

1. Education in cultural competence of the staff at Oncology and Thorax Departments at the University Hospital.

The local subproject of the Migrant Friendly Hospital European Network in Uppsala has been primarily concerned with education of staff at the departments of Oncology and Thorax. This poster reports the contents, methods, and results of this education program during spring 2004.

2. Patient Education at the Unit for Transcultural Psychiatry for Refugees and Immigrants about the relationship between migration, health and integration.

Methods and resources

A culturally competent team (consisting of a psychiatrist, a psychologist and a physiotherapist) did a preliminary patient evaluation or assessment. In groups the clinic was introduced and questions were answered.

Objectives, themes

The process of migration is shown as a psychosocial crisis. It is a possibility for development or a health risk. There is a risk that the refugee/immigrant develops a strong nostalgia for the past and homeland, so-called nostalgic fixation.

Many psychiatric patients develop corporal pain. The relationship between the body and mind and the interaction between them is their main focus.

- The body's anatomy
- How the body is influenced by past experiences and life-events
- Exercises to increase body awareness.

3. Patient Education at the Unit for Transcultural Psychiatry for Refugees and Immigrants about Stress, Trauma, PTSD and Risk Factors Methods and Resources