



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
- Mariana 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
- Liza Santos—PAL

Consultants

- Dr. Melinda-Bender
- Dr. Leo-Felix Jurado
- Marietta Dela Cruz

ARC: Academic Research Collaborator
PAL: Patient Advocate Leader

Kapuso!: Fil-Am's Solidarity in the Face of Health Challenges

"*Kapuso*" is a Filipino word that holds a deep meaning. Loosely translated as "one heart," it embodies sentiments akin to "we are one in heart, mind, and spirit!" "*Kapuso!*" should be our battle cry from the confines of our homes as we observe quarantine and social distancing amidst the gargantuan effort to prevent the spread of the novel coronavirus, COVID-19. Amidst the horrifying statistics of infections and deaths, our frontline fighters (i.e., doctors, nurses, medical laboratory scientists, respiratory therapists and other healthcare team members as well as first responders) go to work each day despite the potential for infection. They are our heroes! We extend our great thanks and send them our prayers as their *kapuso*.

On February 27-28, Filipino-American (Fil-Am) leaders of the PCORI (Patient-Centered Outcomes Research Institute) project met to reflect on the past year and plan for year 2. Heralding from the five states of CA, HI, TX, NJ and NY, we worked together with one heart and goal to improve outcomes among Fil-Ams in the US.

The leaders shared the top ten health and healthcare related issues from their state. Regardless of the state of origin, the top Fil-Am health issues were diabetes, hypertension and obesity. These multi-factorial chronic health issues are potentially preventable. The verdict was unanimous. We need to do something! And we will! The leaders were tasked to continue with their community engagement efforts. They will be forming their respective state's PCOR Nasyon Advisory Council (NAC). The leaders and their NAC will prepare the communities for the next steps of the project that will address the prioritized healthcare issues. The aim of this grant is to also provide researchers and clinicians a toolkit to better understand the needs of the Fil-Ams. This toolkit will serve as a roadmap for anyone interested in helping improve patient outcomes among Fil-Ams.

I invite all Fil-Ams to touch base with the PCOR *nayon* of their respective states and to be frontliners on this national effort. We cannot achieve our goal to improve outcomes among Fil-Ams without everyone's engaged effort. We are all "*kapuso*."

I wish you all good health! While staying at home, please take time to complete the 2020 Census! **BE COUNTED!**

M. Danet Lapiz-Bluhm, PCORI Project Leader



COVID-19: WHAT YOU SHOULD DO!

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

An unprecedented global health issue, COVID-19 continues to be a challenge to the United States (US). At the time of this writing, the US has surpassed all countries, even China, in terms of the number of confirmed cases. Confirmed cases are those who have been tested and found to have the virus. It is predicted that this number will increase as more individuals will be tested. So, what can we do? We need to help each other to prevent the spread of this disease. We highlight information available from the federal level (coronavirus.org) which are echoed by state and local authorities, and our two cents (*in italics*):

- **Practice good hygiene:** Wash hands, especially after touching any frequently used item or surface! Avoid touching your face! Sneeze or cough into a tissue or the inside of your elbow. Disinfect frequently used items and surfaces as much as possible. *Pakihugas po ng inyong mga kamay sa loob ng dalawampung segundo! Huwag pong kalimutan gumamit ng sabon!*
- **Work or engage in schooling from home** whenever possible. *Mag-enjoy po kayo sa family time!*
- **Avoid discretionary travel,** shopping trips, and social visits. *Manatili muna tayo sa bahay.*

- **If you work in a critical infrastructure industry,** as defined by the Department of Homeland Security, such as healthcare services, pharmaceutical and food supply, you have the responsibility to maintain your normal work schedule. You and your employers should follow the CDC guideline to protect your health at work. *Remember to protect yourself! Panatilihin po na ligtas at malusog kayo at ang bawat isa!*
- **Avoid social gatherings** in groups of more than 10 people. *Huwag po munang mag-party! Huwag munang mag-mano o mag-yakap maski ka-pamilya.*
- **Avoid eating or dining in bars, restaurants and food courts.** Use drive-thru, pickup or delivery options. *Mas masarap ang lutong bahay!*
- **Do not visit nursing homes, retirement or long-term care facilities** unless to provide critical assistance. *Use online communication strategies to connect with your loved ones! Gamitin po natin ang telepono, Skype o FaceTime para hindi naman po sila maulila at malungkot!*

Want to know more? Get the facts about COVID-19 from the links below!

Insights into the Top Ten Health and Healthcare Issues among Fil-Ams

On February 27 and 28, 2020, PCORI leaders from California, Hawaii, New Jersey, New York and Texas attended the project retreat arranged to build teamwork, assess the first year of the project, and plan for the next. The leaders were asked to share the top ten health and healthcare issues among Fil-Ams of their *rayons* discussed in their “*pulong-pulong and sama-sama*” (PASS) meetings (or focus groups). Here we feature the information reported. We thank all the leaders for their hard work!

COMMUNITY LEADER HIGHLIGHT

By Mara Althea Cabungcal



Ms. Shela Ecobiza, MSN, RN-BC is the FA-PCOR Patient Advocate Leader (PAL) of Texas and our community leader highlight feature. Together we will get to know more about her, and how and why she chose to become involved in the “Mag-PCOR Muna Tayo,” a Patient-Centered Outcomes Research Institute (PCORI) funded project..

Her roots hail from Cadiz City, Negros Occidental, where she started her career as a nurse upon graduating from Cebu Doctors College in 1990. Now the United States (U.S.) has been home to her since 1992 when her father petitioned her. Currently, she works as a quality management coordinator at Harris Health System.

Community engagement and involvement is nothing new to her. She is an active member of various scholar and professional associations such as Sigma Theta Tau International Honors Society of Nursing, Philippine Nurses Association of Metropolitan Houston (PNAMH), and Philippines Nurses Association of America (PNAA). She is also a medical volunteer in her church. Within those organizations she has received noteworthy awards such as the Texas Nurses Association Top 20 Nurses in 2017, and the Presidential Award PNAMH in 2016. She has also held various positions and currently serves as a Board member and Chair of Scholarship and Outstanding Filipino Nurse (OFN) Committee in PNAMH.

Her active membership and professional work had led her to forge a mentee-mentor relationship with Dr. Pamela Windle DNP, RN. Dr. Windle being highly involved with various research and PNAMH activities is a wealth of knowledge to her. Her mentor is generous in sharing her expertise and is encouraging and lifting others to succeed—a remarkable trait. This led to a partnership wherein Ms. Ecobiza took on the lead as the Texas PAL when approached with a research proposal by Dr. Windle. She quips that despite research being her least favorite, the “Mag-PCOR Muna Tayo” PCOR Project changed her perception. When asked why she believes research is crucial she replied, “research is important because it provides new knowledge to current data, finds new ways leading to current treatment and action, and to collect data that will contribute to developing knowledge in a field or study.”

The Filipino-American (Fil-Am) community is near and dear to her. Through this project, it opened her eyes to the difficulties and issues that are faced by the Fil-Ams. Having been a patient, caregiver to a family member, and a healthcare member herself, she can empathize with them on various depths. A takeaway from being a PAL is that she has gained a better understanding of the different problems that require more education and how the current healthcare structure has much needed improvement to better serve our communities.

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



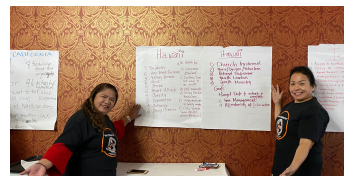
Top, L-R: Rudy Asercion, Ester Novero, Gina Lardizabal, Marianela Jacob, Dr. Pamela Windle, Marietta Dela Cruz, Shela Ecobiza, Dr. Persephone Vargas & Mara Althea Cabungcal . Bottom, L-R: Dr. Mary Joy Dia-Garcia, Dr. M. Danet Lapiz-Bluhm & Dr. Katherine Abriam-Yago

Hawaii

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Diabetes mellitus 2. High blood pressure 3. Kidney disease 4. Gout 5. Stroke 6. Heart Attack 7. Obesity 8. Depression 9. Asthma 10. Drug or tobacco | <ol style="list-style-type: none"> 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) |
|---|--|



L-R: Rudy Asercion, Ester Novero, & Dr. Katherine Abriam-Yago



L: Gina Lardizabal; R: Marianela Jacob



L-R: Shela Ecobiza, Dr. Pamela Windle & Marietta Dela Cruz



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

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

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

CONTACT US

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