Speaking Locally, Influencing Globally: Promotoras Evaluate a Culturally Sensitive Intervention to Promote Mexican-American Cancer Caregiver Coping and Health

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## Faculty Disclosure

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Consultant
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Promotoras de Salud
Gabi Hernandez and Maria Quintana

Student Researchers
Desiree Ortiz, Arnoldo Cabral, Monica Wischmeyer, and Nicole Broeckelmann

Over 70 Caregivers including
Maria Villagomez, Elena Garcia, Eva Hernandez, and Estela M. Arriaga
Objectives

1) Identify model to develop, translate, and assess feasibility and usefulness of Mexican American family cancer caregiver (MAFCG) learning intervention promoting caregiver health

2) Briefly describe a culturally sensitive theory-based intervention aimed at promoting MAFCG health

3) Discuss implications for certified MA community health workers (promotoras de salud - promotoras) use for intervention delivery
Relevant Background and Significance

- Hispanic (MA) limited access to healthcare
- largest group of uninsured
- late cancer diagnosis
- home care by MA females
- struggles & burdens: literacy issues
- struggles & burdens: language issues
- impact of cultural values and behaviors
- value of woman : woman learning
Relevant Background and Significance

• Positive effect of promotoras in clinic care of MA diabetics and cardiovascular clients
• National movement for person-centered and tailored care for quality care outcomes
• No evidence for use of theory-based interventions to promote MAFCG health
• No evidence for effect of promotoras on delivering need-based intervention to MAFCGs

References available upon request
Best Practice Aims

- Consistent and effective
- Consumer driven
- Open-ended approach
- Qualitative and quantitative
- Interdisciplinary approach
- Culturally sensitive
Caregiver drawing to depict what “cancer” means to her.
Caregiver drawing to describe the caregiver experience for a loved one with cancer.
Theory of Mexican American Family Cancer Caregiving

Becoming Stronger

Promotora-delivered MAPS Intervention

Feeling Supported

Strategizing: Prioritizing the Patient

Life Restructuring

Lacking Support

Struggling: Hurting Too Much

Belief in God

Duty to Family

Wells, Cagle, & Bradley, September 2006
Collective Vision with MAFCGs Based on History of Research

- build relationships built on strong MA oral tradition
- assess caregiver/coping at each patient care encounter (MAFCG and patient = 1)
- collaborate with clinic staff for improving delivery of culturally sensitive care
- need to develop/evaluate use/effectiveness of low literacy (7th grade) culturally sensitive MAPS intervention (using promotoras)
Current Project Purpose

• to further develop, translate, and assess feasibility and usefulness of theory-based MAFCG learning materials (Multidisciplinary Action Plan of Support - MAPS) to improve caregiver health

• to evaluate state certified MA community health worker (promotoras) usefulness and efficacy in delivering the intervention.
Methodology

STEP 1: develop and translate module 2 (stress and coping) of MAPS learning materials

STEP 2: pilot MAPS materials with a sample population of MA women caregivers
Caregiver Stress-Coping Project (Module 2 MAPS)

Step 1:
• Collaborative literature review, student pairs
• Drafts tested with student family members
• Prepared in English language, student pairs
• Prepared in Spanish language, student pairs
• Reviewed, edited by cultural consultant
• Reviewed and edited by promotoras
• Content validity of Module 2 MAPS bilingual script established
Participants

- Faculty researchers
- Bilingual-bicultural undergraduate student RAs
- Community consultant
- Two promotoras (community health workers) used in earlier studies
- Sample caregivers-TCU housekeepers
Caregiver Stress-Coping Project (Module 2 MAPS)

Step 2:

• Role-play sessions of promotora:caregiver pairs in private rooms after IRB approval
• Randomly assigned research team members (including bilingual RAs) observed, took contextual notes, evaluated session process
• Caregiver completion of Distress Thermometer pre and post-role play with help of bilingual RAs
Data Collection Procedures

- Group discussion of perceptions; translation by bilingual RAs and promotoras
- Quantitative and qualitative evaluation by caregivers
- Light refreshments available during session
- Modifications made after session for future session delivery
Data Analysis Procedures

• Qualitative data-- open-ended interview questions about usefulness and efficacy of the MAPS module delivery by promotora

• Quantitative data-- Likert scale tool to measure participant receptivity to module materials and perceptions of usefulness for improved coping to cancer-related caregiver stress
Findings

• MAFCGs and promotores - supported MAPS 2 module
• Research team - enhanced care
• MA participants--trust basis essential
• MA participants--discussion format
Conclusions/Implications

• MAPS Module - can serve as evidence based theory-based guide for caregivers
• Findings may guide interventions for other cultures and underserved populations with cancer related needs
• Value of interdisciplinary team to develop, test, and evaluate interventions (reliability and validity)
• Intervention responds to ACA and mandate for culturally sensitive and tailored care
Viva Su Vida: Manejar el Estrés

Una Guía para Mujeres Cuidadoras en Familias con Cáncer