

Academia, Clinical Practice, and Community Stakeholders Partnership to Identify Filipino Americans Health Needs Towards Patient-Centered Outcomes Research (PCOR)



Background

Filipino American (FA) Academicians, clinicians, and community stakeholders know that identifying the challenges to health and healthcare experienced by FAs can provide information in planning, implementing, and evaluating patient-centered care.

Through the collaborative research approach, researchers, community members, and other stakeholders in the research process are engaged, recognizing each member's unique strengths and contributions (Collins, et. al., 2018).

The information from FA is essential to consider the culturally sensitive issues that prevent access to this population. Patient-centered outcomes research (PCOR) can facilitate the discovery of facilitators, address barriers to health and healthcare, community engagement, and data dissemination. Therefore, the Filipino American Patient-Centered Outcomes Research (FAPCOR) "nasyon" (village) network was established in Nevada.

Objective

This project aims to identify and describe the health and healthcare issues among FAs residing in Nevada. It further aims to enumerate associated factors to guide PCOR and promote community engagement likewise mobilization to address the needs of this population.



Quality Improvement Methods

- Academicians, clinicians, and community stakeholders in Nevada attended community-based (nasyon) meetings or focus group meetings that surveyed their health and healthcare priorities and engagement. A total of four virtual meetings were held over two months, attended by over 90 stakeholders.

Results:

Common health issues shared include mental health, diabetes, heart disease, and hypertension. Diabetes, Cardiovascular disease (HTN, congestive heart disease, hyperlipidemia) Mental health issues including isolation, depression, and anxiety.

Barriers and Social Determinants of Health

- Need for knowledge about the prevention or management of mental health and chronic conditions
- Limited health access related to cost and transportation
- Complexity of the healthcare system
- Cultural barriers e.g., core cultural traits, attitudes, and concepts
- Lack of Filipino providers.

Mechanisms to Address Health Care Issues

- Expansion of telehealth
- Leveraging of nurse practitioners as primary care providers
- Culturally sensitive care
- Education on health insurance e.g., coverage and extra benefits
- Preventative health education
- Affordable healthcare
- Immigrant social and health services
- Community engagement with incentives
- Patient-friendly technology
- Outreach activities

Suggestions for Improving the Healthcare System

- Education on medications
- Affordable healthcare
- Early mental health screening
- Coordination of healthcare services
- Improving patient-provider communication.

The FAs want to be engaged in health screening and education through social events in the community, schools, and churches with free food, social media, podcast, television, and newsletters. They recommended that Nevada needs to prioritize mental health, disease prevention, and reduction of co-pays for healthcare. Stakeholders comprised of FA clinicians and civic organizations have pledged their support of the initiatives by joining the FAPCOR NV Nasyon Consortium.

HEALTH AWARENESS

Conclusions/Implications

The FAPCOR meetings allowed Nevada FAs to voice their health and healthcare issues. The data highlight the need for cultural considerations in patient education, outreach, and accessibility to healthcare. Knowledge of these issues can help inform community-based interventions to improve patient-centered health outcomes and address health inequities. The FA community should address the health conditions identified (Ghimire, et.al., 2018).

The authors found that these findings were like the results in five other states.

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