Development of a Culturally Tailored Visual Reference Tool for Latino Patients with Diabetes

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Introduction to EthnoMed & Harborview

**Harborview Medical Center (HMC)**
- Medical center owned by King County and managed under contract by University of Washington
- Priority commitment given to indigents without third-party coverage, persons incarcerated in the King County Jail, and the non-English speaking poor, among others

**EthnoMed**
- Harborview’s ethnic medicine website (http://ethnomed.org)
- EthnoMed Purpose: ‘to make information about culture, language, health, illness, and community resources directly accessible to health care providers who see patients from different ethnic groups’

Background

- Prevalence of diabetes amongst Latinos living in the United States: 13%, almost twice that of non-Latino whites
- Barriers to care for Latino patients with diabetes at Harborview: linguistic, cultural, and financial
- Need for culturally tailored visual reference tools to be used when discussing diet with patients identified by Harborview physicians
- Previous slideshows: Cambodian and Vietnamese

Objectives

- To create a narrated visual tool to be used by Latino patients with diabetes and their clinicians during discussions about blood sugar and diet
- To improve diabetes management and health outcomes of Latino patients with uncontrolled diabetes who receive care at HMC

Methods

- Key informant interviews with RNs, RDs, diabetes educators, medical interpreters, and diabetes navigators
- Review of draft slideshow with medical providers and cultural advisors
- Source photographs through online databases, photography in stores and restaurants, and staged photography of purchased items
- Format final slideshow and review with RDs

Results

- Slideshow sections cover food and their impact on blood sugar
- Additional topics covered: meal combinations, suggestions for blood sugar control during the holidays, cooking tips
- Slideshow to be published on EthnoMed after translation and narration
- Uses: assist practitioners during conversations with Latino patients with diabetes about diet, individual patient use

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