

PINOY PCOR BALITA

A quarterly publication of the "Mag-PCOR Muna Tayo" and Filipino American Research (FAR) Hub projects

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2024: More Growth and Engagement Towards Filipino Health

M. Danet Lapiz-Bluhm, PhD, RN, MSCI, ANEF, FAAN

Happy New Year! *Manigong Bagong Taon!*

In Chinese Zodiac, 2024 is the lucky **Year of the Wood Dragon**. Dragons are notorious for its strong leadership qualities and determination to succeed. The Wood element is said to play a significant role as it encourages effort to make positive changes and to grow as tall as the trees. 2024 may bring forth expansion and strength that will motivate us to reach new heights.

2024's auspiciousness inspires our Filipino American Patient Centered Outcomes Research "Nayon" (FAPCORN) Network leadership team to chase our dreams with determination in partnership with the FAPCORN leaders in different states. Our FAPCORN Network has grown at the national level with 14 networks in 15 US States. From the initial five (5) (California, Hawaii, Texas, New Jersey, and New York), we have expanded to Arizona, Florida, Georgia, Maryland, Michigan, Nevada, New England (which includes New Hampshire and Massachusetts), Ohio and Virginia. We continue to strive to engage existing FAPCORNs as well as secure funding to expand the network to other US States.

We remain steadfast in our goal to improve patient-centered outcomes among Filipinos in the US. 2023 saw our FAPCORN successfully completing the Patient-Centered Outcomes Research Institute (PCORI)-funded project, Filipino American Research Hub. In 2024, we can work together to continue the work we have started. Together, we can improve the health of Filipinos in America!



Addressing Hypertension Among Filipinos in Eastern Virginia and South Texas

M. Danet Lapiz-Bluhm, PhD, RN, MSCI, ANEF, FAAN

The FAPCORN National Leadership Team is partnering with Eastern Virginia Medical School (Dr. Cynthia Romero) and University of Illinois College of Medicine Peoria (Dr. Sunita Dodani) research teams for a grant proposal to address hypertension (HTN) among Filipinos in Eastern Virginia (EVA) and South Texas (STX) through patient-centered outcomes research (PCOR) and comparative effectiveness research (CER). The project titled, Improving PCOR and CER among Filipinos: Addressing hypertension among high-risk populations in South Texas and Eastern Virginia, is due for resubmission in early January 2024. The project made it to a final round of funding considerations from hundreds of applications but was unsuccessful. We hope that it will be picked up for funding at this resubmission.

Filipino stakeholder representatives in EVA and STX participated in a pilot study to test the feasibility of the use of the CAREMINDr App, which is part of the study. The CAREMINDr App prompts, guides and enables patients to actively monitor their blood pressure and progress on their hypertension management. One participant reported to have been taken off from one of his HTN medications because the CAREMINDr App showed his controlled blood pressure.

We thank all CAREMINDr pilot participants for their engagement and contribution!



Recognition of Nevada FAPCORN

Deanna Garcia



Addressing the Needs in Nevada's Filipino Community (Grant Excerpt)

Elizabeth de Leon-Gamboa, MSN, RN

The 2024 Common Spirit Community Health Improvement Grant Program has awarded funding for the Filipino American Patient Centered Outcomes Research Nevada Nasyon (FAPCORN-NV) through the Nevada Future of Nursing (FON) Action Coalition. Community Health Improvement Grantees for 2024 and Committee Members participated in the reception that was held at St. Rose de Lima on January 4, 2024.

The FAPCOR-NV Nasyon consortium's main goal is to promote the positive healthcare outcomes of care, comprised of Nevada's professional nursing and civic organizations, spearheaded by the Philippine Nurses Association of Nevada. Elizabeth de Leon-Gamboa, MSN, RN, Lindsey Ugale, MSN, RN, and Dr. Elizabeth Fildes serve as Academic Research Collaborators with Minda Banaria, BSN, RN as the Patient Advocate Leader. Its formation was inspired by the Filipino American Research (FAR) Hub Project.

Diverse Filipino stakeholders participated in our "pulong at sama-sama" (PASS) or focus group meetings to help establish a governance structure, guide communications with the larger community, evaluate capacity-building strategies for engagement, and recognize and prioritize patient-centered outcomes research activities. Chronic diseases such as Diabetes, Cardiovascular diseases (hypertension, congestive heart disease, hyperlipidemia), cancer and mental health issues were identified as the most common and primary health concerns among the Filipino American population. Rising cost of healthcare, lack of understanding insurance coverage or benefits, co-pays, and other social determinants of health are concerns that need to be addressed.

In partnership with Dignity Health QTAC (Quality Technical Assistance Center), NAYON (Filipino for "village") members including Filipino American nurses and primary care providers will be certified to facilitate Chronic Disease Self-Management Program, Diabetes Self- Management Program, and Healthy Heart Program. Outreach training activities will be held during local community and church events in collaboration with consortium member organizations. Chronic Disease Self-Management will reduce the chronic diseases' burden on the Filipino American population through the evidence-based education. Moreover, connecting them to needed healthcare resources increases their ability for self-management. Pre- and post-education surveys, podcasts, and documentary videos that will capture outcomes and measure the program's success that would determine further development of succeeding initiatives for the Filipino American population.

Headed by Academic Research Collaborator (ARC) Dr. **Elizabeth Fildes** (pictured above, kneeling on the left) and Patient Advocate Leader (PAL) **Elizabeth de Leon-Gamboa**, (pictured above center and holding the award), the Nevada Filipino American Patient-Centered Outcomes Research nasyon (FAPCORN) has been busy advocating for Filipino Health in their community. On January 4, 2024, they were recognized and awarded for their efforts by **Dignity Health - St. Rose Dominican**.

The Dignity Health Community Grants Program awards funding to local Las Vegas, Nevada programs and organizations that address some of the "greatest health needs in" the community. This year, the Nevada Nasyon represented by **Nevada Future of Nursing (FON) Action Coalition** was one of eight organizations awarded.

For information on the grant, visit Dignity Health at <https://www.dignityhealth.org/las-vegas/about-us/press/press-center/370000-awarded-to-eight-local-non-profit-collaborations>



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