



PINOY PCOR BALITA

"Mag-PCOR Muna Tayo"

LEADERSHIP TEAM

National Collaborating Team

- Dr. M. Danet Lapiz-Bluhm–Project Leader
- Mara Althea Cabungcal–Research Assistant

Nayons

- California
 - Dr. Katherine Abriam-Yago–ARC
 - Rudy Asercion–PAL
- Hawaii
 - Marianela Jacob–ARC
 - Gina Lardizabal–PAL
- Texas
 - Dr. Pamela Windle–ARC
 - Shela Ecobiza–PAL
- New Jersey
 - Dr. Persephone Vargas–ARC
 - Veronica Lavarro–PAL
- New York
 - Dr. Mary Joy Garcia-Dia–ARC
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ARC: Academic Research Collaborator
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"Kaya Natin ang COVID!" – We Can Do this Together Against COVID-19!

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

The severe acute respiratory syndrome coronavirus 2 (COVID-19) pandemic continues to impose significant burden for patients and their families, and the healthcare system in the US and globally. This burden hit hard the Filipino communities in the US. In our last newsletter, we paid tribute to the healthcare frontliners who provided care to COVID patients, many of whom are Filipinos. Unfortunately, many suffered the consequences at the cost of their health, their families', and sometimes even their lives. We pay tribute to them!

Seemingly, we were winning the fight against an invisible foe. States relaxed the strategies against COVID as they began to re-open. In Texas, one of the earliest and fastest states to reopen, community members were surprised to note that the Governor's June 3 re-opening plan did not include mandatory wearing of mask when in public. There is strong research evidence that wearing of mask reduced COVID-19 transmission. Austria reported a 90% drop of COVID-19 cases two weeks after the government required everyone to wear a face mask. Likewise, Czech Republic and Slovakia, the first countries to make masks compulsory in Europe, had small infection rate per capita.

After the re-opening, COVID-19 cases in Texas soared to new heights, with hospital intensive care units almost filled, as of June 27 reported to be at 97% of its capacity. At the University of Texas Health Science Center at San Antonio's COVID testing facilities, community contact was the most common method of transmission. In response, counties and cities mandated that businesses require employees and customers to wear face masks when social distancing is not possible. Is it too late? Will we be able to stem the tide? Only time will tell.

Apparent in these turns of events is the shift of this war against COVID-19 to the community. **WE** (I/me, you, he/she, they) are truly the frontliners against COVID. **WE** are responsible for protecting ourselves, our family, the community and the country. **WE** must be ever vigilant. Maintain physical distancing (at least 6 feet apart). Limit unnecessary traveling. Wear mask when in public. Observe hand hygiene. Keep ourselves healthy. As the leader of a Filipino-American Patient-Centered Outcomes Research (FA-PCOR) project, I believe in the power of the community. Communities that work together against COVID-19 can protect themselves, their family, community and the nation! Let's do this together! "Kaya natin ito!" We can do this!



We would like to wish you a Happy 4th of July! Enjoy some sun, BBQ, fireworks, and family time! Stay safe and keep social distancing!

Reference: <https://www.sciencetimes.com/articles/25410/20200421/austria-90-drop-coronavirus-cases-requiring-people-wear-face-masks.htm>



Humor to Prevent COVID Transmission: Can Mnemonics Help?

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

Filipinos are known for their ability to smile and laugh in the face of diversity. The history of Filipinos has been beset by socio-economic and political crises as well as natural and man-made disasters. Filipinos have been characterized by resilience – being able to bounce back in the aftermath of adverse conditions. Humor seems to be a mechanism that allowed Filipinos to weather the storms of life. The COVID-19 pandemic is one huge storm. Everyone must do what one can to prevent the spread of COVID-19, yet, people seem inattentive or forgetful of their individual roles. With our campaign for community frontliners against COVID, the Facebook posting by James Wade may be helpful as shown on the right.

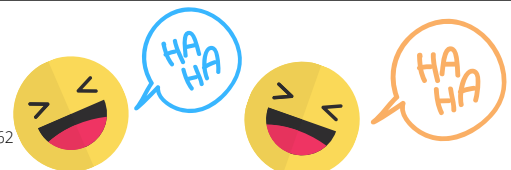
With a full dose of humor (putting aside the sexist innuendo) and the matriarchal influence of the Filipino culture, the mnemonics can be a powerful and useful tool for everyone as a reminder on what we can do against COVID! Remember to "WOMEN" or "WO, MEN" against COVID! *Kaya natin ito!* We can do this!

References: Balmores-Paulino (2018). An exploration of the schema and function of humor. *Israel Journal of Humor Research*, 7 (2), 43-62

WE'RE ALLOWED BACK TO WORK!
BUT! YOU HAVE TO REMEMBER TO:

AVOID MEN **INSTEAD, FOLLOW WOMEN:**

M -MOUTH	W -WASH YOUR HANDS
E - EYES	O -OBEY SOCIAL DISTANCING
N -NOSE	M -MASK UP
	E -EXERCISE AND EAT WELL
	N -NO UNNECESSARY TRAVELING



COVID-19 Issues Highlighted by FA-PCOR Leaders in 5 U.S. States

By M. Danet Lapiz-Bluhm, and Mara Althea Cabungcal

On May 9 and 11, 2020 leaders of the Filipino-American Patient-Centered Outcomes Research (FA-PCOR) project met to discuss the shift to an online Zoom platform of FA-PCOR "nayan" meeting due to the COVID-19 pandemic. Also discussed was the possibility of applying for an enhancement grant that address patient-centered issues related to the COVID-19 pandemic. The leaders (academic research collaborators and patient advocate leaders) from each of the FA-PCOR "nayan" of the five states (CA, HI, TX, NJ, and NY) were supportive of the grant application plan. The leaders identified COVID issues they experienced personally and through their network; these sharings indicate deep community issues that need to be explored in the wider FA community. Knowledge of these issues can inform the development of interventions relevant to the community. Below are some of the issues shared.

California	
Racism	Communication
Moral Distress and Compassion Fatigue	Safety
Multi-generational Families and Vulnerabilities	Depression

Hawaii	
Loss of Income	Access to Social Services
Depression and Mental Health Issues	

New Jersey	
Racism	Multigenerational Families
Job Loss	Psychological, Financial and Sociocultural Aspect

New York	
Lack of Representation in Data	Depression
Multigenerational Nurses	Access to Social Services
Elderly Population	

Texas	
Access to Social Services	Communication
Job Security	Depression and Mental Health Issues

"It is now **time for us to get REPRESENTED** as CDC data only identifies us as Asians with no ethnicity breakdown"

NEW YORK

On the psychological, sociocultural and financial impact of COVID-19, "**Death among close friends and families in the community**"

NEW JERSEY

"1st and 2nd generation FAs do not know how to access social services; they rely on their children to apply for them"

HAWAII

"One [Filipino] public health nurse was **spat at** by a patient but was able to avoid it"

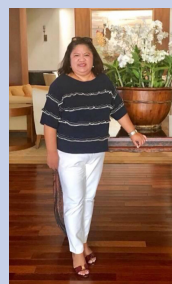
CALIFORNIA

Loss of job creates high risk for depression, feelings of isolation and loneliness,

TEXAS

COMMUNITY LEADER HIGHLIGHT

By Mara Althea Cabungcal



Pinoy PCOR Balita is proud to highlight the patient advocate leader from the Aloha State of Hawaii, **Ms. Rizalina Gina Lardizabal**. Gina as she is fondly called, is the secretary at the Healthcare School of Hawaii, a school that trains future nurse assistants in Aiea, Hawaii. In her line of work, she fulfills an integral role in facilitating new students into the program—assisting them in their application process, medical clearance, and other requirements necessary for admission to the program.

Born and raised in Ilocos Norte, she graduated from Filipinas National High School, and studied at the Northwestern University, Laoag City, Philippines completing two years of computer programming. She continued her education when she moved here in June 8, 1988. Now she has made a home and is a proud mother of two kids and a loving wife to her husband, Rolando.

She is very active in her community. In her church, St. Theresa, she arranges flowers monthly and has served as the chairman at the Ways and Means Committee. Sundays are spent as a hospitality captain at the Cathedral Basilica of Our Lady of Peace. Gina is also involved in medical and dental missions, helping over 1000 patients in her hometown. Furthermore, belonging to a vibrant and large community of Ilocanos in Hawaii, she is active in numerous community immersion and cultural programs. She has shared that this is vital in bridging the gap within the community. These programs provide them with knowledge on how to adjust to life here in the U.S. As most of us are aware, it is a cultural practice for us Filipino immigrants to bring our extended families such as our elderly parents to give and share with them a better life such as access to healthcare. However, they often face difficulty in assimilating and accessing healthcare primarily due to the language barrier. As Ms. Lardizabal shares, "Most elders solely speak their dialect of Ilokano or Tagalog so are often unable to properly express themselves when speaking and meeting with their healthcare providers, thus their strong preference for a Filipino doctor who they can speak in their own language."

Despite research being something she has never done before, she's enthusiastic about being involved in research about her own community. The PCORI project to her is an opportunity to examine the dynamic between health within the Filipino-American community and has also allowed her to introspectively reflect on her own health. Through her continued involvement with her community works, and the PCORI project she hopes that healthcare access and the health of the Filipino community can improve and flourish to put an end to the current health disparity, "Moving forward, I envision this to inspire younger generation to consider how their idea or vision of health has been affected by their Filipino-American identity and how to avoid the intersectionality from hindering themselves from live a healthy life."

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