

of at least 10 minutes, and preferably, it should be spread throughout the week; for additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity; additional health benefits are gained by engaging in physical activity beyond the aforementioned amount; adults should also include muscle-strengthening activities that involve all major muscle groups on 2 or more days a week.

The individual is eager to receive answers to his questions and lose weight - the previous detail may be relevant because it reveals that the individual, at some level, is willing to commit to losing weight. Health care professionals should note that often patient commitment is the first step to successful weight loss.

Despondent by a lack of access to health care resources, the patient temporarily gives up on weight loss and continues to steadily gain weight - the previous detail may be relevant because it indicates a need for weight loss treatment. The previous detail may be relevant because it reveals the need for a health care-related service or tool that can help increase access to health care and health care resources.

What other ways, if any, are the previous details relevant to racial and ethnic disparities/potential patient care?

What health care-related services and/or tools may be used to provide the individual in Case Study 2 with relevant health care?

Many different health care-related services and/or tools may be used to provide the individual in Case Study 2 with relevant health care. With that said, the individual from Case Study 2 may also benefit from telehealth. It is not overall apparent as to why the individual in Case Study 2 cannot access health care, however, telehealth may be a means to help increase potential access to needed care.

Are there any other health care-related services and/or tools that may be used to provide the individual in Case Study 2 with relevant health care; if so, what are they?

Is it possible that weight loss treatment, via telehealth, could help the individual from Case Study 2?

Yes, based on the information presented in the case study, it does appear weight loss treatment, via telehealth, may possibly help the individual from Case Study 2. Essentially, weight loss treatment, via telehealth, could help the individual answer any question he may have and could help the individual receive weight loss information, education, monitoring and the necessary support to, ultimately, lose weight.

Are there any other ways weight loss treatment, via telehealth, could help the individual from Case Study 2 effectively lose weight; if so, what are they?

Section 3: Summary

Health care professionals should make an effort to identify individuals impacted by racial and ethnic disparities. Health care professionals should also make an effort to reach such individuals in order to ensure they receive safe and effective health care, when applicable. Such efforts can help address racial and ethnic disparities and limit its impact on those who require care.

Section 3: Key Concepts

- Health care professionals should make an effort to identify individuals impacted by racial and ethnic disparities.
- Health care professionals should work to identify health care-related services and/or tools that may be used to provide individuals with access to relevant and needed health care.
- Telehealth may be a means to provide individuals with access to relevant and needed health care.

Section 3: Key Terms

- **Formula (in the context of this course)** - any human milk substitute intended for infant consumption
- **Telehealth** - the use of electronic information and telecommunication technologies to support and promote long-distance clinical health care, patient and professional health-related education, public health and health administration
- **Remote patient monitoring** - the use of telehealth-related technologies to collect individuals' health care-related data in one location and electronically transmit it to health care professionals in a different location for assessment and recommendations

Section 3: Personal Reflection Question

How can health care professionals use relevant health care-related services and/or tools to address racial and ethnic disparities and provide care to individuals in need?

Conclusion

The term racial and ethnic disparities, when applied to the health care system, may refer to differences in the quality of health care among specific racial and ethnic groups; differences in health care which often lead to a lower quality of health care, negative health care outcomes, and higher patient morbidity and mortality rates among specific racial and ethnic groups. In an ideal health care system racial and ethnic disparities would not exist. Unfortunately, evidence suggests, that racial and ethnic disparities do exist within the current health care system. That being the case, health care professionals can help prevent and limit racial and ethnic disparities when administering health care to patients in need by possessing insight into the ethical safeguards, laws, and programs which have been established to address racial and ethnic disparities within the health care system.

The conditions and aspects of health care that are most impacted by racial and ethnic disparities include: diabetes, obesity, nutrition, and breastfeeding support. To help address the impact of racial and ethnic disparities on diabetes, obesity, nutrition, and breastfeeding support, health care professionals should counsel all patients on the aforementioned conditions and aspects of health care as well as provide related health care to all patients in need, when applicable.

Finally, health care professionals should make an effort to identify individuals impacted by racial and ethnic disparities. Health care professionals should also make an effort to reach such individuals, via health care related services and tools such as telehealth, in order to ensure they receive safe and effective health care, when applicable. Such efforts can help address racial and ethnic disparities and limit its impact on those individuals who require care.

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