

How Immigrants Overcome Barriers to Accessing Healthcare

Barriers to Accessing Healthcare

There are many challenges for migrants when they come to a new country, one major challenge is accessing healthcare. There are many barriers to accessing healthcare including discrimination, financial limitations and inequitable policy. These results are from a study which focuses on African migrants in China.

Unsustainable ways of patients addressing barriers

37%

Self Medicate

54%

Used Friends as Interpreters

22%

Participate in Medical Tourism (travelling for healthcare)

22%

Use Personal Medical Connections (ex. consulted doctor from home over the phone)

How to sustainably overcome barriers

Better communication with healthcare providers

Several participants noted they would prefer to talk to doctors directly over using a medical interpreter. If there is good communication, patients may be more trusting and willing to explain their issues.



Train healthcare providers in cultural competency

Participants suggest doctors receive cultural competence training to understand the differences of their cultural heritage. Some participants noted doctors did not understand their cultural values and practices which negatively impacted their relationship with their healthcare provider.



Health insurance for foreigners

Medical care is not financially accessible for many migrants. Making health insurance available and easy to access may reduce the financial burdens healthcare puts on migrants.





References

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