**Minutes for IMIA Colorado Chapter Meeting, February 15, 2014**

1. Education IMIA news and open dialogue, facilitated by Nelly Berg, Chair

* Dr. Mendoza explained the educational requirements for medical interpreters both before and after becoming certified, and she explained how IMIA offers the webinar program to help them continue their education.
* Participants expressed interest in the webinar program and recognized it as an advantage of their membership; they would like to attend more webinars.
* Participants stated that online training is helpful as it allows them more flexibility with their schedule.
* Training after business hours is appreciated so that participants can train after their work schedule.
* Training certificate should include a minimum of 40-60 hours.
* Training program must be accredited; not all programs are accredited.
* Medical interpreters expressed interest in having more courses offered in Colorado to help them prepare for the certification process.

1. Certification through the NBCMI (National Board of Certification for Medical Interpreters) update by Geri McClymont, Secretary

* Having a certificate of training (such as Bridging the Gap) is NOT the same as being a CMI (Certified Medical Interpreter).
* It is anticipated that being a CMI will be required by all health care facilities and agencies in the near future.
* 3 step process to become a CMI: Registration ($35), Written Exam ($175), Oral Exam ($275).
* Written Exam is offered in approximately 600 sites across the U.S. and Canada; Oral Exam is offered in specific cities across the U.S. and Canada (see NCBMI website for specific locations).
* There is a 3 month waiting period to retake an exam; same fees apply.
* Recertification is required every 5 years.
* For details, go to [www.certifiedmedicalintepreters.org](http://www.certifiedmedicalintepreters.org) (click **GET CERTIFIED** link at top)

1. “Bring your Own Interpreter” presentation by Elia Trujillo and Tasha Spencer from Prowers Medical Center

* Some geographical areas have strong feelings against minority cultures.
* Issues that minority cultures deal with regularly include: lack of knowledge necessary to access medical services, lack of health insurance, difficulty in accessing services due to distance and lack of transportation, lack of cultural and linguistic services offered by health care facilities, language barriers and lack of health literacy, overall lack of resources.
* Legal factors: see Civil Rights Act, Title VI; there is no excuse for not providing language services to minority populations.
* Community Outreach includes providing resources and services to the Dept. of Social Services, the Police Dept., rehabilitation centers, migrant health center, area schools, and offering community presentations.

1. “Interpreting in Clinical Research Studies: It Doesn’t Just Apply to the Final Data!” presentation by Elizabeth VonRentzell, Sr. Regional Clinical Research Associate; Integrium, LLC

* Clinical trials help researchers find new ways to safely prevent, detect and treat disease, and to improve the quality of life for people with chronic illnesses.
* Phase I trials: Researchers test an experimental drug or treatment on group of 20-80 people.
* Phase II trials: Researchers test an experimental drug or treatment on group of 100-300 people.
* Phase III trials: Researchers test an experimental drug or treatment on group of 1,000-3,000 people.
* Phase IV trials: After a drug is approved by the FDA, researchers track its safety.
* Documents that need to be interpreted or translated: Informed Consent Form (ICF), Patient Instructions, Package Inserts or Directions for Use (DFUs), Patient Diaries.
* Informed Consent includes: full disclosure of the nature of the research and the participant’s involvement, adequate comprehension on the part of the potential participant, and the participant’s voluntary choice to participate.

1. “Introduction to Mental and Emotional Self-Care for Healthcare Interpreters” presentation by Dr. Lizbeth Mendoza, Vice-Chair

* Mental health, as defined by the World Health Organization, includes recognizing one’s own potential, coping with the normal stresses of life, being able to work productively and fruitfully, and being able to contribute to one’s own community.
* Well-being, as defined by the Center of Disease Control and Prevention, includes the presence of positive emotions, the absence of negative emotions, satisfaction with life, fulfillment, and positive functioning.
* Job stressors within the medical environment can lead to burnout, and it is critical that the medical interpreter learn how to manage his/her stress and develop resilience and learn to care for his/herself.
* Mindfulness: an idea, not a concept, and different to other relaxation techniques, can help one cope with stress in healthier, more effective ways.
* One of tfew self-practices for which there is empirical evidence of benefit over the controlt