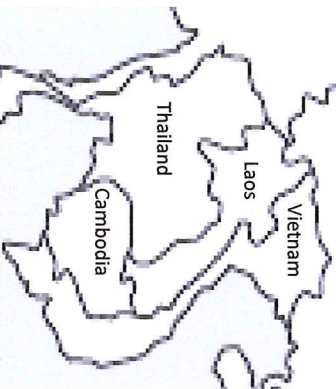


# Providing Healthcare to our Hmong Patients. Kevin Koobmoov Thao MD, MPH

## Hmong History & Demographics



The Hmong community in Wisconsin originate from the country of Laos.

During the Vietnam War the Hmong supported the United States and many were forced to leave Laos in the aftermath of the US loss in Vietnam<sup>1</sup>. Currently Wisconsin holds the third largest US Hmong population<sup>2</sup>. The Hmong make of Wisconsin's largest Asian community<sup>2</sup>

## Current Health Issues

The Hmong are facing high rates of chronic diseases such as diabetes, hypertension, and cardiovascular risk.

Disease	Hmong	Standard
Diabetes <sup>3</sup>	11.3%	6.0%
HTN <sup>4</sup>	Odds Ratio 1.49-2.69	
CV Risk <sup>5</sup>	Increased risk factors for CV	

## Challenges to Providing Healthcare to the Hmong

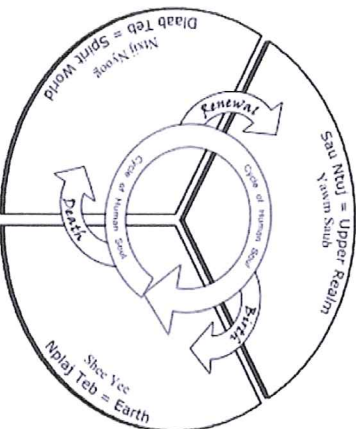
**Language Barriers:** Hmong is a rare language. No written form of Hmong was established until the 1960s. Hmong does not include many medical terms.

**Medical and Religious Beliefs:** Spirituality and animism are tied with health. Balance between the body and soul to achieve health. Chronic disease "did not exist in Laos."

**Medical Practices:** The Hmong utilize Western medicine as well as herbal medicines, folk remedies, spiritual healing ceremonies for health.

**Cultural Beliefs:** Birth defects and surgery viewed differently in Hmong culture. The Hmong adhere to the concept of fatalism. Social values are prioritized over individualism<sup>7</sup>.

## Hmong Health Model<sup>6</sup>



## Strategies for Working with Hmong Patients

- |  |                               |
|--|-------------------------------|
| <b>Listen</b> to the patient and family's concepts of illness. | <b>Health Belief Model</b>    |
| <b>Explain</b> your biomedical assessment.                     | Perceived Susceptibility      |
| <b>Acknowledge</b> differences and similarities.               | Perceived Severity of illness |
| <b>Recommend</b> your approaches.                              | Perceived Benefit to therapy  |
| <b>Negotiate</b> all aspects of care <sup>8</sup> .            | Cues to action <sup>9</sup>   |

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