



# Costa Rica Experience

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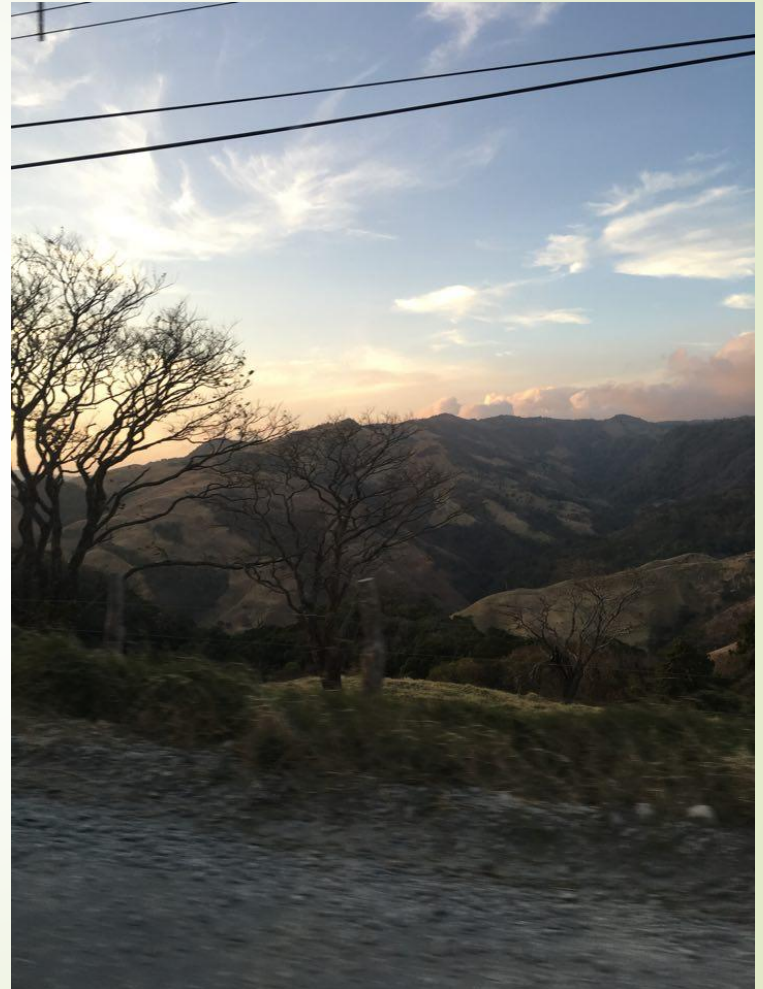


# World Health Organization

- ▶ Defines primary healthcare with five key elements for achieving this goal
  - ▶ Universal coverage reform
  - ▶ Service delivery reform
  - ▶ Public policy reform
  - ▶ Leadership reform
  - ▶ Increasing stakeholder participation

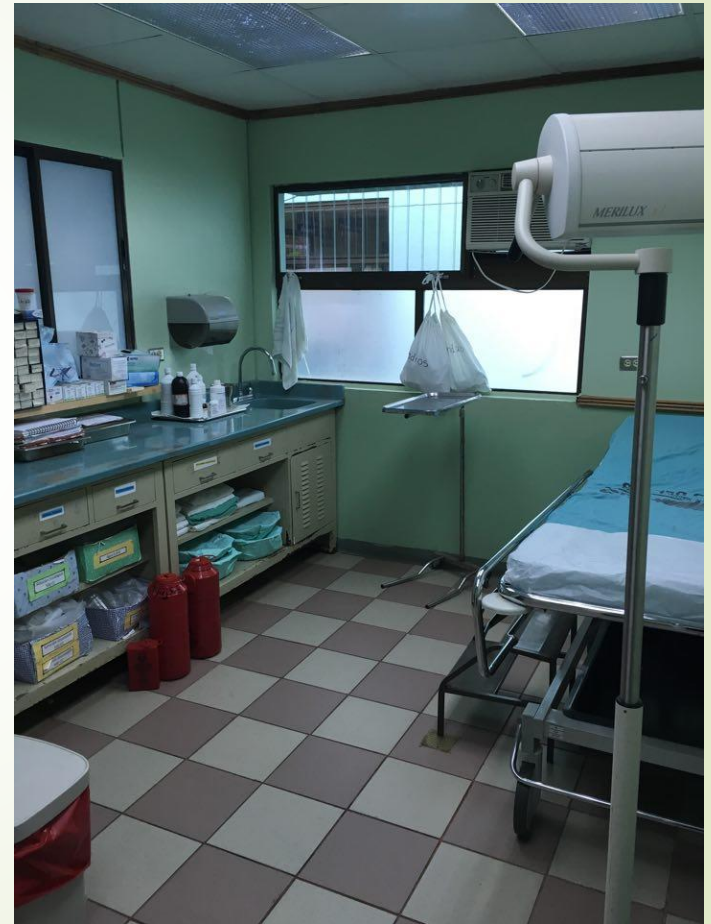
# Overview of Costa Rica

- Has seven provinces
- Population in 2010 was close to 5 million
  - 51% male
  - Low fertility rate 1.8%
- High literacy rate
- #1 health concern is cardiovascular disease and trauma



# Healthcare System

- Every citizen is entitled to free healthcare
- Primary Care
  - Community Clinics
    - Home visits
    - Health education
    - Health promotion
    - Health Prevention





# Healthcare System Cont'd

- ▶ Secondary Care

- ▶ Surgery
- ▶ Specialty needs
- ▶ Needs referral

- ▶ Tertiary Care

- ▶ Treatment
- ▶ Rehabilitation
- ▶ Needs referral



# Health Promotion/Prevention

## ➤ Promotion

- Proper nutrition
- Exercising
- Stress management
- Smoking cessation

## ➤ Prevention

- Teen pregnancy
- Addiction
- Domestic violence
- Chronic diseases
- Cancer



# Monteverde in Motion



Dance class.mp4



dance 2.mp4

# Healthy Activities





# Basic Healthcare Team

- Physician
- Pharmacist
- Nurse
- Secretary
- Technician





# Accomplishments for Costa Rica's Healthcare System

- ▶ 100% vaccination of all children one and younger
- ▶ 97% Antenatal compliance
  - ▶ 4 or more visits
- ▶ Low infant mortality rate
  - ▶ 9.46/1,000
- ▶ Low maternity mortality rate
  - ▶ 2.11/100,000
- ▶ High life expectancy rate
  - ▶ 79.3
- ▶ Healthcare expenditures is 10.5% of the GDP



# Monteverde

- Conservation
  - Research
  - Quaker Village
  - Economic Zone
    - Milkshed
  - Biological (Cloud Forest)
    - Epiphytes
    - Seismic Activity
  - Gray Water
    - Biogarden
  - Tourist Attraction
- 







# Communications Sciences & Disorders Perspective

Adult group activity



- The Monteverde Institute follows the Life Participation Approach for the elderly.
- The Life Participation Approach (LPA) is a consumer-driven service-delivery approach that supports elder individuals and others affected by aging, when achieving their immediate and longer term life goals.
- LPA calls for a broadening and refocusing of clinical practice and research. All adult group activities has focused on re-engagement in life.





# Communications Sciences & Disorders Perspective

- ▶ When interacting with children, we asked them to perform nonverbal tasks (draw a picture) in order to assess cognitive abilities



- ▶ As they performed the activity, we took notice of the child's artwork
- ▶ Nonverbal tasks relates to nonverbal intelligence



- ▶ It assesses the child's ability to analyze information and solve problems using visual and hands-on reasoning

# Costa Rica Impact on Us

- Community Involvement
- Slow down
- Holistic Care
- Simplicity
- Balanced lifestyle





# Pura Vida

