F1.1: Development of a Culturally and Spiritually-Based Self-Management Curriculum for African Americans with Type 2 Diabetes

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Abstract:
Introduction: Type 2 diabetes is a significant health problem for African Americans. Diabetes-related complications, such as stroke, heart attack, and kidney failure disproportionately affect African Americans. It is therefore critical, to test interventions to help African Americans improve their diabetes self-management and reduce diabetes-related morbidity and mortality. Interventions that facilitate diabetes self-management need to be linked to cultural beliefs and values of African Americans. Spirituality is one of the most important of these cultural factors. Recent studies, primarily descriptive, have indicated that spirituality may facilitate self-management by serving as a source of support and guidance. The purpose of this study was to develop a culturally and spiritually-based diabetes self-management curriculum for African Americans with type 2 diabetes.
Method(s): This qualitative descriptive study was conducted in partnership with a local African American church. Ten African Americans were recruited from this church to serve on an advisory committee. Committee members participated in a total of six focus groups. Prior to each meeting, committee members were given two standard diabetes education modules to review. During each focus group, the members gave feedback how to make the modules more culturally relevant, and specifically how to integrate spirituality into the curriculum. Data were content analyzed.

Results: The advisory committee gave the following suggestions for content and design of the curriculum modules: (1) content that depicts cultural practices of African Americans with diabetes (e.g. food, social support, storytelling); (2) specific Biblical scriptures, prayers, and spiritual songs with themes directed toward health and self-management; (3) graphics depicting African Americans participating in spiritual practices.

Discussion & Conclusions: A culturally and spiritually-based intervention may be an effective method of providing diabetes self-management education to African Americans. The education modules developed in this study will be used in a pilot intervention study that incorporates cultural practices and spirituality to improve self-management and health outcomes in African Americans with diabetes.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

Financial Disclosure:
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

FDA Disclosure:
I will not be describing any pharmaceutical and/or medical device.

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