

# Development of a Church Based Educational Program to Increase Prostate Cancer Screening For Black Men 40 and Older



# Table Of Contents

- Candidate Name and credentials
- Author name
- Employer
- Learners objectives

# Name of Presenter

**Dr. Dawn Silvera-Ndure**

**DNP, MSN, FNP-BC, CNS, BSN, RN**



# Credentials

Doctor of Nursing Practice : Walden University, Minneapolis, MN (2016)

Post Graduation Degree-Family Nurse Practitioner: Pace University, Pleasantville, N.Y (2010)

Master of Science in Nursing (CNS): Lehman College, Bronx New York (2002)

Bachelor of Science in Nursing: College of New Rochelle, New York (1996)

Diploma: Registered General Nurse: University of the West Indies, Kingston, Jamaica, WI (1983)



# Employer

Mount Vernon Neighborhood

Health Center Inc:

Mount Vernon, New York

# Work Experience

- Mount Vernon Neighborhood Health Center: Family Nurse Practitioner (2014-Present)
- NP in Family Health-Gericine Solution: Family Nurse Practitioner (2011-2017)
- St. Cabrini Nursing Home: Administrative Nursing Coordinator (2008-2011)
- Jewish Guild for the Blind: Nursing Supervisor/Nurse Case Manager (2002-2008)
- Montefiore Medical Center: Staff Nurse (1989-2002)
- Ministry of Health Jamaica West Indies: Registered General Nurse (1983- 1989)

# Membership

- Member of the American Association of Nurse Practitioners (AANP)
- Member of the American Nurses Association
- Member of the Sigma Theta Tau International-Honor Society of Nursing (STTI)
- Friends of Port Maria New York Chapter Inc (Coordinates Annual Community Health Fair in Jamaica)
- Member of the Caribbean American Nurses Association

# Introduction

- Prostate cancer leads to more deaths among all men.
- Black men are diagnosed 1.6 times more and die 2.4 times more than White.
- 6.41% of men who are 60 years old will get prostate cancer sometime during the next 10 years (CDC, 2013).



# Introduction

- This developmental project aimed to collaborate with an interdisciplinary team to present a church-based prostate cancer preventative teaching
- Goal is to motivate Black men towards informed decision-making in accessing prostate cancer screening
- Informed decision-making means that the man will be told: (a) The nature and risk of prostate cancer (b) The risks, benefits and alternatives to screening (c) How to participate in the decision to be screened or not at a level they desire (AHRQ, 2014).

# Problem Statement

- African-American men are diagnosed with prostate cancer 1.6 times more than other race
- African-American are diagnosed later in advanced prostate cancer disease
- African-American men die from prostate 2.4 Cancer 2.4 times more than White Men

# Purpose Statement

- The purpose of this project was the development of an evidence-based educational program to promote prostate cancer prevention screening among African-American men in New York Community church settings

# Project Goals and objectives

- To increase knowledge of prostate cancer and screening, among African-American community residing males.
- To increase access to and utilization of quality prostate cancer testing for African-American men at the Neighborhood Community Health Center.
- To increase the number of African-American men who access health care to prevent prostate cancer.
- To increase access to treatment for those testing positive (Healthy people 2020 objective).

# Project Questions

The three project questions are: Will a church based program of targeted education and referral to screening for African American men over age 40:

- 1) Lead to increased knowledge
- 2) Lead to increased screening
- 3) Lead to increased early detection

## **Evidence-Based Significance of the Project**

- Prostate cancer is the most common cancer in African American men.
- Risk factors for Prostate cancer includes: Age, family , history , and race.
- Death from prostate cancer has shown a 10% decrease from the 2007 data due to increase access to and utilization of quality prostate cancer screening (CDC, 2014).

# Implications for Social Change

- The Doctorate of Nursing Practice (DNP) prepared nurse uses EBP knowledge to improve patient and population health outcomes.
- The American Association of Colleges of Nursing concepts of health promotion, evidence-based recommendations, cultural diversity and sensitivity guide the practice of the DNP prepared nurse (AANC, 2006).
- Clinical prevention is an important aspect of health promotion, risk reduction and/or illness prevention for individuals and families. Prostate cancer screening is an important aspect of this function.

# Assumptions

- African-American men are more likely to be diagnosed with prostate cancer at an advanced stage, due to delay in screening.
- African-American men are twice as likely to die of prostate cancer compared to other races.
- Screening will lead to follow up care.
- There are adequate community services to take care of those who are screened positive.



# Limitations

- This educational informative session was limited to this specific population and may not be applicable to others
- The educational program was set up in a specific environment, and may not work in another setting.

# Theoretical Foundation

- Self-efficacy model of choice for the project. Self-efficacy affects health behaviors and influences choices affecting health
- Self-efficacy determines whether health behavior change will be initiated and continued.
- It influences the level that individuals set their health goals (APA, 2006).

# Population and Sampling

- African American men over 40 years old.
- Location: In three targeted towns in New York.
- Outreach letters to be sent to religious leaders within the churches in those three targeted towns.

# Design and Method

- A developmental project that will collaborate with a interdisciplinary team of principal investigator, religious leaders, designated health educators, parish nurse, and community health center staff.
- Principal investigator will present to team the relevant evidence, literature, and the educational intervention that will be use to motivate African American men over the age of 40 years, to access prostate cancer prevention screening.
- The principal investigator will instruct the designated health educator how to educate African American men on clarifying their preferences and values related to the pros and cons of prostate cancer screening.

# **Role of the Community Based Interdisciplinary team**

- The Principal Investigator formulated the educational program, presented it to the team, collaborates with the parish nurse pre and post the intervention, and be a resource person for the program.
- The religious leader gives consent for the program to be done at the church, and works with the Designated church health educator to implement the educational program.
- Chief Operating Officer, medical director and community health center staff will work together to: Approve all screening cost, coordinate the medical visits, outreach participants, and perform all required tests and check appropriate box on the participant's referral form to indicate that screening was done

# Project evaluation plan

- Post education questionnaire will assess the impact of the intervention. Evaluation outcomes will assess participant's prostate cancer knowledge, and decision self-efficacy.
- Change in post-test scores will be used to evaluate the desire towards health seeking behavioral change. The desired outcome is to get the participants who are found to be at risk, to access prostate screening.
- The principal investigator and the parish nurse will work with the community health center to evaluate how many participants actually came in for prostate screening.

# Ethical Considerations

- All necessary paperwork to obtain IRB approval was submitted and approved by the Walden University Institutional Review Board (IRB) prior to developing the Educational Intervention.
- A anonymous and confidential survey will be provided to each participant by the health educator.
- After survey completion, the participant will place the survey in an envelope and sealed it.

# Project Strategies

- Assemble a collaborative project team of religious leaders, designated church health educator, parish nurse, and community Health Center Medical Director
- Discussed with the team the relevant evidence and literature that support the developmental educational program.
- Review with the team the existing educational intervention that will be used to motivate African American men over the age of 40 years , to access prostate cancer prevention screening.
- Obtain validation of the effectiveness of the educational program teaching sessions, by using the post educational program questionnaire.
- The Interdisciplinary team will develop an evaluation plan to assess the effectiveness of the program in motivating African American men to go prostate cancer prevention screening



# Discussion

- Asymptomatic men, who have at least a 10-year life expectancy, have an opportunity to make an informed decision with their health care provider about screening for prostate cancer.
- The information should be about: uncertainties, risks, and potential benefits associated with prostate cancer screening. The ACS (2007).
- Men should receive prostate screening information directly from their health care providers or be referred to reliable and culturally appropriate sources (Wolf et al., 2010).

# Implications

## Practice

- Faith-based interventions can enhance self-efficacy, promote screening education, and be an effective participant recruitment settings. This program can be developed and duplicated in other churches.
- The knowledge outcome in this project will identify the positive impact that education has on motivating this population towards prostate screening.
- The DNP nurse is in a unique position as a change agent, who collaborates with other personals and develop educational programs that brings positive outcomes in the community.

# Strengths

- Screening can lead to follow up care by the community clinic, and there are adequate community services to take care of those who are screened positive.
- The screening process will help to identify those who were at risk and allow them the opportunity to become actively involved in their healthcare.
- Faith-based interventions can help to enhance self-efficacy, help to promote education on screening, and provide an effective setting from which to recruit participants.
- The effectiveness of collaboration and community togetherness

# Limitations

- The proposed educational informative session is limited to this specific population and may not be applicable to others.
- The screening is set up in a specific environment, and may not work in another setting.

# Recommendation

- Future projects can be tried in other environments such as: supermarkets, libraries, and Community Parks to facilitate a larger audience.
- African Americans who are not religious can be targeted in these areas.

# Dissemination

- Poster presentations proposed to be done at:
- Monthly medical staff meeting.
- Local STTI Chapter conference in Spring 2017.
- National STTI leadership seminar in 2017
- Aspirations to publish abstract in the Caribbean Journal of Nursing and the AANP Journal of Nursing
- Share abstracts and results with community church leaders, Parish Nurse organizations, Caribbean healthcare professionals and churches in other cities

# Summary and Conclusion

- The educational program was developed and structured to be implemented in a community church setting.
- The goal and objective is to motivate African American men towards accessing prostate cancer prevention screening.
- This is a developmental project and implementation is in the future. An abstract will be presented based upon research and the proposed education project to the targeted community churches and other Parish nurses organization in other cities so that the work can be implemented in other churches.
- Abstracts will also be given to other Religious organizations in other Caribbean countries such as Jamaica.

# Project Developer

- The development of this DNP Project was a learning experience that provided the opportunity to make a unique contribution to the health care system.
- I have been able to identify a practice gap and develop a quality improvement project that will be used to motivate African American men at risk for prostate cancer, to access prostate cancer prevention screening
- The DNP program has prepared this principal investigator to appraise literature and evidence, to design, implement, and evaluate quality improvement methodologies, to promote patient-centered care, and to disseminate findings from research to improve healthcare outcomes.



# References

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