

# Intercultural Health Care Education and Primary Disease Prevention „Doctor´s Lessons“ for Immigrant Women in Germany

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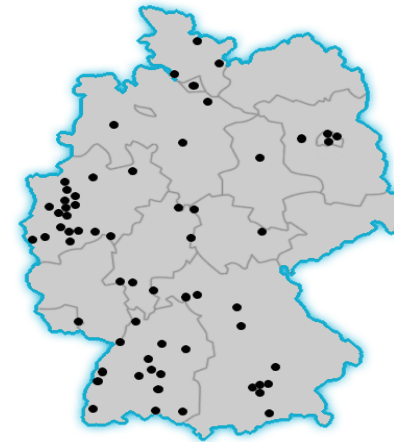
Ärztliche Gesellschaft zur Gesundheitsförderung der Frau e.V.

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# Who and where we are, what we are working for



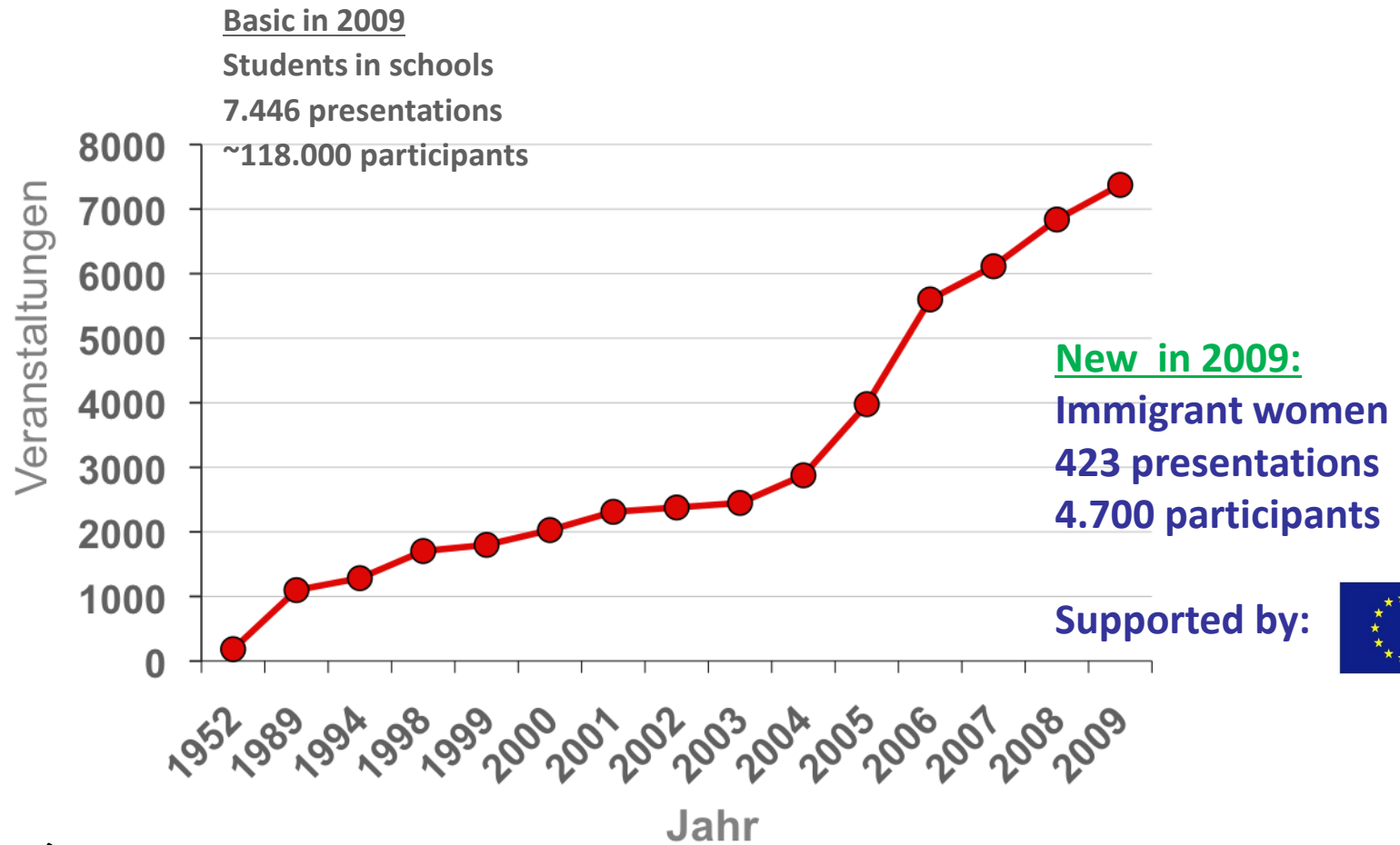
- ⇒ 85 family- and job-experienced female doctors
- ⇒ Preventive medical engagement for the healthy physical and psychological development of adolescent girls and (young) women
- ⇒ Medical expertise, credibility and empowerment for adolescents alongside of schools sex education and women / mothers

Medical Health Promotion and  
Primary prevention/ “Doctor´s Lesson”  
**Our basic project in schools**

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- ⇒ With girls and young women
- ⇒ Developmentally guided (4<sup>th</sup>-12<sup>th</sup> grade)
- ⇒ Complementary to school´s sex education
- ⇒ Gynecological focussing/alignement
- ⇒ Holistic approach
- ⇒ Soial compensatory approach

# Presentations



- Doctor´s-Lessons
  - about 90 minutes
  - semi-standardised
  - gynaecological topics (adolescence, cancer, virginity, sexuality, contraception, fertility, menopause etc.)
  - features **of** and access **to** the German Health System
- Interpreters as “agents of culture”
- Evaluation by questionnaire (Berlin n=545)



## Results

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### Overall:

- 423 presentations
- > 4700 participants

### Evaluation in Berlin:

- N=545 women from 49 nations (non EU)
- Mostly Turkish, Arabian, Vietnamese

## Results

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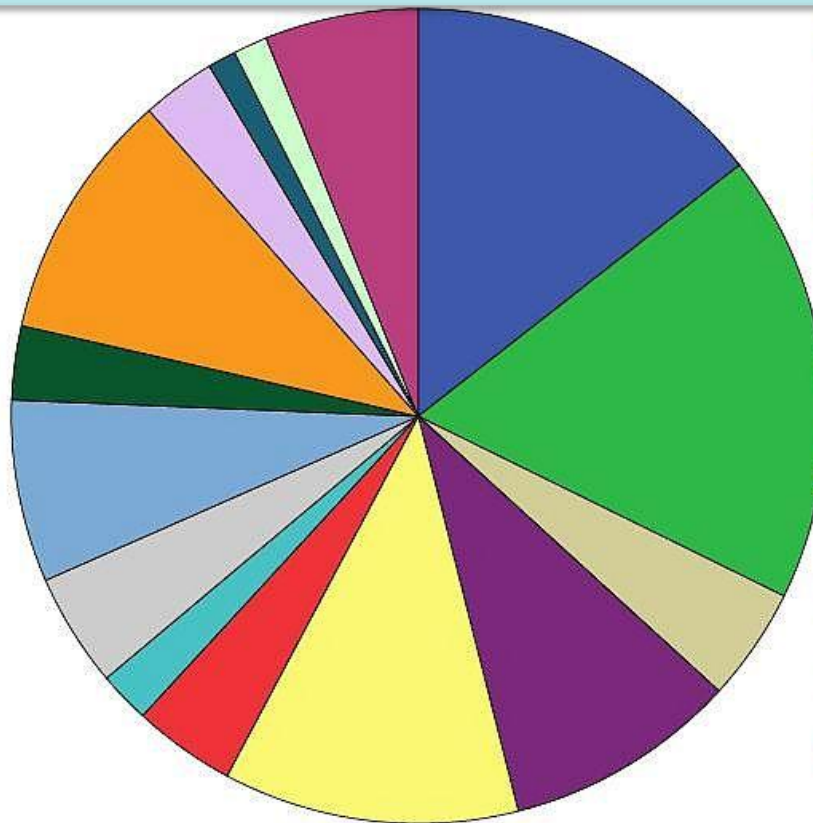
### **Nearly 100%:**

- Very good Comprehensiveness
- Feeling comfortable
- More competence educating children
- Recommendation to girl-friends, sisters

# „Doctor´s Lessons“ for Immigrant Women in Germany Evaluation by Questionnaire in Berlin

The most important subject for me was:

N= 545



Blue: Everything  
Green: Puberty  
Violet: Mens. Cycle  
Yellow: Contraception  
Orange: Cancer  
Purple: Virginity,



„That´s what I want to tell my children...“

Results: Evaluation Berlin

## To my daughter

- Menstrual cycle, how to cope with: problems, pain, irregularity
- Everything
- Puberty
- Sex education
- Virginity, Hymen

## To my son

- Puberal development
- Everything
- Contraception
- Virginity, sexuality



## Doctor's Lesson: Empowerment for Women and Mothers

- Supporting knowledgegain for women and mothers to augment childrens` education and health
- Enhancing womens`/mothers` expertise and self-consciousness enables them to be multipliers for reproductive health in families
- Promoting communication between children and mothers concerning issues of fertility and sexuality
- Reducing barriers to access to doctor`s offices or public health services