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PROJECT **BEAT IT** 

**Becoming Empowered Africans Through  
Improved Treatment  
of Diabetes, Hepatitis B, & HIV/AIDS**



***Helping  
African  
Immigrants  
Live Longer  
and Stronger***



# Presenter Disclosure

**Emeobong E. Martin**

**The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:**

No relationships to disclose



# Center on Health Disparities at Adventist HealthCare

- Faith-based, non-profit health system
- Mission to promote health equity within our facilities and in the community
- Bridge partnerships to eliminate health disparities
- Promote the health of our community





# African Immigrant Population

## Washington DC Metro Area:

- About 11% of total immigrant population; 60% in Montgomery and Prince George's counties
- Generally college-educated, English proficient, high income, low poverty, in relatively good health\*; *however...*
- Others face serious barriers to finding sufficient employment, housing, and access to healthcare.





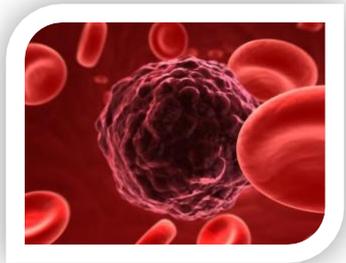
# Population by Country of Origin

## African Immigrants In Montgomery County, Maryland U.S. Census, 2010





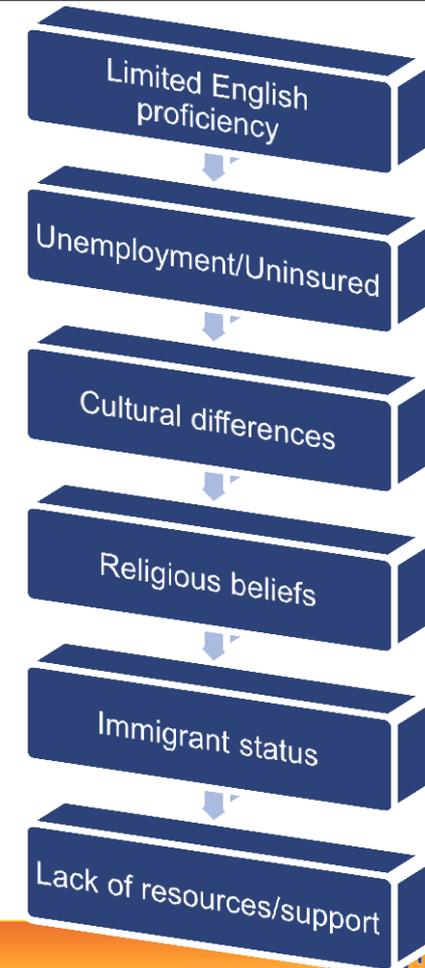
# African Immigrant Health Issues



## Chronic & Infectious Diseases

- High rate of HIV/AIDS and hepatitis B
- High prevalence of diabetes

## Barriers to Care





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**B**ecoming **E**mpowered **A**fricans **T**hrough  
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# Scope of Work

- Develop a culturally competent curriculum for health care providers to utilize when providing care and support to African patients with type 2 diabetes, hepatitis B, and HIV/AIDS.

&

- Develop a health education module to increase health knowledge and promote successful disease management among African immigrants.



# Project Timeline

## Phase I: Development Months 1-8

- ✓ Convene Advisory Committee
- ✓ Develop and conduct four focus groups
- ✓ Develop curricula for providers and consumers
- ✓ Develop Pre and Post knowledge assessment
- ✓ Finalize outcome measures
- ✓ Identify hospitals/clinics and consumers to receive training
- ✓ Begin outreach /recruitment for Phase 2
- ✓ Develop an evaluation plan

## Phase II: Implementation Months 9-12

- ✓ Deliver three trainings per month: two for providers and one for consumers (total of twelve training sessions)

## Phase III: Evaluation Months 13-20

- ✓ Number of trainings, number of attendees at each training, number of consumers who adhere to medication and /or treatment recommendations \*
- ✓ Number of consumers who visit hospitals/clinics (planned and unplanned) within 4 months of training
- ✓ Number of participants satisfied with curriculum
- ✓ Items from pre and post test
- ✓ Other measures as decided during phase one



# Desired Outcomes

## Provider Outcomes

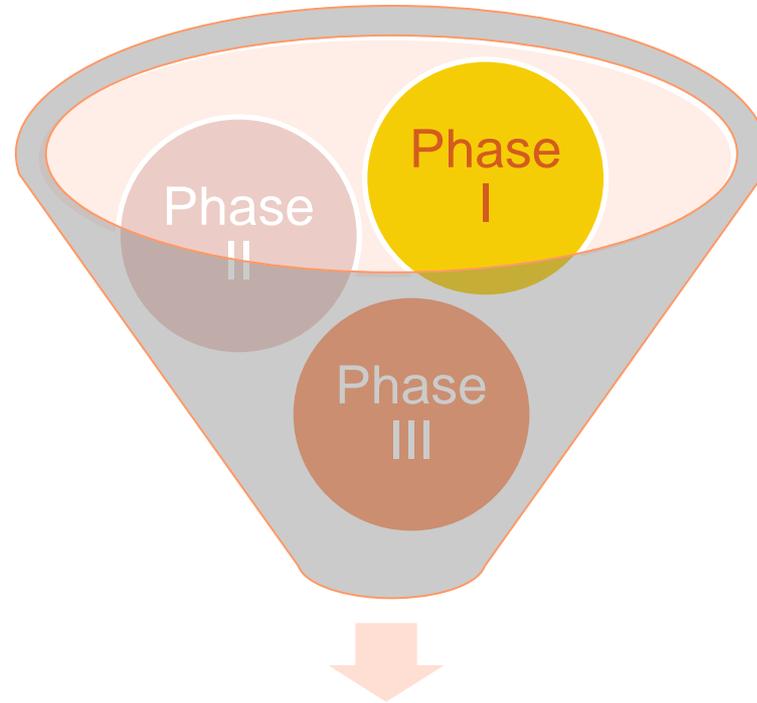
- Increased awareness and knowledge of culturally competent intake/discharge procedures among clinicians (pre-/post-tests)
- Improved intake/discharge procedures for medical staff treating African immigrants with disease conditions (e.g., four month follow-up satisfaction survey)

## Patient/Consumer Outcomes

- Increased awareness and knowledge of health conditions and treatments among consumers (pre-/post-tests)
- Increased medication and treatment adherence among African immigrants with disease conditions (patient surveys, follow-up visits)
- Reduced number of patients who visit hospitals/clinics (planned and unplanned) within 4 months of training



# How Do We “BEAT IT!”?



**Community Engagement**



# Advisory Board

- Twenty seven members
- Diverse disciplines: medicine, nursing, social work, pharmacy, nutrition, health education
- Engaged with African immigrant community
- Members of the African community





# Advisory Board (cont'd)



- Quarterly in-person meetings
  - Project overview
  - Progress reports
  - Curriculum review
  - Participant recruitment
- Teleconferences
  - Content expertise
  - Dissemination strategies



# Focus Groups

- Providers & Consumers
- Segmented by curriculum
- 8-10 participants
- General feedback on curriculum



# Community Engagement Outcomes



- Development of an additional curriculum for providers
- Adaptation to resource guide
- Modification of curriculum delivery
- Improved recruitment strategies



# Progress Report Summary

- *Scheduled* 12 training sessions for providers and consumers
- Hosted 13 training sessions for healthcare providers at four community locations and online
- Hosted two in-person and one web-based training for consumers
- Built numerous partnerships with African community
- Project presentations at two national meetings

# Improving the Health of a People, One Person at a Time





# Acknowledgement

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- DC Mayor's Office on African Affairs

# Thank You!



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