

# Folic Acid Counseling Techniques

Training Module Revised June 2006



**Kentucky**  
UNBRIDLED SPIRIT™

# Contemplator



# Non-Contemplator

- Half of all pregnancies in the United States are unplanned.



# Adult Learning Principles

- **Adult Learning Principle #1-- Participation breeds commitment**
- **Adult Learning Principle #2-- Everyone brings something to the table**
- **Adult Learning Principle #3-- Non-threatening environment**
- **Adult Learning Principle #4-- The mind seeks to complete familiar patterns**

# Learning Styles

- **Visual**
- **Auditory**
- **Kinesthetic**
- **Global**
- **Linear**

# Adult Retention Span

- **10% of what they read**
- **20% of what they hear**
- **30% of what they see**
- **50% of what they hear and see**
- **70% of what they say**
- **90% of what they say and do**

# Adult learner Classification Patterns

- **Goal Oriented**
- **Activity-Oriented**
- **Learner-Oriented**

# Counseling the Contemplator

- **Folic acid can prevent up to 70% of birth defects of the spine and brain**
- **Take 400 micrograms of folic acid daily from a vitamin pill**



# Counseling the Non-Contemplator

- **You may not be ready to have a baby, but, your body's been preparing for years.**
- **Take folic acid now.**

# Special Populations

- **Teens**
- **Hispanics**

# Counseling Teens

- **Use the non-contemplator strategy for counseling about folic acid.**
- **Take care in schools to present material in such a way that it doesn't imply that we assume all teens are sexually active.**
- **Late teens like to be more distant from their parents.**

# Hispanics

- **Hispanics are from different races or blends of races.**

# Hispanic Similarities

- **Spanish language**
- **Close family ties**
- **Moral values**
- **Folk traditions**

# Hispanic Differences

- **Culture**
- **Customs**
- **Traditions**
- **Manners**
- **Idiomatic expressions**

# Hispanic Population

- **Migrant workers**

# Hispanic Culture

- **“Learned patterns of thinking, feeling and behaving that are shared by a particular group of people.”**



# Criteria for Culturally Competent Provider

- **Be aware of and accept cultural differences.**
- **Be aware of your own cultural values.**
- **Understand that people of different cultures have different ways of communicating, behaving and solving problems.**
- **Have basic knowledge about a client's culture.**
- **Be willing to adjust the way you work with people to take into consideration cultural differences.**

# Cross-Cultural Counseling

- **In order to avoid stereotyping, remember: There is no right or wrong culture, just different cultures.**

# Hispanics and Health Care

- **Prejudices against immigrants is rising at the same time that there is heightened interest among health care professionals to become more attuned to people's ethnic backgrounds.**

# Barriers to Health Care Access

- **Language**
- **Lack of awareness of services**
- **Economic and documentation**
- **Cultural**
- **Geographic**
- **Sometimes we assume that all clients react as we would; we forget that often their reality is different from ours.**

# Folic Acid Counseling Techniques

- **REMEMBER:**  
**“B” Healthy-Take your  
vitamin every day!**