



# PINOY PCOR BALITA



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

## LEADERSHIP TEAM

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## Women's History Month's Development: A Journey Worth Emulating

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

Happy Women's History Month! Women's History Month is a product of the tireless work of individuals so that the unsung contributions of women to help build the great country of America would be recognized.

Originally a local event in Santa Rosa (California), Women's History Month was planned and executed as a "Women's History Week" celebration in 1978 by the Education Task Force of the Sonoma County (California) Commission on the Status of Women. The movement spread across the country as other communities initiated their own Women's History Week celebrations. In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th, 1980 as National Women's History Week which was followed by subsequent Presidents. In 1987, Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March as Women's History Month. Since 1995, each president has issued annual proclamations designating the month of March as "Women's History Month."

From its humble beginnings, Women's History Month is a testament that a spark from the grassroots level could become a national event. This journey is inspiring for our Filipino American Patient-Centered Outcomes Research (FAPCOR) "Nayon" network. The goal is to build capacity and engage Filipinos in America at the grassroots level towards a collaborative nationwide engagement network. The FAPCOR "Nayon" network will move forward health and healthcare research priorities among Filipinos. Such endeavors among Filipinos in America can help improve health outcomes.

As we celebrate the great contributions of women in US history, we also celebrate the many women leaders and stakeholders of FAPCOR in many US states. Together, let us help build capacity and engage Filipinos across the USA in FAPCOR! We can do it! Kaya natin ito!

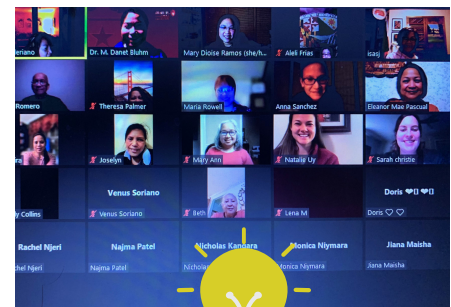


## Notes from the Field: "Pulong at Sama-Sama" Completion Continues

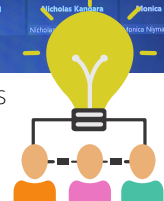
M. Danet Lapiz-Bluhm, PHD, RN, MSCI, ANEF, FAAN

As of March 2022, the Filipino American Patient-Centered Outcomes Research (FAPCOR) "Nayon" of Arizona, Virginia, Florida, Maryland and Ohio completed one "pulong at sama-sama" (PASS) meeting to solicit data among stakeholders about the health and healthcare priorities among Filipinos in their respective states. AZ, VA, FL and MD completed two PASS meetings. The MD and VA FAPCOR "Nayon" networks completed their 3rd PASS meeting, which was attended by their Stakeholder Advisory Council. The Council serves as the governing body of the "Nayon" and helps in the decision-making processes regarding its activities, priorities and reach to the community. Council Members will help the "Nayon" leaders (Academic Research Collaborator and Patient Advocate Leader) in increasing the visibility of the project and engagement of Filipinos in the state. Maryland is poised to hold its town hall meeting on the 3rd of April to disseminate the data collected during the PASS meetings.

While the COVID-19 pandemic has affected the progress of the study, the reduction in active cases and severity of symptoms among vaccinated individuals have brought back a flurry of activities in the FAPCOR "Nayon" in US States. Thank you to all the leaders!



GA FAPCOR PASS



COVID information:

[World Health Organization \(WHO\) COVID-19 FAQs](#)

[Johns Hopkins University COVID-19 Global Tracker](#)

[Centers for Disease Control and Prevention \(CDC\) COVID-19 Information](#)

## COMMUNITY LEADER HIGHLIGHTS

# Encourage, Engage, and Elicit: 3E's of Focus Group Meetings

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

Sarah Christie

The Filipino American Research (FAR) Hub project uses “pulong at sama-sama” (PASS) to solicit information from Filipinos regarding their health and healthcare priorities and engagement in patient centered-outcomes research (PCOR). A similar strategy was used for the original “Mag-PCOR Muna Tayo” Project. The PASS utilizes the focus group approach for data collection.

The State of Virginia is one of the top 10 US states in terms of Filipino population. Filipinos in Virginia are unique because they draw their roots from a broad history of US-Philippines naval engagement. For much of the 20th century, both Hampton Roads and the Philippines were notable for housing the U.S.'s two largest naval bases. Hence, VA had to be included in the Filipino American Patient-Centered Outcomes Research (FAPCOR) “Nayon” network. We highlight the two FAPCOR “Nayon” leaders of VA, Dr. Girlyn Cachaper and Catherine Paler, who have been building capacity and engaging Filipinos in the state.

In both FAR Hub and “Mag-PCOR” Projects, FAPCOR “Nayon” leaders are provided with a script and slide set to share with the participants during the PASS meetings. This approach maintains the fidelity of the process and questions across all states. It aids the leaders to articulate the points during the meeting. Despite these resources, the FAPCOR leader still needs to moderate the focus group and engage participants to provide true and reliable information.



Girlyn Cachaper, PhD



Catherine Paler, MSN, RN, PCCN

FAPCOR leaders who moderate the PASS are oriented to the basic strategies on how to lead focus groups. Hardwick (2022) highlights that focus group moderators are experts at the “3 E's” – Encourage, Engage and Elicit. The moderator has utilize the 3E's in balancing multiple roles during the focus group while gathering the answers to client questions and uncovering unexpected insights!

Girlyn Cachaper, PhD, is the Academic Research Collaborator (ARC) of VA FAPCOR “Nayon” network. A strong applied social scientist with a PhD in Health Services Research from Old Dominion University, Dr. Cachaper works as a Senior Research Analyst supporting nursing scholarship at Sentara health system. An active community volunteer, she sees the ARC role as an extension of her community involvement, while furthering research efforts with Filipino American communities. Her previous academic work focused on the intersection of healthcare and culture, but her role as a caregiver to aging parents personally highlights these issues. She believes community input is vital when it comes to increasing access to healthcare and hopes that her contribution to the project will spotlight the healthcare barriers of Filipino Americans and lead to addressing them in Virginia and throughout the U.S.

- o Put the participants at ease*
- o Keep the discussion on track*
- o Be an excellent listener*
- o Observe verbal and non-verbal behavior*
- o Ensure participation of each individual*
- o Manage the group dynamics (prevent an individual from dominating the discussion)*
- o Incorporate a mix of exercises to gather unbiased responses, capitalize on groupthink, and elicit subconscious thoughts*
- o Facilitate, not participate*
- o Create an environment where participants share and have fun*

Catherine Paler, MSN, RN, PCCN (“Cat” for short), is the Patient Advocate Leader (PAL) of Virginia. Ms. Paler has more than 28 years of nursing experience in providing care for medical, surgical, intensive care, progressive care, and oncology patient populations. As an Oncology Nurse and Nursing Professor of Old Dominion University, she coordinates and develops educational events, leadership councils, and mentorship programs. In 2016 she became the education chair of the Philippine Nurses Association of Virginia before becoming president of the organization in 2020. She engages in student outreach as the chair of student outreach in the VNA Hampton Roads Chapter. She also is a Policy & Procedure Committee and Ethics Committee member in the Philippine Nurses Association of America. Through her leadership of the VA FAPCOR “Nayon,” she seeks to bring awareness to the health concerns of Filipino Americans specifically related to age, socioeconomic status, and cultural sensitivity issues.

Each PASS meeting gives voice to Filipino stakeholders. Each individual's sharing is important to move forward the health and healthcare priorities of Filipinos where they are. “Nayon” leaders encourage and engage Filipinos to improve patient outcomes.

Source:  
Hardwick, H. (2022). How to Choose a Focus Group Moderator. Hardwick Research. <https://www.hardwickresearch.com/how-to-choose-a-focus-group-moderator/>



Some FAPCOR Nayon Leaders at Training



VA FAPCOR Stakeholder Advisory Council Meeting

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