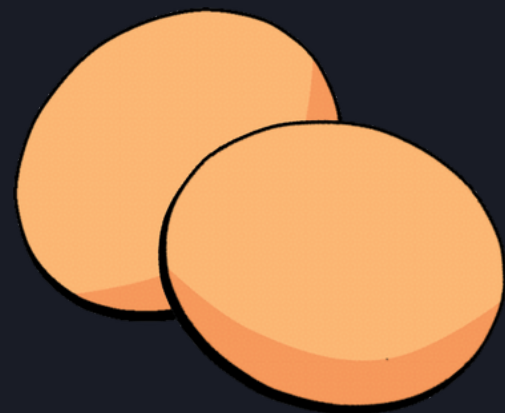
Mixing it Up:

How Combining Ingredients Can Help Bridge Health Disparities



**DONT
BURN YOUR
CAKE.**

What Makes A Cake?



FOOD FOR THOUGHT



What makes you?

What are your ingredients?

Objectives

- 01** Increase awareness & understanding of health disparities and their underlying causes
- 02** Understanding the importance of health literacy in promoting health outcomes
- 03** Foster collaboration among healthcare providers, community organizations, and policymakers to address health disparities through policy and system-level changes.
- 04** Developing skills in patient education

Game Time: Share The Ingredients

How to Play:

I will share three ingredients with one person. That individual will then share it with someone else, and so on. When it gets to the last person, that individual will then announce what those three ingredients were.

Rules

- **No Repeating**
- **No Cheating**

WHAT DID WE LEARN?

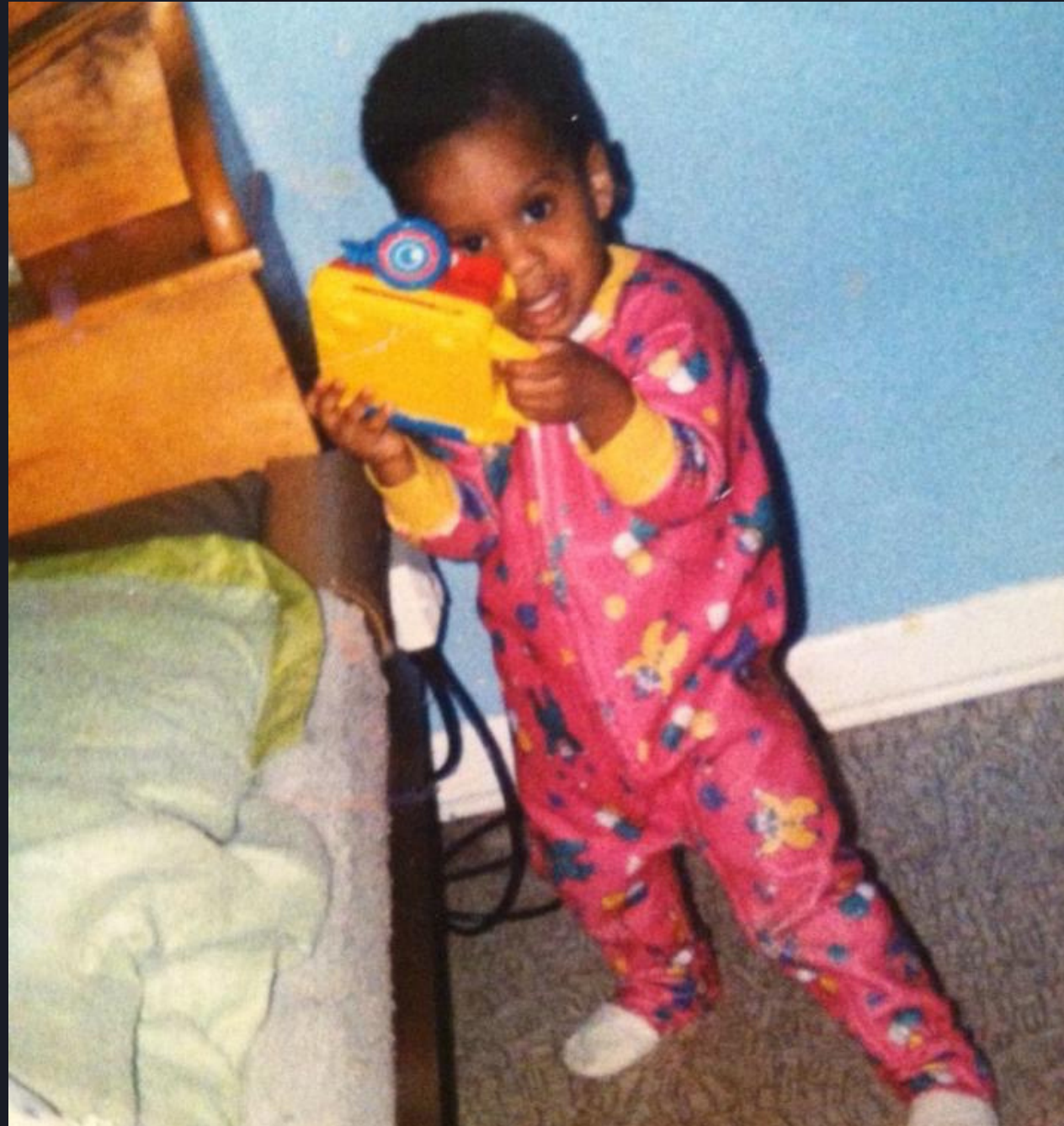




LESSONS LEARNED

1. It was equal but not fair.
2. Nobody thought to come and ask me.
3. Learning and Unlearning

Story Time



Growing Up



RECIPE

WHAT HABITS ARE YOU PASSING DOWN?



BIAS

*WE HAVE TO REMOVE OUR
OWN BIAS ON ANOTHER
PERSON'S LIFE*

PRACTICAL EXAMPLE

Problem: PLANNING

Am I addressing the problem or Symptom?

TIME

How much time do I have to make this happen?



Patient

Comes in not knowing what to expect



ANALYSIS

What factors are in the way?



SUCCESS

What was the final outcome?



FITNESS

HEALTH LITERACY

HEALTH

HABITS

BALANCE

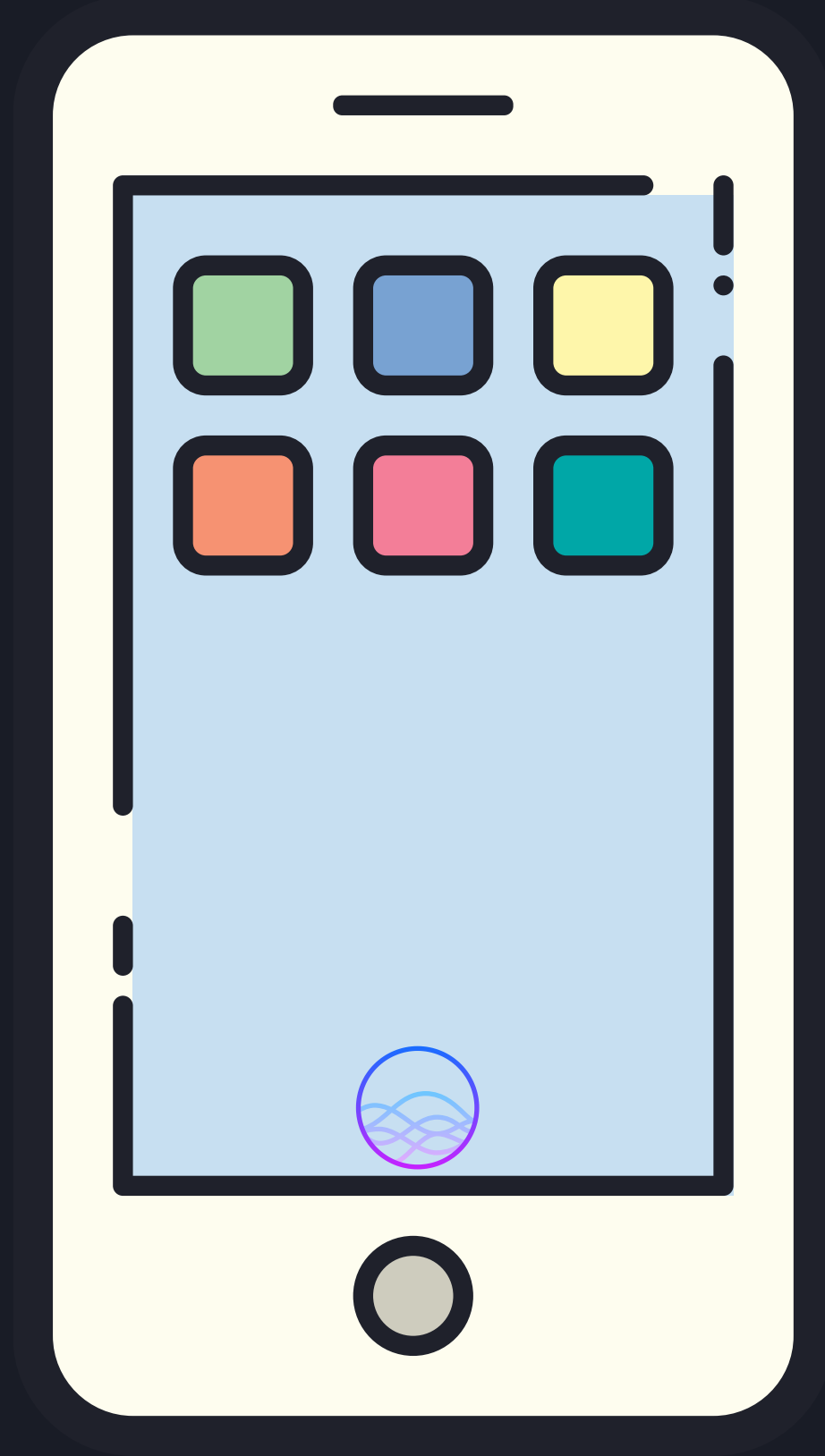
EVOLUTION

Bridge The Gap

Health Literacy is the degree to which individuals can find, understand, and use information and services to inform their health-related decisions and actions.



Story Time



Hey Siri, What's that?





First Day of Chemotherapy



R-Chop
cyclophosphamide
doxorubicin
prednisone
rituximab
vincristine

RX







Follicular Lymphoma



The life long battle



Equality vs Equity



Collaboration



**Teamwork makes
the dream work**



Developing Skills in Patient Education

**Investing in your patient's education
will be beneficial to the future
generations.**



Patient Advocacy

Things I wish I knew back then

1. Preserving Fertility
2. How to manage medical debt?
3. How to ask for help?
4. How to manage my mental health?





C.A.K.E

Continue to Learn



**DONT
BURN YOUR
CAKE.**

C.A.K.E

Always love yourself



**DONT
BURN YOUR
CAKE.**

C.A.K.E

Know your worth



**DONT
BURN YOUR
CAKE.**

C.A.K.E

Enjoy your Life



**DONT
BURN YOUR
CAKE.**



The Ultimate Recipe

- A facility where No Calls, No Shows don't exist
- A community that knows how to properly navigate the health systems
- Improved health outcomes for the individuals in your community

Access to Me



UAB

MY EXPERIENCE AS A
PATIENT AND EMPLOYEE



See me after if you would
prefer a hard copy



SOCIAL WORKER UAB CARE TRANSITIONS TEAM

As a social worker at UAB Medicine, you can make a difference in patients' lives and feel rewarded when you solve complex cases. They provide psychosocial assessments, resource referrals, and discharge planning support across the psychiatric, addiction medicine, and psychological treatment areas. As a Level 1 Trauma Center, UAB Medicine has a diverse patient population that allows social workers to develop their skills and establish professional relationships to support and encourage wellness in their patients. They also help arrange treatment options such as art, music, and animal-assisted therapies that promote a healing environment.

Social workers are part of the UAB Care Transitions department, an interdisciplinary social work team that includes over 180 nurse case managers, social workers, and case management assistants. They provide care in the inpatient and ambulatory settings, emergency departments, and certain nursing homes.

UAB Medicine offers avenues for advancement that other employers cannot match. For social workers interested in advancing their careers, our clinical ladder program offers annual professional development opportunities that increase your compensation. New graduates are supported by social work leaders and free monthly continuing education opportunities that help fulfill licensure requirements. Flexible scheduling through multiple shifts and weekend-only opportunities are available to support work/life balance.

Work with the Best at UAB Medicine

Located in Birmingham, Ala., UAB Medicine is one of the top academic medical centers in the United States and Alabama's largest single-site employer. In addition to providing health care services for more than 1.6 million patients annually, we are committed to educating medical professionals and advancing medical science through research. UAB Medicine is anchored by UAB Hospital, which has been named among *U.S. News & World Report's* Best Hospitals, ranked as America's No. 1 Best Large Employer in 2021 by *Forbes* magazine, and among the 150 Top Places to Work in Healthcare by *Becker's Hospital Review*, and we received a Top Ten Consumer Choice Award from National Research Corp.

UAB Medicine was recognized as a Magnet-designated organization for the fifth consecutive time by the American Nurses Credentialing Center Magnet Recognition Program® and is only the 21st hospital worldwide to receive this designation five consecutive times. UAB Medicine also was designated a Health Care Equality Leader by the Human Rights Campaign Foundation for demonstrating leadership in LGBTQ health care and employment. We offer a competitive benefits package, 100% tuition assistance at UAB, and an exciting atmosphere for starting or growing your career.

Contact the UAB Care Transitions Team

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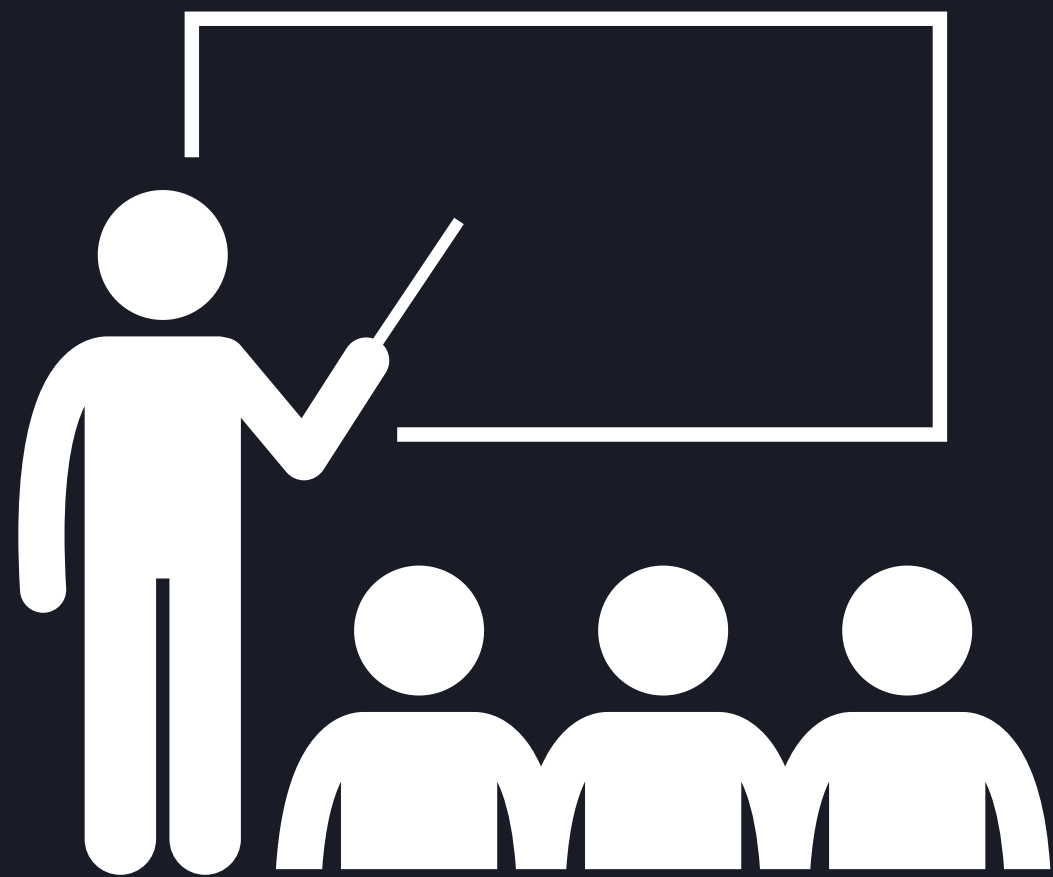
SEARCH
SOCIAL WORKER

Can I feature You?

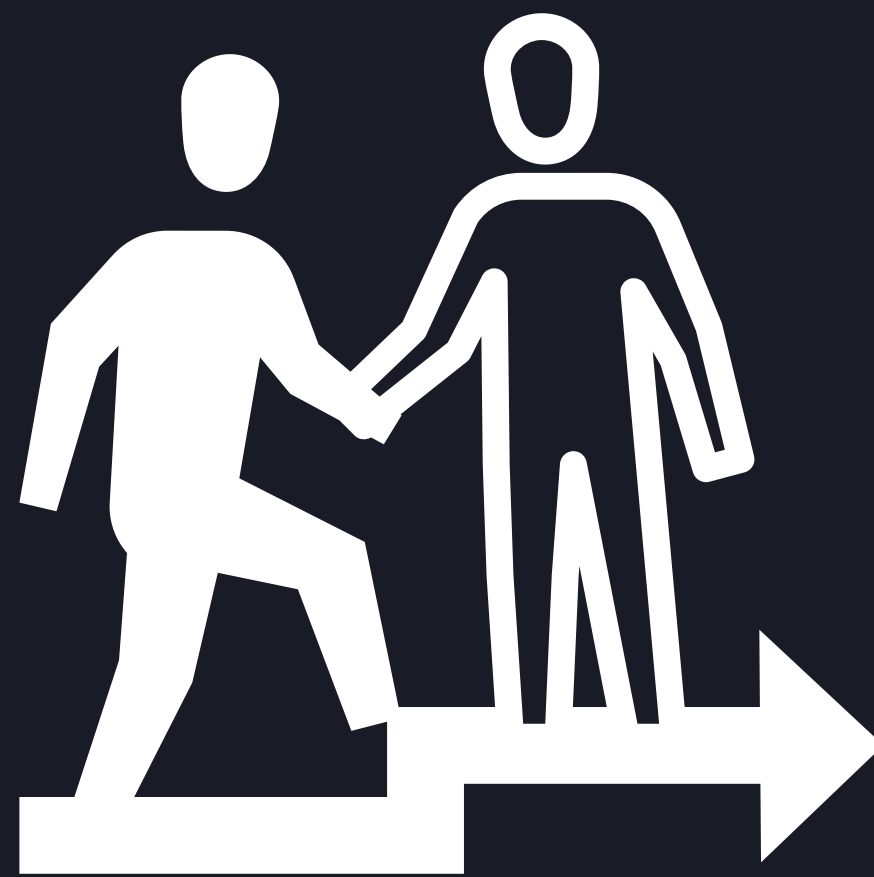




Speaker



Trainer



Coach



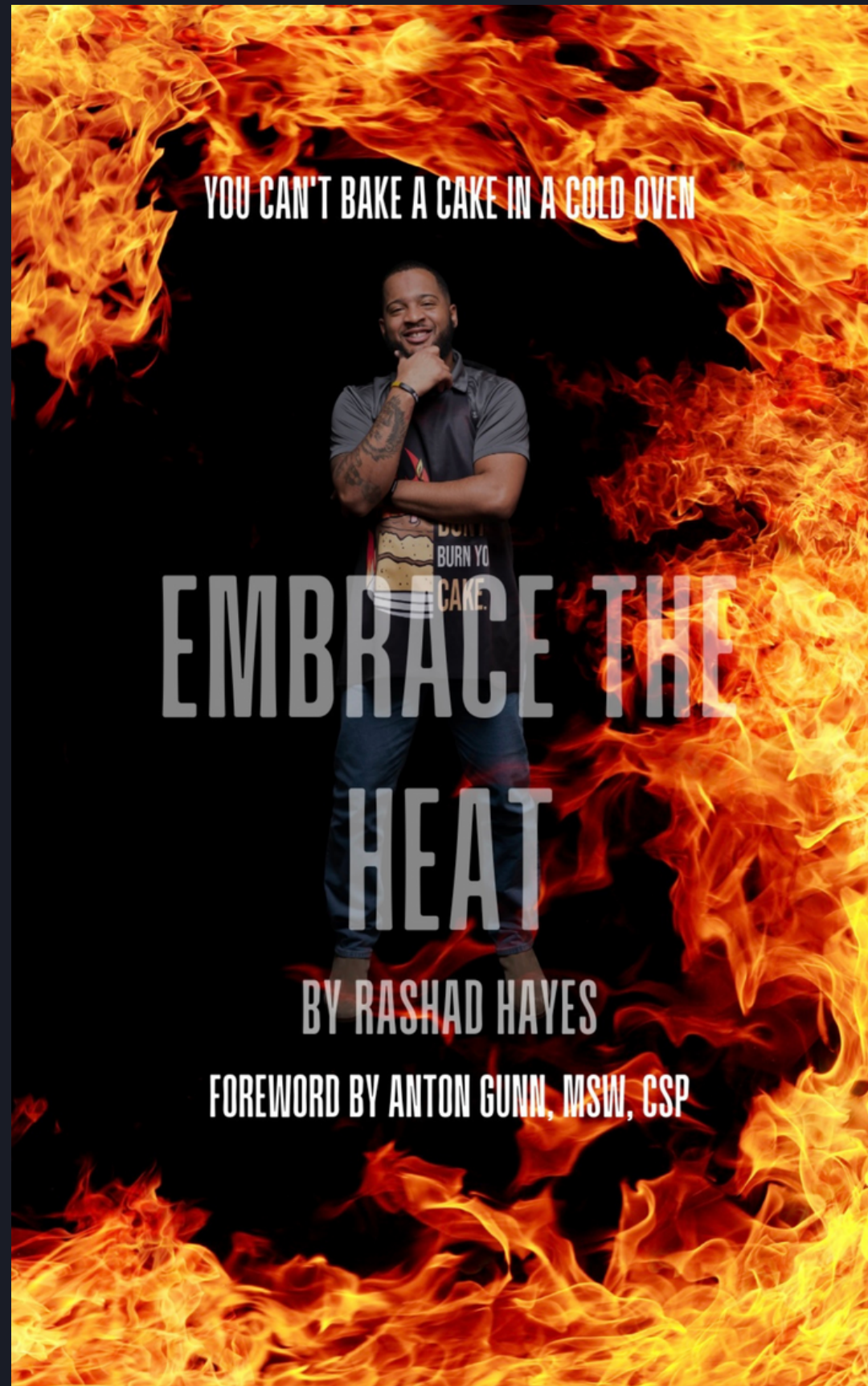
Consultant

Cake

Cake is a mixture of ingredients that are baked and decorated. We all bring something special to the table. Let's work together to improve health disparities and change lives. Our future generations are counting on us!



**DONT
BURN YOUR
CAKE.**



Embrace The Heat



Thank you!



**DONT
BURN YOUR
CAKE.**