Permission to publish statement:

If selected, we agree to present a poster at the St. David's CHPR Conference on April 2, 2015. I give permission for the abstract and a photo of the poster to be used for distribution in all forms of media [print, electronic, website, video].

Ya-Ching Huang, RN, MSN
(216) 575-4493
yaching.huang@utexas.edu
The School of Nursing
The University of Texas at Austin
A CULTURALLY TAILORED PRIMARY AND SECONDARY PREVENTION PROGRAM FOR CHRONIC DISEASE IN CHINESE AMERICANS: AN INTEGRATIVE REVIEW

Ya-Ching Huang, RN, MSN
The University of Texas at Austin School of Nursing

Purpose: Immigrants are one of the most vulnerable populations in public health. In Asian Americans and Pacific Islanders, four of the first five leading causes of death (cancer, heart disease, stroke, diabetes) are chronic health problems. These diseases’ progression is heavily influenced by lifestyle factors and requires disease self-management. Although extensive research has shown culturally tailored prevention programs benefit Asian Americans as a group, no reviews examining both primary and secondary culturally-tailored prevention programs specifically target Chinese Americans (CA), the fastest-growing immigrant group. This literature review is guided by two questions: (1) What formative culturally-tailored interventions have been used for CA with chronic disease? (2) How successfully have the interventions engaged participants and improved outcome variables?

Methods: The literature search included the following online databases: PubMed, PsycINFO, CINAHL, and Health Source from January 1989 to October 2014. Additionally, reference lists of included Google Scholar articles and citations were manually checked for relevant literature. Multiple search terms ensured access to all applicable articles. Included studies met the following criteria: (1) reported the testing of intervention strategies tailored for CA in chronic disease prevention; (2) were designed with a culturally-tailored intervention; (3) were conducted in the US; (4) were published in English. This review looked for surface and deep structure dimensions of cultural tailoring. Five aspects of the surface structure dimension are: materials, communication channels, settings, staff, recruitment strategies. The deep structure dimension includes social support and cultural values.

Findings: This review includes 14 articles reporting results of 11 different interventions. Six articles report primary prevention intervention outcomes on breast cancer screening. Eight articles reported secondary prevention interventions: five for diabetes, two for hypertension, and one for chronic disease in general. Ten of 11 intervention programs fulfilled both surface and deep structure dimensions, and obtained significant changes in major outcome variables, showing these the interventions’ feasibility and effectiveness for CA. In primary prevention, four interventions significantly improved breast cancer knowledge; 40-70% of intervention group participants received mammograms at the 3-6 month follow-up, compared to 26-30% in the control group. In studies focusing on secondary prevention, clinical measurements were also improved via interventions, with effect sizes (ES) of: A1C= -.35 to -.93, SBP= -.52 to -.59, and DBP= -.31 to -.53.

Conclusions: Culturally-tailored interventions appear to be sensitive and effective for first-generation CA. Although the sample sizes in these interventions were small, they look promising and are likely to improve access to health care, disease awareness, social environment, self-image, and participants’ ability to practice self-management skills, which would enhance patients’ quality of life and help them avoid suffering from chronic disease. The findings of this review also suggest that more research employing rigorous designs needs to be done to further evaluate the effectiveness of interventions targeting CA.

Acknowledgement: I would like to acknowledge Dr. Sharon Brown for her guidance and assistance in undertaking this integrative review and Dr. Miyong Kim for her support in this poster presentation.