Approximately 20,000 refugees have re-settled in Washington State since the full-scale Russian invasion in February 2022. When caring for Ukrainian new arrivals, cultural considerations are essential. This document provides background information for clinicians in WA on the Ukrainian healthcare system, health beliefs, and health issues.

Ukrainian Healthcare System
- Ukraine has a universal healthcare system that has undergone several reforms to increase healthcare access.
- The care model involves specialists who manage chronic conditions rather than focus on prevention or primary care. 
- Individuals may opt to self-refer and pay out-of-pocket for services to exercise some degree of choice in their healthcare.

Health Insurance for Ukrainian Refugees in WA
- In May 2022, Apple Health eligibility was expanded to Ukrainians and non-Ukrainian individuals who had resided in Ukraine and were paroled into the US between February 24, 2022, and September 30, 2023.
- Refugees that are not eligible for Apple Health may still be eligible for a qualified health plan with financial assistance through Washington Healthplanfinder.

Build Trustful Relationships with Patients
- Establish trust before moving forward with interventions and treatment.
- Review the process and timeline for receiving medical care and referrals.
- Inform patients that appointments may not always be made on the same day.
- Be clear about processes, expectations, and timelines for care and referrals.

Spend Adequate Time with Patients:
- Ukrainian new arrivals have expressed frustration regarding how little time providers spend with them.
- Allow adequate time to have a conversation with them and allow them to ask questions about next steps.
- Be clear about which members of the care team will be handling which aspects of care since duties for people in certain positions vary in the Ukrainian healthcare system (e.g. primary care provider, nurse, mental health specialist).

Connect to Ukrainian Community Health Resources
- Community engagement is essential in establishing trust within the Ukrainian community.
- Nashi Immigrants Health Board is a community health board founded and led by Ukrainian community members that works to reduce health disparities in Ukrainian new arrivals in Washington.
- Refer patients to trusted community health boards like Nashi for health-related resources and events.

https://nashisupport.com
Document updated 2/2024
Leading Causes of Death
In 2019, the top 10 causes of death in Ukraine include ischemic heart disease, stroke, cirrhosis, lung cancer, Alzheimer’s disease, cardiomyopathy, colorectal cancer, self-harm, chronic obstructive pulmonary disease, and stomach cancer

Mental Health
- Depression, anxiety, and post-traumatic stress disorder are common in many recent arrivals.
- New arrivals may be hesitant to discuss mental health due to stigma. It is advised to normalize the process of screening and testing and ensure confidentiality.
- The following page has additional details regarding mental health care for Ukrainians and Ukrainian refugees: Ukrainian Refugee Mental Health Profile

Substance Use
- A 2017 survey found 40% of men and 9% of women in Ukraine were current smokers.
- Hazardous alcohol use was 14.3% in men and 1.7% in women, which is expected to be intensified by trauma related to the recent war.

Tuberculosis (TB)
- 36% of adult and 1.7% of pediatric Ukrainian refugees arriving in Washington had a positive TB screening test during the period between 2015 and 2021.
- Ukrainians have a higher rate of drug resistance than is typically seen in the US.
- CDC recommends all arrivals be tested for TB with IGRA (>2 years of age) or tuberculin skin test (<2 years of age).

HIV and Hepatitis B Virus (HBV)/Hepatitis C Virus (HCV)
- Ukraine bears the second largest HIV epidemic in eastern Europe and central Asia, behind Russia. People with HIV in Ukraine are still plagued by stigma, and there are few opportunities for testing, treatment, and prevention services regarding the disease.
- HBV and HCV are key public health issues in Ukraine, with higher prevalence in men and people of older age, as well as risk groups such as people who inject drugs and those living with HIV.

Vaccination
- There has been a drastic decline in immunizations in Ukraine since 2009 when the death of a child was incorrectly blamed on the measles-rubella vaccine, though patients may have vaccination concerns for various reasons.
- Seek to understand the reasons for their hesitancy and answer questions appropriately.
- Uncertainties stem from a lack of knowledge or misinformation, so it is important to help them understand how vaccines work and reassure them of their credibility.
- E-course training: Fostering COVID-19 Vaccine Confidence in Russian- and Ukrainian-Speaking Communities

Immunization Coverage Upon Arrival in WA
<table>
<thead>
<tr>
<th>Vaccine</th>
<th>% Up-to-date Arrival (Adult)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measles, mumps, rubella</td>
<td>75%</td>
</tr>
<tr>
<td>Varicella</td>
<td>56%</td>
</tr>
<tr>
<td>Tdap</td>
<td>23%</td>
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<tr>
<td>Covid-19 (5/2022)</td>
<td>9%</td>
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</tbody>
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