E-Poster

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PDSA Model for Post-Stroke Rehab Education in Filipino Americans: A Pilot Study

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

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BACKGROUND

Filipino Americans (FA) face an increased risk of intracranial hemorrhage compared to other Asian Americans (AA). Ethnic disparities within the AA community garners less attention in the literature, particularly for FA stroke rehabilitation and outcomes despite experiencing higher mortality. In addition, there is limited literature on utilization of rehabilitation services in this population. The purpose of this study is to perform a review of the literature of stroke rehabilitation and outcomes in FAs to inform a Plan-Do-Study-Act (PDSA) curriculum that increases awareness and exposure to rehabilitation medicine services.

METHODS

We utilized the PDSA model by performing a literature review following PRISMA guidelines was conducted via PubMed MEDLINE and Google Scholar, covering studies from the United States (2000-2024) using the following search terms for population (Filipino, Filipino American), condition (stroke, cerebrovascular accident), and outcomes (rehabilitation, outcome). Through a Google and social media search, we identified community outreach initiatives about stroke and stroke rehabilitation for FAs. These initiatives included local and national programs, non-profit organizations, and health education campaigns. Findings were compiled, analyzed, and reviewed. Gaps in FA-specific stroke rehabilitation education were identified, prompting the creation of a curriculum for a community town hall.

RESULTS

A total of 123 articles were screened, with only five addressing stroke outcomes in FAs–four on mortality rates and one on post-stroke discharge disposition. Two national and one local nonprofit organizations have executed community-wide FA stroke education and prevention initiatives, but have not specifically addressed post-stroke rehabilitation. Literature suggests that Filipino cultural health behaviors influence stroke treatment engagement, highlighting the need for a targeted education. To address this, we developed a post-stroke rehabilitation curriculum based on FA health behaviors. The program includes a 50-minute lecture tailored to FA cultural and spiritual attitudes affecting rehabilitation participation. A pre- and post-survey will assess program efficacy. The lecture will be held amongst multi-city FA communities.

CONCLUSION

Our attempt to create a culturally-tailored curriculum for FAs will be the first of many to increase post-stroke rehab utilization. Future studies must assess if barriers to rehabilitation access exist for FA and further understand the nature of these barriers.

Statement of Disclosures

None

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