PII-43: Mexican Immigrants Living with Hypertension

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Abstract:
Introduction: Mexican immigrants are a vulnerable and underserved population who suffer a greater burden of disease compared to whites. Although their rate of hypertension (HTN) is no higher than whites, their rate of blood pressure (BP) control once diagnosed is lower than whites (25% vs. 48%). Knowing that HTN is a major risk factor for heart disease and stroke, it is imperative that health care providers do a better job of assisting this population with their HTN management. Before interventions can be planned and implemented, we must first understand the meaning of the disease, as well as barriers and facilitators to BP control, for known hypertensive Mexican immigrants.

Method(s): This phenomenological study describes the beliefs and experiences of HTN for Mexican immigrants. Once approval was obtained from the university's IRB, Mexican immigrants were recruited from a free medical clinic in north Texas. The sample included any Mexican adult (19 years and older), male or female, who was born in Mexico, spoke Spanish, and had a diagnosis of hypertension for at least 1 year. A sample of 30 participants was included to gain the widest possible perspective of their HTN beliefs and behaviors. A convenience sampling technique was used to invite participants into the study, with purposive sampling by gender. After consent was obtained, in-depth interviews took place in a private room at the clinic, or at a public location chosen by the participant. A one-time interview lasted approximately 60 minutes. The interview was audio taped for later transcription. Analysis consisted of multiple readings of the transcripts, looking for themes of disease causation, treatments, and care behaviors related to HTN. Data collection continued until saturation was reached. Once themes were labeled and described, the PI did member checking of these themes with other Mexican immigrants in local free clinics.
Results: The sample will be described in terms of average age, gender and number of years living in the U.S. Themes will be named and described, with quotes in the participant's words, consistent with phenomenology.

Discussion & Conclusions: Qualitative findings from this study will be used to plan and test an intervention in Spanish to improve the level of BP control in Mexican immigrants.

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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