E-Poster

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Culturally Tailored Post-Stroke Rehabilitation for Filipino Americans: A Literature Review

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Filipino Americans (FAs) experience higher rates of stroke prevalence, post-stroke mortality, and severe stroke complications, such as dysphagia, hemiplegia, and aphasia, compared to other Asian American subgroups. Sociocultural values including pakikisama (togetherness), bayanihan (community spirit) and bahala na (traditionally fatalistic view of illness), along with financial concerns and worries about public perception, influence post-stroke experiences in FAs. Furthermore, there is limited literature addressing the unique post-stroke rehabilitation needs of FAs and the role of community-based services to mitigate these disparities. This systematic review aims to evaluate existing literature on culturally tailored rehabilitation activities targeting FAs post-stroke.

METHODS

PubMed MEDLINE and Google Scholar were searched for peer-reviewed studies from 2000 to 2024 by using the combination of search terms for population (Filipino, Filipino American), condition (stroke, cerebrovascular accident) and culture (culture, culturally tailored, ethnicity). Relevant articles were examined for culturally tailored interventions, cultural adaptation strategies, and theoretical frameworks.

RESULTS

There is limited literature exploring culturally tailored rehabilitation activities for FAs. Previous studies, which primarily focused on prevention rather than rehabilitation, indicate that culturally tailored interventions are effective in reducing healthcare disparities. Interventions aimed at increasing physical activity in Asian Americans that leveraged community engagement, cultural adaptations, and existing social networks demonstrated higher program participation rates than those solely incorporating linguistic tailoring. In particular, healthcare initiatives rooted in Filipino cultural values, including spirituality, family, food, and cultural arts, led to improved outcomes, increased treatment adherence, and greater patient satisfaction. FA values of pakikisama and bayanihan were actively encouraged during health promotion activities to foster a sense of community, resulting in higher participant retention and engagement. Implementing similar culturally tailored interventions into post-stroke rehabilitation presents a feasible approach for enhancing health-related outcomes in FAs.

CONCLUSION

Given the disproportionately high cerebrovascular disease burden among FAs, culturally tailored interventions should be implemented to address FAs' post-stroke rehabilitation needs. Future studies will aim to develop an exercise program that incorporates culturally relevant dance as a rehabilitative tool for FAs post-stroke.

Statement of Disclosures

None

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