

Culturally Tailored Audio-Visual Patient Education about Foods that Affect Blood Sugar in the Primary Language of the Patient with Diabetes.

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OBJECTIVE

Develop culturally tailored, translated, patient education slideshows to aid refugee /immigrant communities in managing their diabetes through education about foods that raise, lower, or have little effect on blood sugar.

BACKGROUND

A physician at Harborview Medical Center (HMC) requested a visual reference tool to support conversations about diet and blood glucose with refugee and immigrant patients who are diabetic. EthnoMed staff and University of Washington graduate students developed a tool in the form of narrated, culturally-tailored guides for Cambodian, Vietnamese, Somali, Latino, and Ethiopian and Eritrean diabetic patients, with a guide underway for Iraqi and Syrian patients. This tool is intended to aid patients in managing their diabetes through education about foods that raise, lower, or have little effect on blood sugar. It informs the provider about common traditional foods and their effect on blood sugar. Each guide contains photographs of foods common in the target community.

METHODS

Student authors were recruited, typically University of Washington graduate students, to conduct inquiry and develop slideshow content. Formative research engaged staff within the Interpreter Services Department (ISD) and medical providers/dietitians at HMC, along with community input. Activities included literature reviews, interviews, and focus groups with key informants.

Student authors synthesized information from a wide range of sources to develop initial drafts of slideshows. Food photography was conducted after slideshows were drafted. Content was reviewed for clinical and cultural accuracy by staff from ISD and by HMC medical providers/dietitians. Content was translated into target languages via outside agencies and reviewed within ISD. Slideshows were uploaded in PDF and narrated video formats. Laminated copies were shared with dietitians and at HMC clinics.

RESULTS/OUTCOMES

As of March 2017, there are six languages represented over five unique, culturally-tailored slideshows. Laminated copies are present in five clinics. Anecdotal evidence from HMC clinicians and other medical providers locally highlight the tool's utility.

CONCLUSION

This tool is innovative and inexpensive to produce. It helps facilitate more informed conversations between providers and their patients around healthy eating and diabetes management. To date, we have not found any other publicly available, culturally-tailored diabetes education that shows traditional foods and provides translation or narration in the target language.

Examples from slideshows, evolved over time

1st Slideshow
(published
2011)

CAMBODIAN

(59 slides)

Does not discuss carbs. Shows various foods/beverages and explains effect on blood sugar. Includes portion suggestions for meals and high carb items, like rice, noodles, and fruits. Contains photographs of common Cambodian foods.



Latest
Slideshow
(published
2016)

ETHIOPIAN AND ERITREAN

(130 slides)

Education about carbohydrates, meal comparisons for breakfast, lunch, and dinner. Tips on healthy eating for communal meals. Section about Muslim fasting traditions: breaking the fast, importance of protein with meals, suggestions regarding meals before and after sunset. Section about Orthodox Christian fasting traditions. Translated into Amharic, Oromo, and Tigrinya.



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