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

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Background

- Filipino Americans (FilAms): One of the highest prevalence rates of type 2 diabetes (T2D) among Asian Americans: 19.4% [1]
- Often understudied in diabetes research [2]
- COVID-19 death rates: 30% in CA [3]
- Diabetes 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

Results

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”)
- Pakikibaka (“resistance”)
- Bahala Na (“whatever will be, will be”)

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

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