Gettin' By, a poverty training session, increases trainee and medical providers awareness of barriers to care and structural issues for those living in poverty.

Gettin' By is Tough:

Poverty Training Impacts Understanding of Individual and Structural Patient Barriers

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Introduction

- Unfavorable attitudes from healthcare providers towards low-income individuals may contribute to health disparities
- There is an emphasis in training of how social determinants of health can contribute to poorer health outcomes, however these training interventions are inconsistent and not well studied

Methods

- 31 medical providers and trainees participated in a poverty training session which consisted of "Gettin' By" game followed by debriefing session
- Attitudes Toward Poverty (ATP) Short Form survey completed before and after training session

Results

- Significant increase in total score of all three ATP short form subscales:
  - Personal deficiency ($p=0.02$)
  - Stigma ($p<0.01$)
  - Structural perspective ($p=0.02$)
- Median percentage of participants that improved their score by one or more point amongst the queried items was 32.3% (25.8% to 38.7%)

Discussion

- This training session is a resource that can be easily distributed and demands fewer resources than a poverty simulation
- It provides an opportunity for medical providers and trainees to gain empathy and understanding of how poverty can negatively affect health outcomes

Figures

Table 1. ATP Short Form Scale Results Pre- and Post-Poverty Training (n=31)

Category	Pretest Mean	Posttest Mean	t-value	p-value
Personal Deficiency	30.39	31.32	-2.48	0.02
Stigma	34.90	36.10	-3.74	<0.01
Structural Perspective	10.07	9.032	2.82	0.02

Scan here for full figure

Learn more about the Gettin' By game here!

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