

PINOY PCOR BALITA

"Mag-PCOR Muna Tayo"



LEADERSHIP TEAM

National Collaborating Team

- Dr. M. Danet Lapiz-Bluhm - Project Leader
- Denise Marie Partosa - 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
- Liza Santos - PAL

Consultants

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

ARC: Academic Research Collaborator
PAL: Patient Advocate Leader

Honor our Filipino Heritage: Get Counted! Register! Vote!

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

"Kung sino ang hindi marunong lumingon sa pinanggalingan ay hindi makarating sa paparoonan" is a popular Filipino saying that calls for the need to reflect on one's past to reach one's goal.

Since October is Filipino History Month, it is an auspicious time for us to reflect on where we have been, our present, and our future as Filipino-Americans (Fil-Ams). It is time to evaluate what we have done, need to do, and should be doing. Here are reminders of our civic responsibilities that could impact the future.

Census 2020 Completion



Remember to submit your Census by mail, phone or online by September 30, 2020 (may be extended, please check website). The Census is conducted every ten (10) years. Every person in America and its five territories needs to be counted. Census data are used to decide federal funding for hospitals, fire departments, schools, roads, and other resources to support the community. It will also affect Congressional representation. For more information and to participate, please click: <https://2020census.gov/en/what-is-2020-census.html>.

Make sure you are counted! Encourage others to participate and be counted!

Register to vote



Voting gives everyone a voice on their choice of individuals to serve the government. Every American of legal voting age (18 years) must be registered to vote. Please remember to register early before your state's cut off date. The registration deadlines and related information can be found at <https://www.usa.gov/register-to-vote>.

Encourage your family and friends also to register!

Vote



Election Day is Tuesday, November 3, 2020. Make sure you vote! Even better, vote early! For more information about early voting in your state as well as voting locations, see <https://www.usa.gov/election-day>. There are also other modes of voting. Please check the website.

Please take the time to know your candidate and vote wisely!

The Philippines and the Filipinos have a long history of multiple fights towards independence and democracy. Our forefathers persisted through these hard-won battles. In our new home country, the United States of America, we are called to honor our Filipino legacy by making sure that we are counted, and practice our civic responsibility and our freedom to vote!

Mabuhay ang mga Pinoy sa America!

FA-PCOR *Nayon* Goes Virtual: Notes from the Field

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

We, Filipinos, are known for our resilience. It is a character believed to be handed down through generations as our ancestors weathered foreign invaders, political upheavals, and natural disasters. Our "Mag-PCOR Muna Tayo" project team experienced challenges in conducting our planned activities amid the coronavirus (COVID-19) pandemic. At the July meeting, all *nayon* leaders agreed that "pulong at sama-sama" (PASS) meetings would be virtual. Our Project has a paid Zoom account. The Texas *Nayon* jumped into the platform change like ducks to water. Dr. Pam Windle and Ms. Shela Ecobiza held their PASS meetings with participants from farther TX cities (i.e., Rio Grande Valley and Beaumont), which would have been difficult to organize with in-person meetings.

Observed from the TX *Nayon* meetings were the sharing by Fil-Am stakeholders in the virtual space. There was an acknowledgement that other than missing the physical aspect of in-person meetings, the virtual platform worked. It did not seem to hinder participants from sharing their thoughts, perceptions, and ideas. Leaders and participants considered the platform more convenient as they can join the meeting in the comfort of their home. It was also easier for them to invite family members to participate. The TX *Nayon* leaders were at first anxious about the technicalities but soon gained confidence. What resilience!

We welcome your feedback on this online platform! Please e-mail us at Fil.Am.PCOR@gmail.com for your ideas.



COMMUNITY LEADER HIGHLIGHT

Ms. Veronica Lavarro is our Patient Advocate Leader in the Mid-Atlantic state region of New Jersey. She has a 20-year span career in Communications and Media Relations with industry expertise in various areas: consumer products, energy and utilities, government and politics, technology, sports trade, and most recently in the health care industry.



Batangas City, known as the "Industrial Port City" of CALABARZON administrative region in the Philippines, is her childhood hometown before arriving here in the United States in 1993. She continued her studies and graduated with a Bachelor of Science in Computer Science degree at New Jersey City University. She was previously the Director of Strategic Communications of Asian Health Services at Holy Name Medical Center and New York Region Media Specialist with the US Census Bureau during the 2010 Census, prior to her current role as the PR-Marketing Manager for Jersey City Medical Center, part of RWJBarnabas Health (Jersey City, NJ).

Veronica volunteers with local organizations, including the Jersey City Parks Coalition, Philippine American Friendship Community, and the Development Board of the Learning Community Charter School where her daughter attends school. In the past year, her involvement with the Philippine Centered Outcomes Research Institute (PCORI) project, a community nationwide network, has opened an opportunity to empower individuals with a platform to speak to issues that are personal to their health and access to health care. She points to the importance of evidenced-based research to building and planning effective health care interventions and health promotion programs. Her participation in the PCORI project helps expand the knowledge base on the health needs of the Filipino-American community, to close the information gap and contribute to eliminating health disparities. To Veronica, "Research is the natural step to plan how insights and survey results can be used to actually provide tools for healthy interventions, focusing on the areas that present the most need."

On the impact of PCORI in increasing health promotion and health relevant to Fil-Ams, Ms. Lavarro says, "Certain communities have an already pre-conceived way of looking at health. Health promotion is important, but we need to promote evidence-based interventions. Also, we need to have more robust engagement with our community about what health and healthy lifestyle means and could look like. Sometimes or most of the times, people are just not aware of what their options are."

Veronica lives in New Jersey with her husband and daughter.

What's Next for FA-PCOR: Continued Engagement Efforts for Stakeholder Partners

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

Patient-centered outcomes research (PCOR) distinguishes itself from traditional research in that community stakeholders are partners in research. Partnership in research means that patients and stakeholders are key members of study team. PCOR assists patients, consumers, clinicians, purchasers, and policymakers in making informed decisions intended to improve health care at the individual and population levels. Our project partners, the patient advocate leaders (PALs) and academic research collaborators (ARCs) for each of the FA-PCOR *nayon*, are recognized for all their efforts as we move forward towards the completion of our "Mag-PCOR Muna Tayo" project. All *nayon* leaders are reminded of the activities scheduled to take place on Year 2 of the project, beginning in March 2020. Understandably, activities were delayed due to the COVID-19 pandemic but we need to get back on track (see below for the list).



Photocapture of online PASS meeting of the Texas-PCOR meeting with participants from Beaumont, Texas



Photocapture of the PASS meeting of the TX FA-PCOR nayon with participants from the Rio Grande Valley, Texas

We applied for a COVID-19 funding enhancement of our current project aimed at engaging stakeholders on pandemic-related issues as Fil-Am nurses and essential workers were pandemic frontliners, significantly affecting the community. Unfortunately, the application was unsuccessful. We will continue to seek funding to address prioritized health issues of Fil-Ams in the communities and to give voice to their health and healthcare needs!

Kudos to our NJ *Nayon* for having published their engagement efforts and data in the *Journal of Nursing Practice and Reviews of Research*, Vol. 10 (2) (<https://doi.org/10.13178/jnparr.2020.10.02.1003>)! We look forward to publishing the engagement efforts of other *nayons*!



Toolkit Guide Questions

For each FA-PCOR *nayon*, four "pulong at sama-sama" (PASS) meetings need to take place in Year 2. Please make sure that all the agenda questions prepared are answered. Answers to these questions will be included in the Toolkit to Engage Filipino Americans in PCOR and CER.



Nayon Advisory Committee (NAC)

At the 4th PASS meeting, each *nayon* is expected to form their *Nayon* Advisory Council (NAC). The NAC will assist the leaders in deciding the *nayon's* research priorities and endeavors and promote its activities to the community.



Town Hall Meeting

At the 4th PASS, the *nayon* will plan a town hall meeting to share with the community-at-large the data from the study. This town hall meeting was designed to be in-person, but because of the COVID pandemic, this may be done virtually.

