“Mag-PCOR Muna Tayo”

Advocating for Capacity Building and Engagement among Filipino-Americans to Improve Health Outcomes

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Director of International Programs

UT Health San Antonio

Philippine Nurses Association of San Antonio
NO CONFLICT OF INTEREST

Project funded by the Patient-Centered Outcomes Research Institute (PCORI) Engagement Award (EA #12850)
Objectives

• At the end of the session, the participants will be able to:
  • identify prioritized healthcare issues of Filipino-Americans in CA, HI, TX, NJ and NY.
  • describe patient-outcomes research as strategy to engage communities towards better patient outcomes among Filipino-Americans.
Why Filipino-Americans?

- Asians are the fastest growing immigrant populations in the United States (US).
- Filipinos and Filipino-Americans (FAs) represent the third largest Asian group, with about 3.9 million in 2016 (US Census Bureau, 2016).
- FAs have mostly filled labor shortages in agriculture, the military, and nursing (McNamara & Batalova, 2017).
- Prevalence of chronic diseases in this population is alarming.
  - Cardiovascular disease and diabetes is higher in FAs than whites, blacks, and other Asian groups (Bloom & Black, 2016).
  - Cardiovascular disease and stroke have been identified as the leading causes of mortality (Domingo et al., 2018).
  - Other FA health issues include cancer, dementia, depression, gout, and infectious disease such as tuberculosis.
Why Filipino-Americans?

• Provision of culturally and linguistically appropriate education on healthcare and shared-decision making improve patient outcomes

• However, limited research exists on FA healthcare needs, priorities, and research engagement.
  • Limited research support

• Most research is limited in key states, i.e., New York, California, and Hawaii (Ursua et al., 2017; Kim et al., 2008).

• More research is needed!
What is PCORI, PCOR, and CER?

- **PCORI** – Patient-Centered Outcomes Research Institute
  - “PCORI funds research that offers patients and caregivers the information they need to make important healthcare decisions.”
    - [www.pcori.org](http://www.pcori.org)
- **Eugene Washington Patient Engagement Award**
  - “Engagement program gives patients, caregivers, clinicians, and other healthcare stakeholders opportunities for meaningful involvement in all our activities.”
- **PCOR** – Patient-Centered Outcomes Research
- **CER** – Comparative Effectiveness Research
  - Compare the effectiveness of one treatment against another
Aims of the project

• To create a community-based nationwide network of FAPCOR “nayon” (village) to engage FAs in their healthcare.

• The network will provide the infrastructure for engaging FAs and other key community stakeholders
  • To address the specific needs of FAs so that they can make informed healthcare decisions.
  • To engage in patient-centered outcomes research (PCOR) and comparative effectiveness research (CER) to promote patient outcomes
Short-Term Objectives

• To engage FAs and key stakeholders in productive collaborative discussion of PCOR/CER.
• To identify what FAs need to make highly effective, better-informed healthcare decisions.
• To identify the critical gaps in knowledge and the PCOR/CER priorities among FAs.
• To identify how FAs want to receive their PCOR and CER findings.

- Collaborative Discussions in FA PCOR Nayons in 5 States: HI, CA, TX, NY, and NJ

- Use the Philippine Nurses Association of America (PNAA) infrastructure
Long-Term Objectives

• To develop the PCOR Community Capacity Building and Engagement Toolkit for Filipino-Americans (“Toolkit”).
  • Include a communication plan, capacity-building and engagement strategies, and resources based upon identified needs of each of the FAPCOR “nayon.”
  • For clinicians and researchers to increase the understanding of what FAs need to make informed healthcare decisions, their potential engagement in PCOR/CER, and how they want to receive PCOR and CER findings.
FA PCOR National Leadership Team

• **FA PCOR National Level**
  - **FA PCOR National Partnership Team** – based at UT Health San Antonio
  - **FA PCOR Consulting Team** – provide advise on specific issues – Dr. Leo-Felix Jurado, Dr. Melinda Bender, and Ms. Marietta de la Cruz

• **FA PCOR Nayon Leaders** – work collaboratively to recruit, engage and dialogue with the community
  - **FA PCOR Academic Research Collaborators (ARCs)**
    - FA nurse scientist who is actively engaged in the Filipino community within their respective state and the PNAA.
  - **FA PCOR Patient Advocate Leaders (PALs)**
    - An FA who is an engaged patient advocate actively involved in the FA community within their respective states
# FA PCOR ARCs and PALs by State

<table>
<thead>
<tr>
<th>NAYON</th>
<th>ARC</th>
<th>PAL</th>
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<tbody>
<tr>
<td>CA</td>
<td>Dr. Katherine Abriam-Yago</td>
<td>Mr. Rudy Asercion</td>
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<tr>
<td>HI</td>
<td>Ms. Marianela Jacob</td>
<td>Ms. Gina Larazabal</td>
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<tr>
<td>TX</td>
<td>Dr. Pam Windle</td>
<td>Ms. Sheila Ecobiza</td>
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<tr>
<td>NY</td>
<td>Dr. Mary Joy Dia</td>
<td>Ms. Liza Santos</td>
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<tr>
<td>NJ</td>
<td>Dr. Persephone Vargas</td>
<td>Ms. Veronica Lavarro</td>
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![Image of group members]
Methods

• ARCs and PAL invited stakeholders and conducted bi-monthly focus group ("Pulong at sama-sama" or PASS).
  • 8 stakeholders were invited per PASS.
• Using semi-structured interviews, FA-PCOR leaders collected data on prioritized health care issues among FAs.
• ARCs compiled field notes (de-identified) for analysis at national level.
• Participants were given $10 gift card for participation.
• Leaders attended a retreat in San Antonio, TX in February 2020
  • Prioritized issues
  • FA-PCOR future directions
Results: California

1. Diabetes mellitus
2. Hypertension
3. Cancer
4. Reluctance to talk about health issues
5. Lack of knowledge about healthcare assessment
6. Healthcare providers lack cultural humility
7. Food choice
8. Knowledge about food ingredients
9. Decreased activity or dehydration
10. Insurance
## Results: Hawaii

<table>
<thead>
<tr>
<th>Hawaii</th>
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<tbody>
<tr>
<td>1. Diabetes mellitus</td>
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<tr>
<td>2. High blood pressure</td>
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<tr>
<td>3. Kidney disease</td>
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<tr>
<td>4. Gout</td>
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<tr>
<td>5. Stroke</td>
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<tr>
<td>6. Heart Attack</td>
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<tr>
<td>7. Obesity</td>
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<tr>
<td>8. Depression</td>
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<tr>
<td>9. Asthma</td>
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<tr>
<td>10. Drug or tobacco</td>
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</tbody>
</table>

| | 1. No health insurance |
| | 2. Language barriers |
| | 3. Culture or does not want to see doctor |
| | 4. Self-medication |
| | 5. Use of herbal medicine |
| | 6. Using medications of family members |
| | 7. Does not seek preventative care (only sees a doctor when they are sick) |

I: Gina Lardizabal; R: Marianela Jacob
Results: Texas

1. Access to healthcare
2. Cost of health–copay and medications
3. Language and communication barrier
4. Dependency on family member for transportation
5. Elderly lack of knowledge or skill in utilizing technology (i.e. scheduling appointments)
6. Lack of knowledge on why and what to ask provider
7. Prevention and education
8. Health diseases (hypertension, diabetes mellitus, heart disease, peptic ulcer disease, stroke, and dementia)
9. Non-compliance
10. Loneliness

L-R: Shela Ecobiza, Dr. Pamela Windle & Marietta Dela Cruz
Results: New York and New Jersey

New Jersey/New York

1. Hypertension
2. Diabetes
3. Cancer (breast)
4. Heart disease (high frequency of bypass operations)
5. Chronic obstructive pulmonary disease and asthma
6. High cholesterol
7. Health coverage
8. Access to preferred Filipino provider
9. Arthritis
10. Kidney disease

L: Dr. Persephone Vargas; R: Dr. Mary Joy Garcia-Dia
Results: Future Directions

- Identified common top three issues:
  - Diabetes
  - Hypertension
  - Obesity
- Nationwide intervention studies to address the dangerous triad
- FA-PCOR “nayon”- targeted projects
  - Health literacy education
Discussion

• The top three healthcare issues in the 5 FA-PCOR “nayon”
  • Diabetes
  • Hypertension
  • Obesity
• Need to engage communities for intervention studies to address needs
• Data from this project can help clinicians and researchers identify healthcare issues of priority to FA communities in each respective state.
• The long-term goal is to the FA-PCOR be disseminated to all states where PNAA is active.
Discussion

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Future Directions: Chapter Assistance Needed

• Leverage FA-PCOR and PNAA infrastructure to address FA health needs
  • COVID-related study in all PNAA chapters
  • Interventional studies based on PNAA chapters
  • NEED chapter-based researchers and research assistants
    • Desire to help FA community
    • Interest in research
    • Time availability
    • Note: Compensation depends on funding level
• If interested, please e-mail with subject heading: PNAA PCOR Interest
  • Fil.Am.PCOR@gmail.com
Make a Difference: ADVOCATE!

Participate in FA research!
Visit the Center for Filipino American Health
(www.FilAmhealth.org)
Questions

• Thank you once again for your participation.
• I thank PNAA and PNAAF for all the assistance rendered.
• ARCs, PALs, consultants, and participants
• I look forward to working with you!

“MAG-PCOR MUNA TAYO!”