

Navigating the Alberta Health Care System: Creating Pamphlets for Newcomers

Lucy Yang^{1*}, Yvette Ysabel Yao^{1*}, Breanna Fang^{1*}

¹Cumming School of Medicine, University of Calgary

*These authors contributed equally to this work

INTRODUCTION

BACKGROUND

- Alberta is the province with the third highest influx of newcomers to Canada.¹
- Compared to 2022, net migration to Alberta increased by 77.9%.²
- Newcomers face challenges in receiving sufficient information to understand the intricacies of the Alberta health care system.³
- This delays health care provision and contributes to development of preventable illnesses.

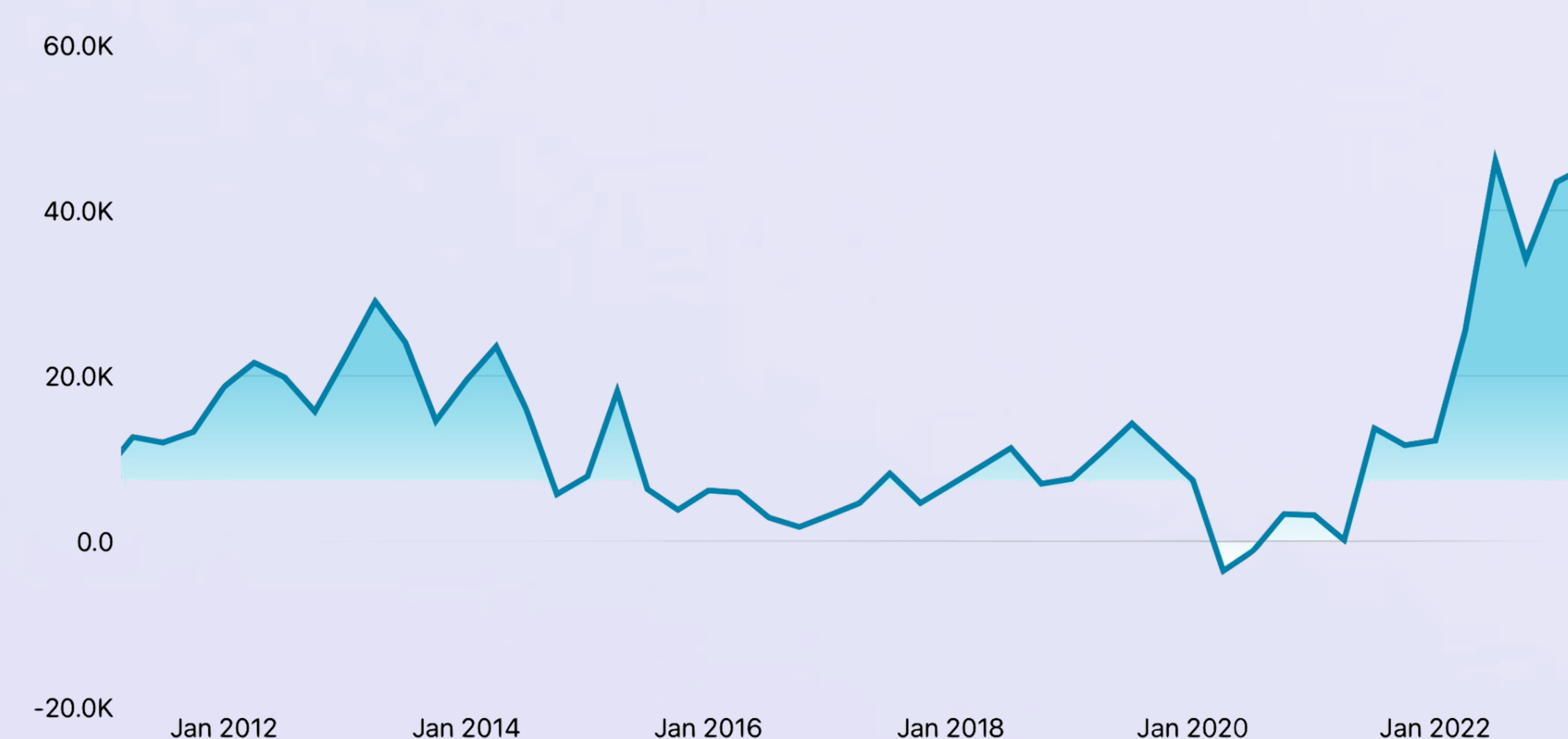


Figure 1. Net migration to Alberta from January 2012 until October 2023.²

OBJECTIVES

The Calgary Asian Medical Students Association (CAMSA) aims to:

- Identify specific areas of difficulties for newcomers to access health care.
- Create an effective pamphlet to reduce barriers to accessing health care for newcomers.

RESEARCH

METHODOLOGY

- Form focus groups with newcomers to understand their lived experiences and gather suggestions.
- Collaborate with healthcare professionals to identify barriers immigrants face in healthcare access.
- Design and translate pamphlets into multiple languages and distribute the pamphlets with newcomer societies.
- Assess efficacy of the pamphlet with thorough qualitative feedback from users.

RESULTS

Preliminary results show common areas of concern

Lack of streamlined resources on accessing healthcare

Unawareness of services and resources offered

Uncertainty about where and from whom to seek care

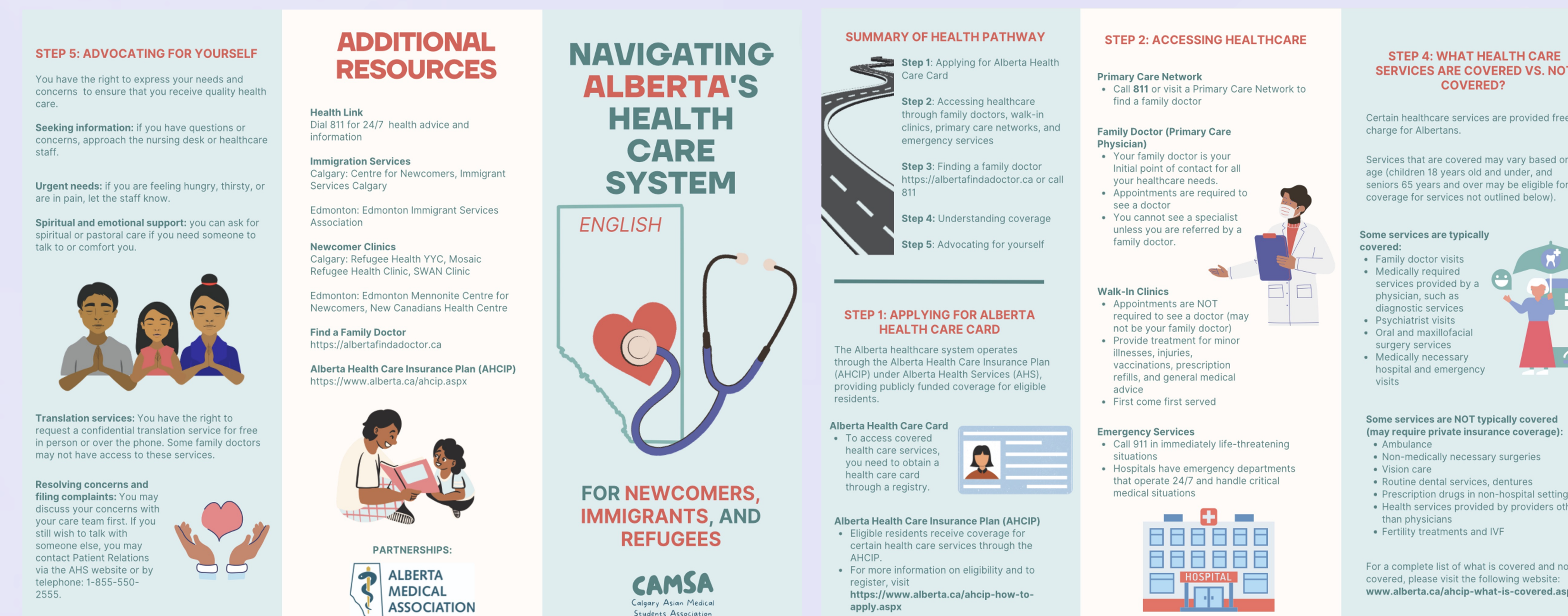


Figure 2. A draft of the pamphlet to be used for research purposes before further review and subsequent public distribution.

CONCLUSION

- There is a need for clear resources to guide newcomers through Alberta's healthcare system.
- CAMSA is a group of medical students that aims to create culturally sensitive pamphlets to enhance healthcare accessibility and reduce care delays for Alberta's growing immigrant population.
- These pamphlets will be translated to various languages and distributed across Alberta through partnerships with community immigration centers, clinics, and other healthcare facilities.
- This student led project involves background research and faculty review.

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