The Future of Nursing in Eliminating Health Disparities

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Center of Excellence for Hispanic Health Disparities Research

http://www.elcentro.sonhs.miami.edu/

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The Primary Mission of El Centro

• To advance the scientific development and evaluation of culturally-tailored interventions in a constellation of behaviorally-rooted health conditions that disproportionately affect Hispanics:
  – Substance abuse
  – HIV/AIDS and sexually transmitted infections
  – Family and intimate partner violence
  – Co-occurring mental health conditions that impact and are impacted by these other conditions
Why “Culturally-Tailored” Interventions?

- Cultural groups have unique values, beliefs, behaviors and histories that directly impact health and the efficacy of interventions.

- Few intervention studies have sufficiently large sub-samples of a particular cultural group to evaluate the efficacy of the intervention for that group.

- Interventions that have not been designed for or adequately tested on a particular cultural group are probably not ready for widespread utilization for that group.
Culturally-Tailoring an Intervention

• Make the intervention comfortable & familiar
• Address the unique challenges and sensitivities of the group
• Use cultural strengths as building blocks for change
• Learn from your clients
Engaging Latinas in Health Interventions

- **SEPA II Example:**
  - Once participant attend one session, they engaged in the entire intervention
    - 95% retention

- **What is attractive to participants?**
  - Latina, Nurse led intervention
  - Empowerment/Pedagogy of the Oppressed (Friere, P)
  - Peer support
  - Trust
  - Personalismo
Common Findings from Program of Research

• Accessing marginalized populations
  – Barriers to accessing healthcare
• High rates of depression and violence
• The important role of culture & context
  – Acculturation (not one dimensional)
  – Hispanic stress
  – Machismo and male infidelity
• Alcohol and drug use
• Social discrimination amongst peers
Critical Role of Nursing in Eliminating Health Disparities

• Nurses are ideally suited because of:
  – Holistic approach
  – Most trusted healthcare professionals
  – History of working with marginalized groups
  – Ability to partner with communities and serve as advocates
  – Longstanding practice and research contribution in working with most vulnerable communities
The Future Nursing Role in Eliminating Health Disparities

• Primary providers of health services for disparities populations
• Development of comprehensive culturally tailored interventions
• Going back to our roots in community-oriented health care delivery models
  – Care delivery in and with the community (e.g., newborn visits, schools, nurse run clinics in marginalized communities and neighborhoods)
• Thank you very much
• Gracias