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Maddie Baker
Gonzaga University

Gabe Vergara
Gonzaga University

Annie Fowle
Gonzaga University

Michele Shaw
Gonzaga University, shawm@gonzaga.edu

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Understanding How Race and Culture Impact Management of Diabetic Health Outcomes

Maddie Baker, Gabe Vergara, Annie Fowle, Dr. Michele Shaw
Department of Nursing, Gonzaga University

Background

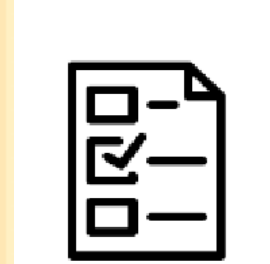
- Diabetes affects over 400 million people globally. Ethnic and racial disparities further complicate the disease.
- The prevalence of Type 2 diabetes is higher among minority ethnic groups
- African Americans have worse glucose control and higher rates of diabetes complications and stated that they lacked the skills and resources necessary to participate in self-care activities that would benefit their glucose levels.
- Minority populations, especially young adults, are among the lowest users of new diabetes technologies.

PICOT Question

How does race/ethnicity impact health disparities among those with diabetes?

EBP Intervention

- A sociocultural screening tool that establishes a foundational understanding of patient-specific perceptions of Diabetes Mellitus
- Culturally based misconceptions that fail to understand diabetes, its complications or appropriate management contribute to negative outcomes in the management of Diabetes
- Understanding the cultural perspective of the patient will help personalize care and education to improve long term management goals.
- Personalized and tailored care related to diabetes leads to more positive outcomes



EPB Implementation

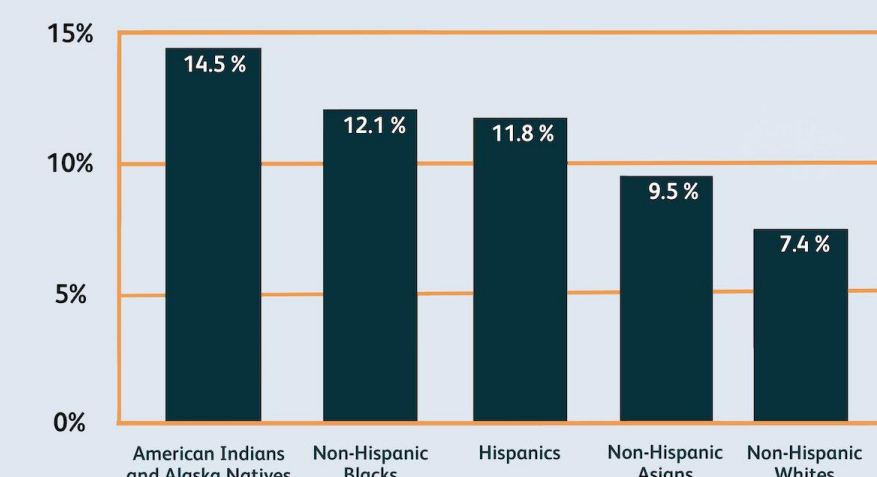
Clinical pharmacists can deliver mobile health interventions to improve blood glucose levels in minority populations and may help reduce racial and ethnic disparities.

Telehealth can provide screenings in a remote settings that can be readily accessible, cheaper, and takes less time

Telehealth and screening tool implementation provide avenues to overcome disparities resulting from sociocultural inequity.

Pharmacological interventions take priority over lifestyle changes, and treat only the symptoms after failing to prevent the cause.

Diabetes Diagnosis Rates by Ethnicity in the U.S.



Research has shown that communities that experience systematic racism have an increased likelihood of developing type 2 diabetes.*

*Centers for Disease Control and Prevention. National diabetes statistics report.

Expected Outcomes

White Americans report higher comprehension when compared to other ethnic populations.

An education-based EBP helps bridge the inequity resulting from a lack of understanding,

The screening tool works prophylactically to increase awareness and ensure that minority groups are aware of the severity of the disease.

Poor communication with healthcare providers contributes to poor diabetic medication adherence. The EBP gives providers insight on how to reduce feelings of skepticism and frustration.

By using this screening tool, we can reduce confusion with this disease process and provide unique health resources in a culturally-informed way.

References

