

# **"Una Historia Comica de Una Enfermedad Seria-Diabetes Tipo 2"**

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# Introduction

- Goal: Exploratory pilot to provide immigrant Spanish-speaking diabetic (DM) patients attending a health clinic with DM tx/management education

# Overview

- Learning Objectives
- Background
- Literature review
- Methods
- Resources
- Evaluation
- Lessons learned

# Learning Objectives

- Describe benefits of video to meet needs of an underserved population
- Construct steps from population assessment to low-cost production of video
- List potential community collaboration sources
- Identify the project evaluation process

# Background

- CDC findings: lack of English fluency & unfamiliarity with healthcare system may increase risk for immigrants
- Healthy People 2010 goal
- Hispanics have a 41% higher mortality rate due to DM
- Prevalence of DM in TX: Hispanics (7.1%) vs Non-Hispanic whites (5.7%)

# Video Benefits (Literature Review)

Gagliano (1988) reviewed 25 methodologically sound studies regarding video efficacy/limitations

- Video use promoted role-modeling
- Increased short-term, but not long-term knowledge

# Video Benefits

National Work Group on Literacy and Health (1998)

- 40-44 million persons in US had rudimentary literacy skills and were unable to understand written materials

# Video Benefits

- 2007: health literacy assessment has been called "The Newest Vital Sign".
- <http://www.clearhealthcommunication.org/public-policy-researchers/stats-at-a-glance.html>

# Video Benefits

RCTs of culturally & linguistically appropriate health education videos:

- Yancey et al. (1995) 15-minute educational videos
  - Tests were conducted in two clinics
  - Each clinic served as own control during weeks when video was not shown
  - patients who viewed the video were more likely to get Pap smears in following 6 months

# Video Benefits

Zuñiga de Nuncio et al. (2003) 15 minute videos related to immunizations in addition to:

- one-on-one educational session, Q & A, & calendar
- same providers saw both groups; contamination?
- 3 mo. post-partum great immunization improvement in both groups

# Methods

## From Assessment to Production

- Target population
- Volunteer Healthcare Clinic (VHC)
- No other access to care

# Methods

## From Assessment to Production

- Based on interviews
- Limited resources & patient illiteracy
- Video was the chosen teaching method

# Methods

## From Assessment to Production

- Project Plan: create humorous & culturally-appropriate Spanish-language video
- Focus on secondary & tertiary DM prevention

# Methods

## From Assessment to Production

- Low cost “home production” video  
Interspersed puppet antics with nurse commentary to reinforce objectives
- Total estimated cost: <\$50.00
- Total estimated volunteer hours: 110

# Community Collaboration Sources

- Community Clinics
- University departments and students
- Online video editing programs

# Project Evaluation

Goal: effectiveness in disseminating:  
signs and symptoms of diabetes, when  
to seek treatment, exercise activities,  
nutritional choices

# Evaluation

## Method

- Face to face interviews
- 10 open-ended questions
- Short term knowledge
- Spanish
- Setting

# Project Evaluation

## What are the signs and symptoms of diabetes?

-How can one tell if someone has diabetes?

- Over eating                      Other:
- Frequent urination
- Increased thirst
- Unexplained weight loss
- Frequent hunger
- Infection
- Vision disturbances

## What can one do if diagnosed with diabetes?

-What can one do if they become diabetic?

- Take medications                      Other:
- Diet changes
- Exercise
- Monitor blood sugar

# Project Evaluation

## What are complications of uncontrolled diabetes?

-If someone has diabetes and they don't take care of it, what can happen?

- Amputations
- Vision loss
- Dry skin
- Kidney dysfunction
- Neuropathies/tingling/loss of sensation
- Feet issues

Other:

## What physical activities can a person do to help manage diabetes?

-What types of exercises can a person do to help with their diabetes?

- Walking
- Swimming
- Soccer
- Gardening

Other:

# Findings

In general:  
“Nopales” prickly pear cactus

	S &S	Diagnosis	Complications	Exercises
Video n=3	1.3	1.0	0.3	1.7
Video (with trial) n=12	1.8	1.3	1.2	1.5
No video n= 15	1.3	1.1	0.9	1.2

# Lessons Learned

- Clinic dynamics
- Video quality vs. production cost
- Reticence to critique
- Video design and content

# Conclusion

PICTURE

Thank You slide

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