The Culture of Rural Health

Presented by: Joe Florence, MD, Febronia Dawoud, Angela Hacksel-Newmark, Caitlin Nicholson, Rex Siu, Ben Welch

“Rural Healthcare Infrastructure: Vital to Population Health”
RHAT Conference  24th Annual Conference  Music Road Hotel, Pigeon Forge, TN  Concurrent Sessions; Thursday, November 15, 2018; 10:45-11:45
Objectives:

At the end of the presentation, participants will have an appreciation for:

Unique perspectives of health and health beliefs found in rural culture

The use of home remedies commonly used in Central Appalachia.

The safety and efficacy of commonly used home remedies
What is **Rural** anyway?
Rural [ˈrɔrərl]

ADJECTIVE
in, relating to, or characteristic of the countryside rather than the town.
synonyms:
country · countryside · pastoral · rustic · bucolic · agricultural · farming · agrarian · Arcadian · sylvan · exurban
Arcadian

Referring to a vision of pastoralism and harmony with nature. A poetic byword for an idyllic vision of unspoiled wilderness. (ancient Greek)
Sylvan - consisting of or associated with woods; wooded.pleasantly rural or pastoral.
Exurban – a commuter town, a place where residents live, but who normally work elsewhere.
And what about Rural health?
Ben Welch

Program: MD
Hometown: Annapolis, MD
Background: 14 years in the Marine Corps. BS in Aviation Management from Purdue University.
Rural Values

- Land/nature
- Family
- Work ethic
- Community
- Comfort
- Service to others and country
- Faith
Social Determinates of Health – Rural

- Employment
- Food Insecurity
- Housing Stability
- Poverty

- Access to Health Care
- Access to Primary Care
- Health Literacy

- Economic Stability

- Education
  - Early Childhood Education and Development
  - Enrollment in Higher Education
  - High School Graduation
  - Language and Literacy

- Community/Environment
  - Civic Participation
  - Discrimination
  - Incarceration
  - Crime and Violence
  - Environmental Condition

- Health and Health Care
Angela Hacksel-Newmark

Program: MD/MPH

Hometown: Toronto Canada

Background: Disability Advocacy, Healthcare Technology and Health Insurance

Home Remedies for Upper Respiratory Infections
Chamomile: steam or tea??
Hot Toddies

• “a shot of whisky (preferably malt), a teaspoon of honey and a dash of fresh lemon, topped up with boiling water”
Caitlin Nicholson

Program: MD

Hometown: Asheville, North Carolina

Background: Bachelor of Arts in Philosophy from College of Charleston
Bloodstoppers
An oral tradition of Appalachia

Caitlin Nicholson
Ezekiel 16:6 (KJV)
And when I passed by thee, and saw thee polluted in thine own blood, I said unto thee when thou wast in thy blood, Live; yea, I said unto thee when thou wast in thy blood, Live.
Fabronia Dawoud

Program: MD

Hometown: Nashville, TN

Background: BS in Biochemistry from Middle Tennessee State University
Coffee Saves Lives... Just Ask My Children.

Febronia Dawoud
Coffee Effects on Wound Management

- Patients refused grafting
- Antioxidants
- Deodorized
- Maintain moistened wound
- Absorptive capacity
- No adverse reaction
- Antibacterial capacity against methicillin-resistant Staphylococcus Aureus

The New Paradigm of Wound Management Using Coffee Powder

Hendra Sudijono Yawono

Division of Vascular Surgery, Department of Surgery, Padjadjaran University, Jalan Raya, Bandung 40161, Indonesia
*Corresponding author: hsy47@big.cerarias.net.id

Received July 17, 2014; Revised July 27, 2014; Accepted August 04, 2014

Abstract This study examines the results of a new freshly homemade coffee powder for the management of patients with a variety of acute and chronic wounds (n=130). They refused skin grafting. All wounds were treated using topical coffee powder as a wound dressing that was replaced every 4 weeks until healing. Coffee has a bactericidal capacity against methicillin-resistant Staphylococcus aureus, many antioxidants, deodorizer, longer time to change wound dressing pads, maintain moistened wound, absorbent capacity, antibacterial debridement, cost-effective, and no adverse reaction. The use of coffee powder as a wound dressing has a strong influence on the emergence of a new paradigm in the management of wounds.

Keywords: coffee powder, new paradigm, wound management, MRS4


1. Introduction

Often effective wound dressing is not available in peripheral areas. The treatment for wound using freshly homemade coffee powder has long been recognized as a traditional medicine and a local wisdom considering its effectiveness in the healing of wounds. Many local health providers from the area of coffee plantations reported coffee powder sprinkled on various acute or chronic wounds (diabetes mellitus, sharp cuts, burns) does not cause infection. The coffee powder can be left on the wound until its healing. Lily M. Perry in Medicinal plants,

MRSA strain (ATCC 43300) bacterial culture medium on Mueller-Hinton agar plates were incubated in a temperature of 37°C for 24 hours showed inhibition zone that was done in the laboratory of microbiology in Bandung. Examination of the inhibition zone of coffee robusta powder (extract of coffee powder : water = 1:2), Ag-salicylic acid cream, Povidone-iodine 3% solution, respectively repeated four times observations in the culture of MRSA on agar plates of 90 mm diameter (Table 1). Inhibition zone diameter of water extract of coffee robusta or coffee robusta was more or less similar result.

2.2. Animal Study

https://pdfs.semanticscholar.org/7b0f/fe7530bb28d014c083a048787b5133390773.pdf
do.

Depending on the magnitude of size and depth, the drying of the coffee-treated wounds occurred at week 8, and closure of the skin epithelium occurred at the 12th - 16th week that depending on the size of the wound.

Figure 6. A. Intractable bleeding of transfemoral amputation stump. B. The stump covered by coffee powder and closed by gauzes. C. After 3 months the bleeding stump finally healed. Coffee powder was left for 3 months only one time the coffee should be added to close the wound

3.3.4. Coffee Powder Versus Saline

Distribution of patient in group of coffee powder consisted of 39 males and 43 males, and in group of saline consist of 40 males and 38 females (p > 0.05).

Table 2. Coffee powder versus saline in wound healing of diabetic patients. Wound diameter was the same in both groups: 3-5 cm. Wound dressing changes: every 4 weeks in coffee-group and daily in saline-group. The difference between coffee and saline in diabetic wound healing is statistically significant (p=0.000)

<table>
<thead>
<tr>
<th>Wound location</th>
<th>Coffee powder</th>
<th>Saline</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>82</td>
</tr>
<tr>
<td>Foot-dorsum</td>
<td>45</td>
<td>46</td>
</tr>
<tr>
<td>Foot-plantar</td>
<td>27</td>
<td>23</td>
</tr>
<tr>
<td>Foot-dorsum and plantar</td>
<td>10</td>
<td>9</td>
</tr>
</tbody>
</table>

Table 3. Coffee powder versus saline in wound of diabetic patients.
COFFEE SAVES LIVES.
Yours Mostly.
Rex Siu

Program: MD

Hometown: Memphis, TN

Background: BS in Biochemistry from University of Tennessee, Knoxville
Pei pa koa

Rex Siu
Pei pa koa

- Uses
  - Cough
  - Sore throat
  - Chest congestion

- Ingredients
  - Bulbus Fritillariae Cirrhosae
    - Antitussive and exporant
  - Rhizome (3 kinds including ginger)
    - Antitussive
  - Radix Adenophorae
    - Anti-inflammatory and anti-tussive
  - Folium Eriobotyrae
    - Bronchodilator
Nin Jiom Pei Pa Koa by Nin Jiom

Natural Medicines Brand Evidence-based Rating (NMBER)

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest Rated</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Highest Rated</td>
</tr>
</tbody>
</table>

Report an Adverse Reaction to Nin Jiom Pei Pa Koa

Ingredients  hide details

Bulbus Fritillariae Cirrhosae • Folium Eriobotryae • Radix Adenophorae • Poria • Exocarpium Citri Grandis • Radix Platycodonis • Rhizoma Pinelliae Preparatum • Fructus Schisandrae Chinensis • Semen Trichosanthis • Flos Farfarae • Radix Polygalae • Semen Armeniaca Amaranum • Rhizoma Zingiberis Recens • Radix Glycyrrhizae • Aqua Armeniaca • Mentholum • Mel.

Brand name products often contain multiple ingredients. To read detailed information about each ingredient, click on the link for the individual ingredient shown above.
“Doc, you’re wrong, it’s just indigestion. I can’t afford to go to the hospital”
Carrie’s story

“Guess I’m too sweet for my own good!”

- DM @ 42
- Blind @ 52
- Renal Failure @ 53
- Amputation Right leg @ 54
- Died at 55
Carol’s Story

- “Gained a lot of weight when my mother was sick”
- “I’m just BIG BONED”
Hort’s Story

“I smoke because it helps me breathe and get all that coal dust out of my lungs”
Lynn’s Story

“I have to survive”
Imagine a culture that empowers everyone to live the healthiest lives that they can.
Rural Beatitudes

• Hilda Heady, Past President NRHA
• used with permission
Blessed are the rural for they are collaborators and are self-reliant.
Blessed are the rural for they value their families

...and are friendly folks.
Blessed are the rural for they value individualism and are personable, independent, and modest.
Blessed are the rural for they are patriotic, and they go to war.
Blessed are the rural for they serve others without being asked.
Blessed are the rural for they work the earth and they make stuff for everyone else.
Blessed are the rural for they have a deep faith,
a sense beauty,
and a sense of humor.
Blessed are the rural for they ALL deserve high quality health care!
Imagine a culture that empowers everyone to live the healthiest lives that they can.