

Type 2 diabetes experiences of Filipino Americans during COVID-19: An interpretative descriptive study grounded in *Sikolohiyang Pilipino*

Rey Paolo Ernesto Roca III, MSN, RN¹, Mary Byrnes, PhD, MUP², Josie Itchon³, Joey Yang³ & Dante Anthony Tolentino, PhD, RN-BC^{4,5}

1. University of California, Los Angeles School of Nursing; 2. University of Michigan, Ann Arbor Department of Surgery; 3. University of Michigan, Ann Arbor; 4. National Clinician Scholars Program, University of Michigan, Ann Arbor, 5. University of Michigan, Ann Arbor School of Nursing



UCLA School of Nursing

Background

- Filipino Americans (FilAms): One of the highest prevalence rates of type 2 diabetes (T2D) among Asian Americans: \uparrow 19.4% [1]
- Often understudied in diabetes research [2]
- COVID-19 death rates: 30% in CA [3]
- Diabetes \rightarrow higher risk of COVID-19 and complications [4]
- Pandemic highlighted the strains of living with T2D for many FilAms.
- Western epistemological and ontological understanding of health and illness.
- Little is known about FilAm experiences with self-management during the COVID-19 pandemic.

Purpose of this study

- To explore Filipino Americans' diabetes self-management experiences during the pandemic grounding the analysis using an indigenous knowledge system called *Sikolohiyang Pilipino* (SP).

Conceptual Framework

- Sikolohiyang Pilipino* (Filipino psychology): used to guide discussion of results.
- Based on Filipino history, culture, customs and values [5 to 7].
- Interpreting this from the perspective of the indigenous Filipino conscience, knowledge, habits, and actions [5 to 7].

Methods

- Interpretative description qualitative study
- Information power achieve with 19 participants
- Semi-structured online interviews
- Iterative, inductive coding
- Thematic analysis

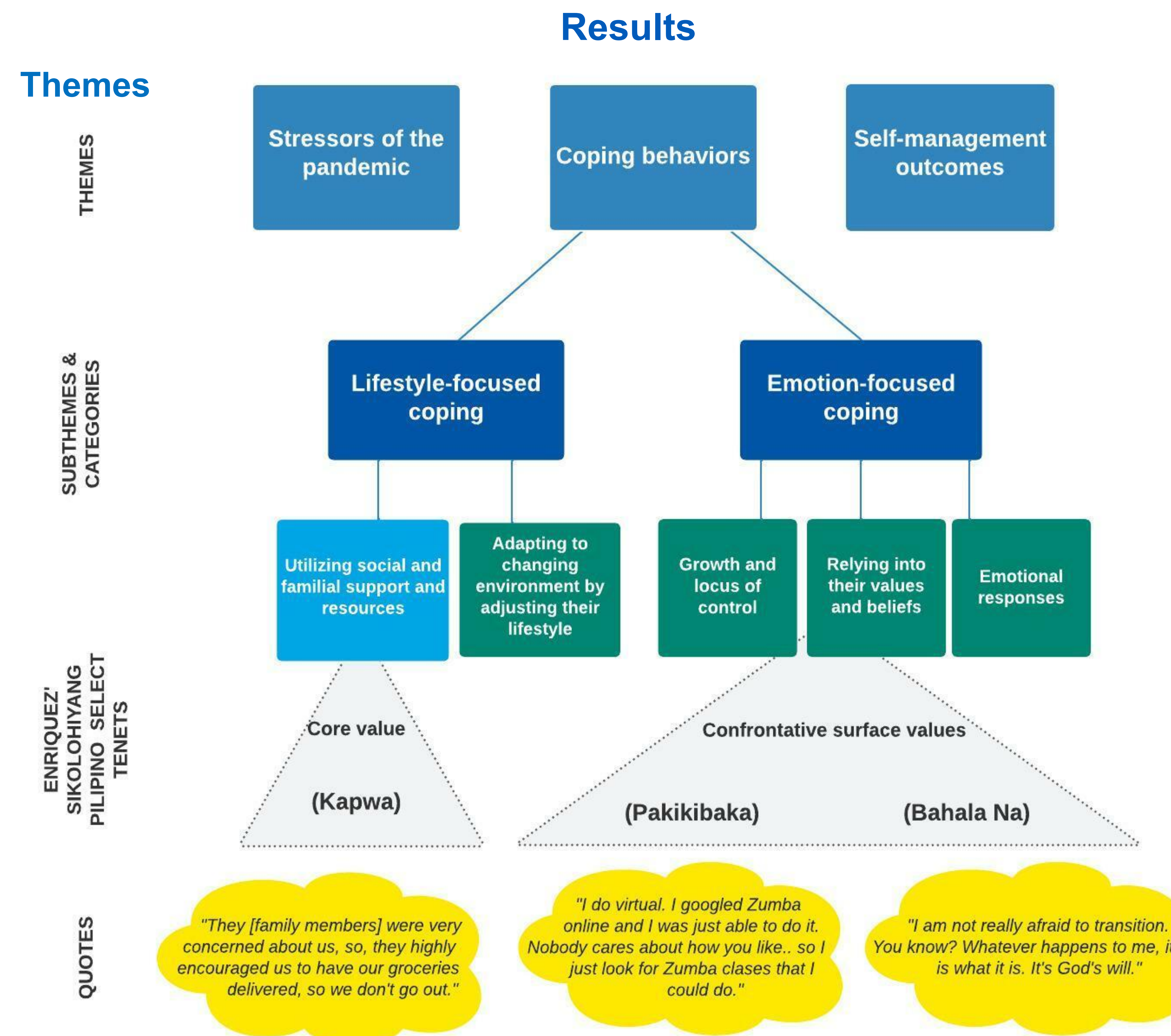
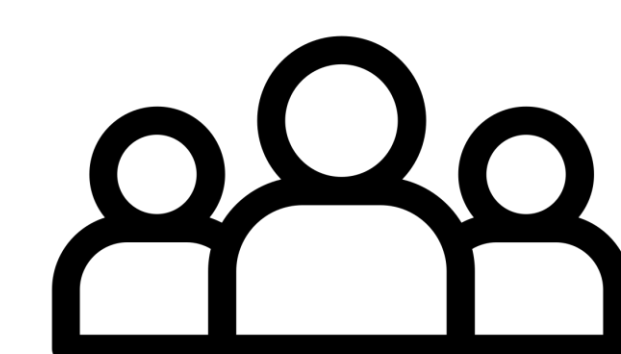


Figure 1 displays the themes that emerged from the analysis. Key themes were 1) Stressors of the pandemic; 2) Coping behaviors related to the pandemic; and 3) Self-management outcomes. The three concepts from Enriquez' SP overlap the five categories that emerged from the coping behaviors theme.

Sample characteristics



- Mean age = 59 years old
- 74% women
- 74% from California
- >60% income of >\$61K/year
- >90% AA degree or higher



- >80% w/ A1C < 8
- Mean w/ diabetes = 8 yrs
- 100% with insurance
- 100% has PCP

Discussion

- FilAms reported common T2D experiences during the pandemic: pandemic stresses, emotional reactions, coping, and the impact of COVID-19 on self-management outcomes.
- FilAms' coping strategies resembled indigenous Filipino traditions and values. The pandemic inspired FilAms to embrace the fundamental value of *Kapwa* and the confrontative surface values of *Pakikibaka* and *Bahala Na*.
- Kapwa ("together with the person" or "shared identity")**
 - Family served as social support (i.e., provided care, encouraged individuals, served as health coaches)
- Pakikibaka ("resistance")**
 - Pandemic helped develop new habits and skills that helped them cope (e.g., learning to cook or using technology to stay in touch)
- Bahala na ("whatever will be, will be")**
 - Often linked to fatalism; it was used as a mindset of telling themselves that they are ready to face the difficult situations.

Conclusion

- Despite the uncertainty, many FilAms managed the pandemic by leveraging existing resources - family, friends, technology, and emotional coping methods.
- We positioned these data using three *Sikolohiyang Pilipino* concepts: *Kapwa*, *Bahala Na*, and *Pakikibaka*.

References

