

NURSING SCIENCE

with Dr Yamnia I. Cortés

Talking points

KNOWLEDGE

1. What are the three major reproductive stages in women who menstruate?
2. Name one of the hormones responsible for the symptoms of perimenopause.

COMPREHENSION

3. What happens to a woman's body during perimenopause?
4. What behaviours can reduce the risk of cardiovascular disease, and why?
5. How did Yamnia ensure her intervention was relevant and accessible to Latinas?

ANALYSIS

6. Why is it a problem if certain populations are not included in health research?
7. How have Yamnia's personal experiences influenced her career journey and motivated her current research in Latina health?
8. Why are behavioural interventions alone not enough to improve the health outcomes of Latinas?
9. What sociocultural and environmental factors influence health outcomes for many Latinas? Why do these factors have adverse effects on individuals' health?

SYNTHESIS

10. Only 4 out of 20 women attended more than 80% of the behavioural intervention sessions. If you were working with Yamnia's team to rerun the intervention, what methods would you employ to increase participant retention?

Activities

1. Design a culturally tailored health campaign

"Culturally tailoring an intervention means taking into consideration the needs and preferences of the target culture or community," says Yamnia. "This makes the intervention more applicable to the values and daily life of individuals."

Imagine you are a nurse scientist and you want to improve health outcomes in your community. Choose an aspect of healthy living (e.g., healthy eating, exercise, positive mental health) and design a culturally tailored intervention or campaign to promote this to your community.

Consider the following:

- What is your 'community'? We all belong to multiple communities, including those defined by our geographic location (e.g., a neighbourhood or school community) and those defined by other aspects of our identity.
- What characteristics does your chosen community have?
- How will you tailor your health intervention or campaign to the characteristics of your community?

Then, consider how you would modify your intervention or campaign to promote the same aspect of healthy living in a different community.

2. Be period positive!

Talking about menstrual health is still considered taboo in many cultures and societies, and people often feel embarrassed to discuss menstruation. However, it is a natural biological process and it is important that everyone, whether or not they menstruate, is educated about menstruation.

Read books about menstrual health, such as *'Be Period Positive'* by Chella Quint, which has lots of great information about how to reframe the thinking around menstruation. Chella also leads the #periodpositive campaign, advocating for positive discussions and education about menstruation. Visit her website to learn more: www.periodpositive.com

More resources

- Learn more about the work Dr Yamnia Cortés and her team are conducting in the Cortés MenoLab: www.cortesmenolab.com
- In this short video, Yamnia discusses her hopes for her role as a Betty Irene Moore Nurse Leader and Innovator Fellow:
www.youtube.com/watch?v=7swkysQVYzU

Visit Yamnia's Futurum webpage to read her article in Spanish:
www.futurumcareers.com/can-behavioural-interventions-improve-biological-health-outcomes