

# INSTITUTIONALIZING A CULTURE OF MORAL RESILIENCY WEBINAR SERIES

## Part Five: Supporting Clinicians to Promote Brain Health Equity in Older Latinos



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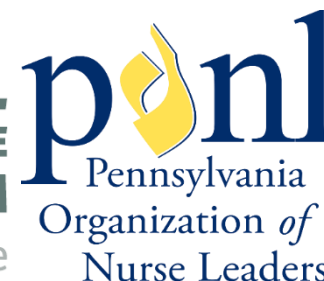


# INTRODUCTION FROM PA ACTION COALITION

- **Jillian Bird, MSN, RN, Nurse Training Manager of the National Nurse-Led Care Consortium and Co-Lead for the PA Action Coalition Advisory Board**
- **Amy H. Ricords, MEd, BSN, RN, NPD-BC, Director of Nursing Professional Advancement for the PA Action Coalition**
- **Marion Burns Tuck, PhD, RN, NEA-BC, FACHE, Executive Director of the PA Organization of Nurse Leaders**
- **Sarah Hexem Hubbard, Esq., PA Action Coalition Executive Director**
- **Zaharaa Davood, PA Action Coalition Coordinator**
- **Jenny Horn, PA Action Coalition Manager**



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# 1. Impact of COVID-19 on Latino Older Adults and a general overview of the health equity challenges in Alzheimer's

Presented by Jason Resendez, BA Executive Director, LatinosAgainstAlzheimer's Coalition, convened by UsAgainstAlzheimer's

# 2. Health disparities in Alzheimer's and nurse leadership as a response

Presented by Adriana Perez, PhD, CRNP, ANP-BC, FAAN, FGSA, Assistant Professor of Nursing and Senior Fellow, Leonard Davis Institute of Health Economics at the University of Pennsylvania School of Nursing

# 3. Open Q & A from the Audience

**Institutionalizing a Culture of Moral Resiliency Webinar Series**  
**Part Five: Supporting Clinicians to Promote Brain Health Equity in Older Latinos**  
**Wednesday, August 5, 2020, 3:00-4:00 PM**

**Adriana Perez, PhD, CRNP, ANP-BC, FAAN, FGSA**  
**Assistant Professor of Nursing**  
**Senior Fellow, Leonard Davis Institute of Health Economics**  
**University of Pennsylvania School of Nursing**

**Jason Resendez**  
**Executive Director, LatinosAgainstAlzheimer's Coalition**  
**UsAgainstAlzheimer's**

**#BrainHealthEquity**

# **COVID-19 & Alzheimer's**

**A Call for Health Equity in Research**

# A Pandemic on Top of Many Epidemics.

- ❑ Impacts older adults at higher rates.
- ❑ Impacts Black, Indigenous, People of Color at higher rates.
- ❑ Devastating impacts on nursing homes.

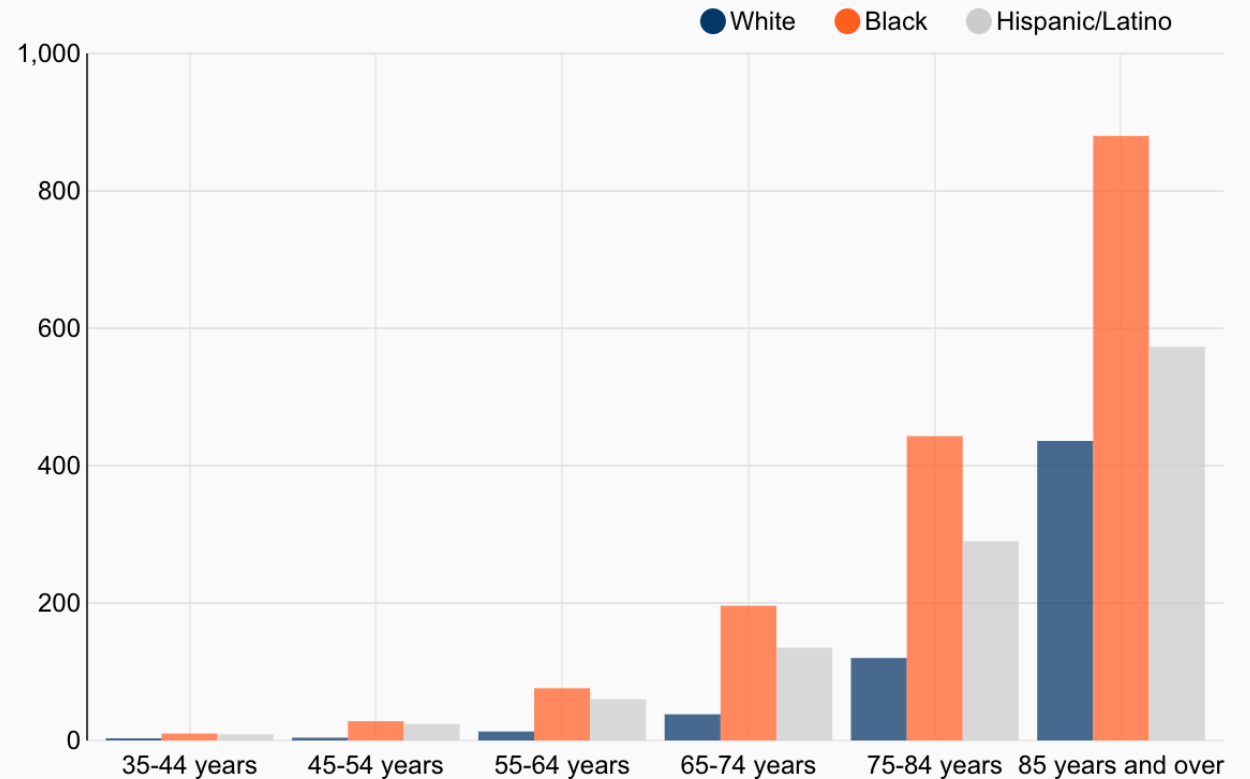
## COVID-19 or Alzheimer's?

- ❑ The interlinked nature of COVID-19 and Alzheimer's is **destabilizing vulnerable communities.**

**“In every age category, Black people are dying from COVID at roughly the same rate as white people more than a decade older.”**

**Figure 1. COVID-19 death rates by age and race**

Rates per 100,000



Source: CDC data from 2/1/20-6/6/20 and 2018

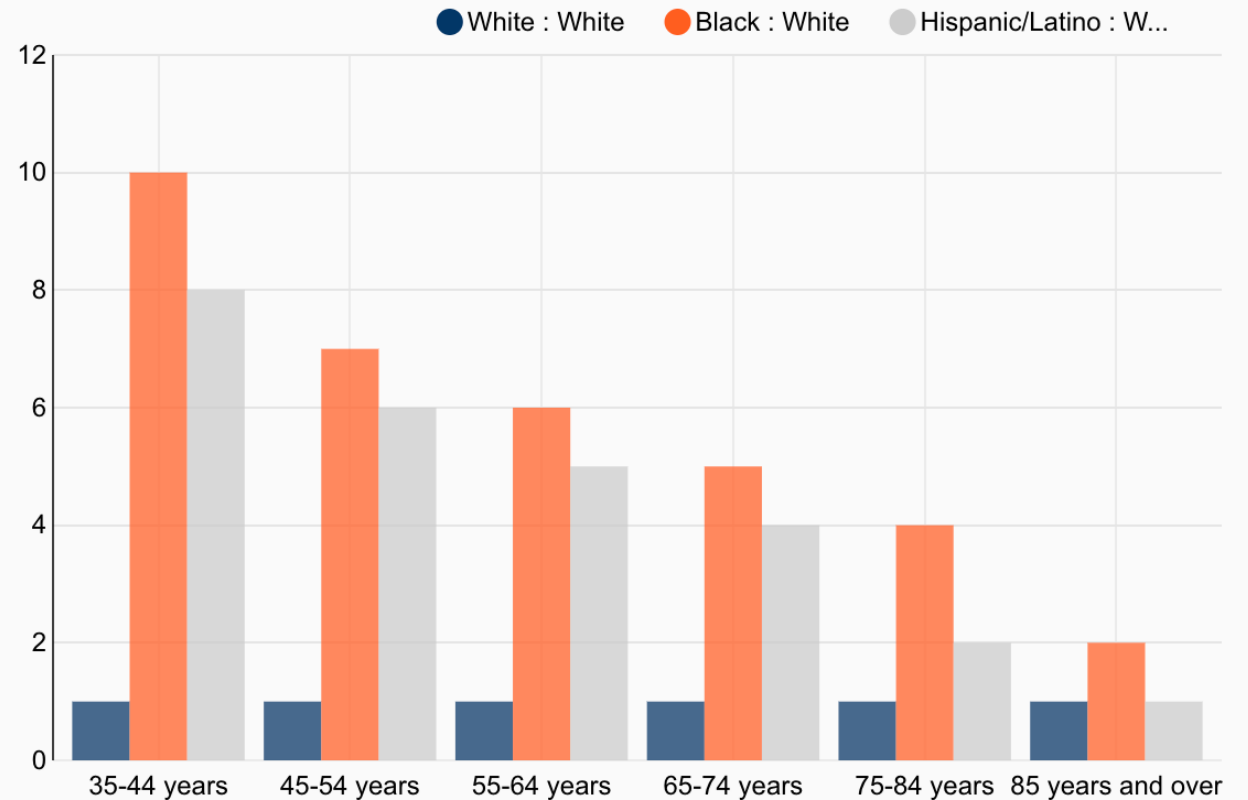
Census Population Estimates for USA

BROOKINGS

**“Among those aged 45-54, for example, Black and Hispanic/Latino death rates are at least six times higher than for whites.”**

**Figure 2. Huge race gaps in COVID-19 death rates, especially in middle age**

Ratio of death rates



Source: CDC data from 2/1/20-6/6/20 and 2018

Census Population Estimates for USA

BROOKINGS

**UsAgainstAlzheimer's**



## Average Age of U.S. Family Caregivers\*:

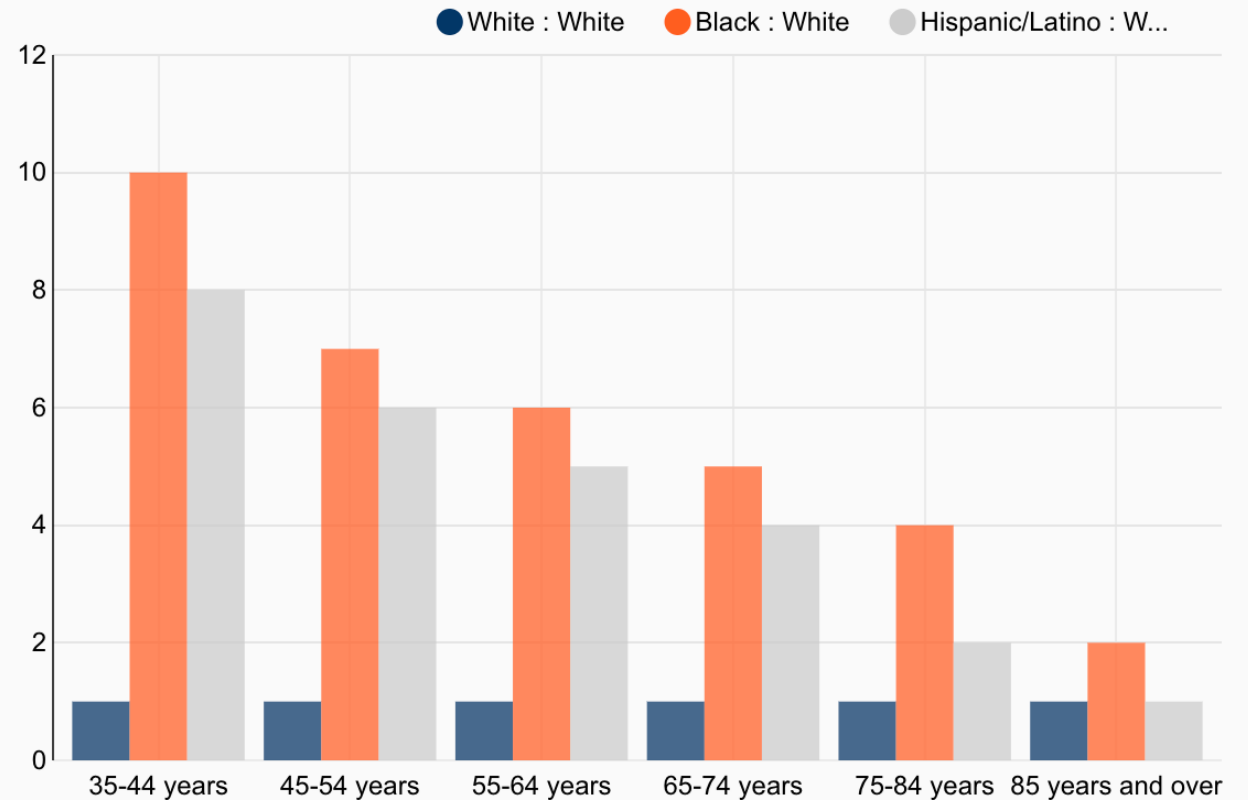
❑ Black Americans: **48 years**

❑ Latino/Hispanic: **43 years**

\*National Alliance for Caregivers, 2020

**Figure 2. Huge race gaps in COVID-19 death rates, especially in middle age**

Ratio of death rates



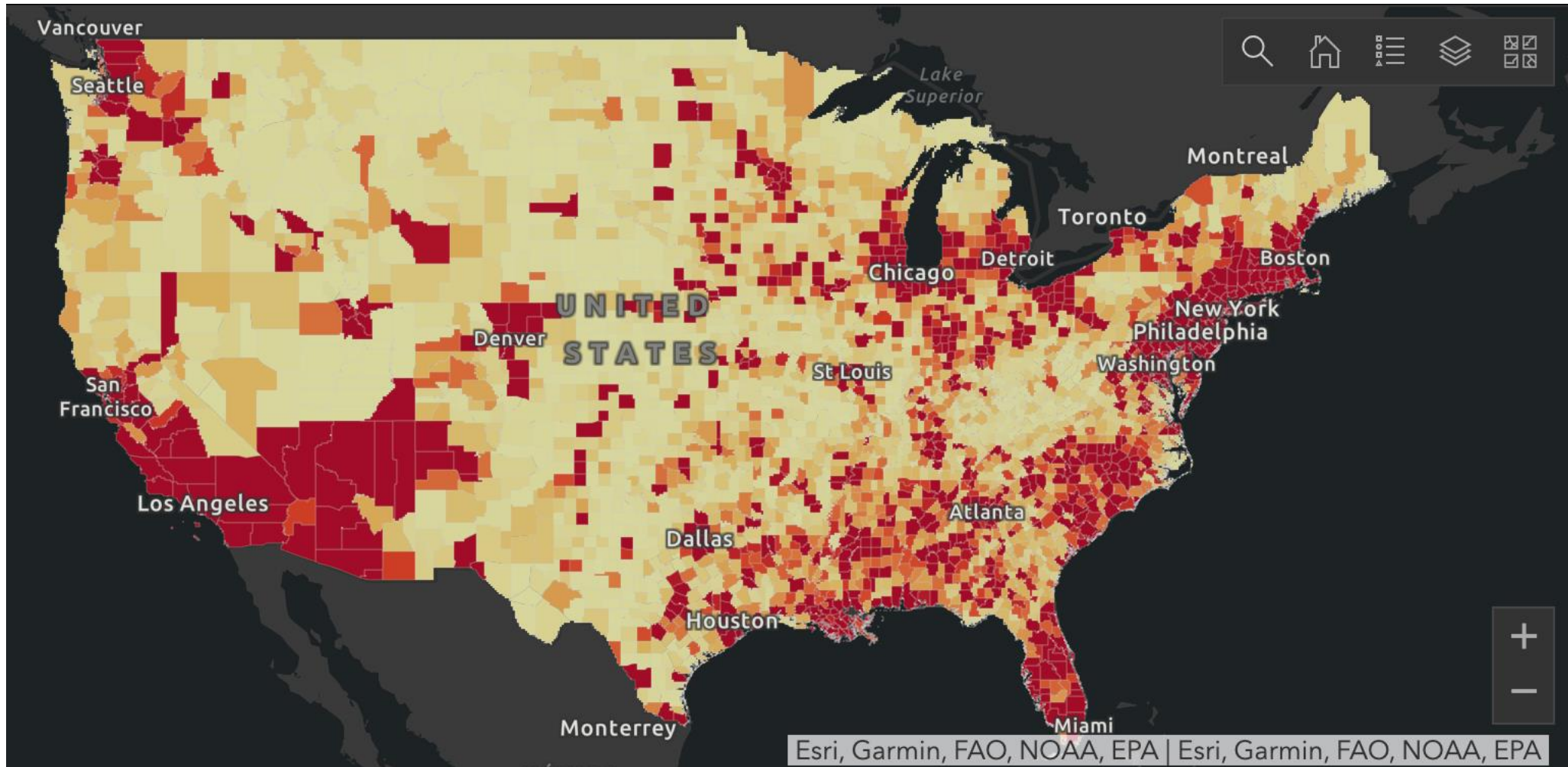
Source: CDC data from 2/1/20-6/6/20 and 2018

Census Population Estimates for USA

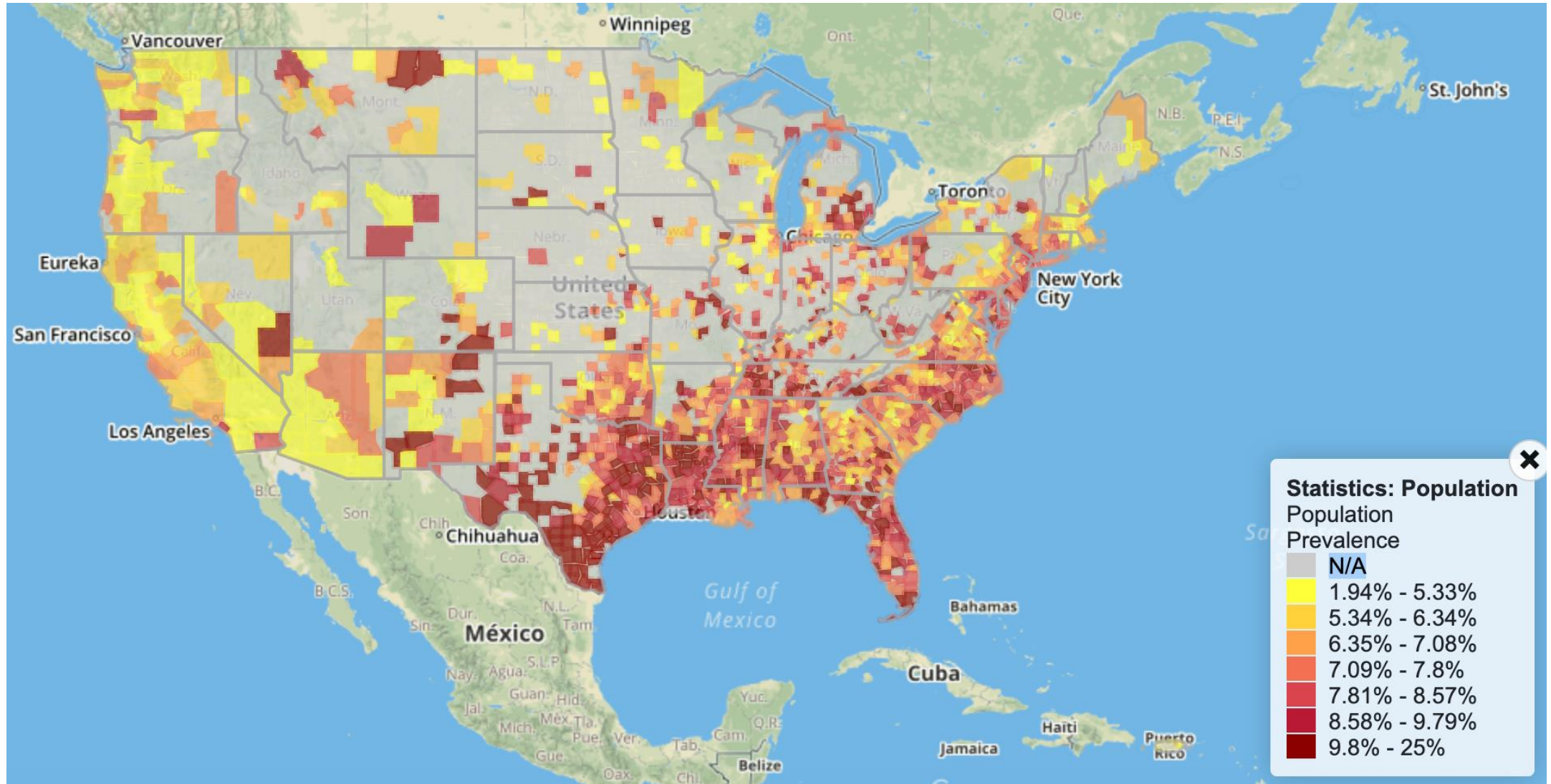
BROOKINGS

**UsAgainstAlzheimer's**

# COVID-19 United State Confirmed Cases



# ADRD County Level Prevalence in Medicare Among POC, 2016



# Despite High, Intersectional Impacts...

- ❑ COVID-19 research infrastructure is limited in communities of color.

[HEALTH](#)

## Doctors lambaste federal process for distributing Covid-19 drug remdesivir

By ERIC BOODMAN [@ericboodman](#) and CASEY ROSS [@caseymross](#) / MAY 6, 2020

[Reprints](#)

- ❑ Federal collection and reporting of COVID-19 data by race and ethnicity is weak and inconsistent.



## Frustrations grow over incomplete racial data on COVID-19 cases, deaths

BY JESSIE HELLMANN - 05/18/20 05:33 PM EDT

111 COM



# Despite High, Intersectional Impacts...

- ❑ Limited COVID-19 trials targeting communities of color specifically.

## **Genentech Launches COVID-19 Study Focused on Underserved Minority Populations**

Published: May 27, 2020 | By Alex Keown

- ❑ Limited testing efforts targeting communities of color.

Payer

## **Centene, National Minority Quality Forum team up to study COVID-19's impact in minority communities**

by Paige Minemyer | Jun 10, 2020 1:58pm

# Advocacy to Advance Health Equity

- ❑ Limited HHS support and targeted interventions in communities of color.

The Newsweek logo is displayed in white, bold, sans-serif font against a solid red rectangular background.

**POLITICS**

## Minority, Rural Groups Ask Trump Administration For More Grants To Address Coronavirus Crisis

BY **ADRIAN CARRASQUILLO** ON 5/11/20 AT 6:25 PM EDT

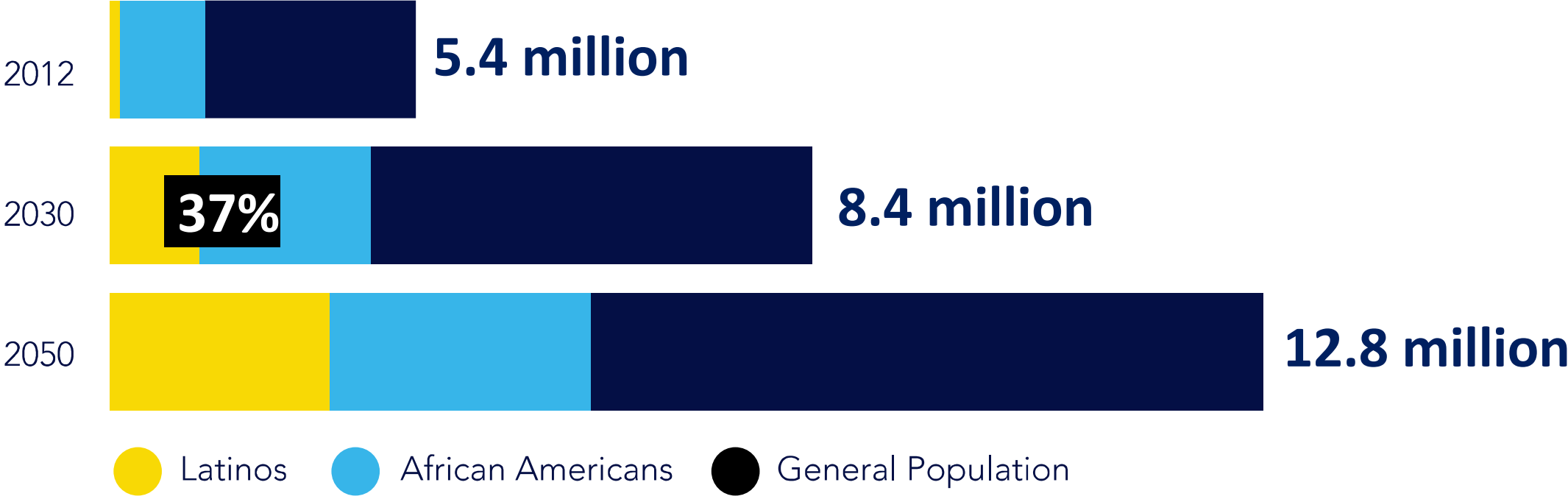
# The Growing Impact of Alzheimer's on People of Color



**UsAgainstAlzheimer's**



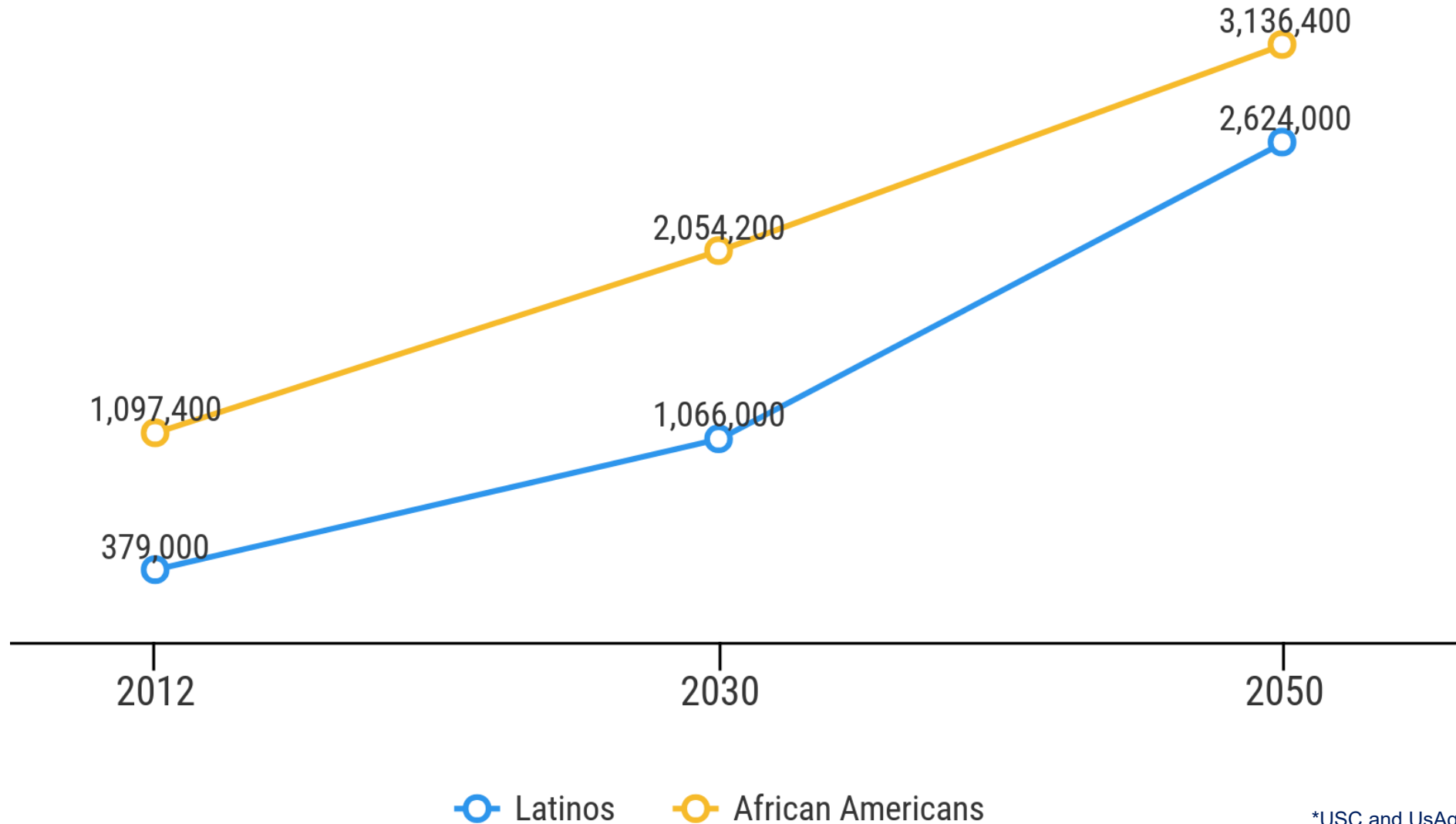
# By 2030, nearly **40%** of Americans living with Alzheimer's will be Latino or African American.



This projection was developed through an analysis by UsAgainstAlzheimer's of three widely cited prevalence projections including: Latinos and Alzheimer's Disease: New Numbers Behind the Crisis. (2016). USC Edward R. Roybal Institute on Aging and the LatinosAgainstAlzheimer's Network.; Darrell J. Gaskin, PhD, Thomas A. LaVeist, PhD, Patrick Richard, PhD MA. The Costs of Alzheimer's and Other Dementia for African Americans (2013). UsAgainstAlzheimer's.; Alzheimer's Association. Alzheimer's Association. (2019). Alzheimer's disease facts and figures. Chicago.



# Alzheimer's Prevalence Among People of Color

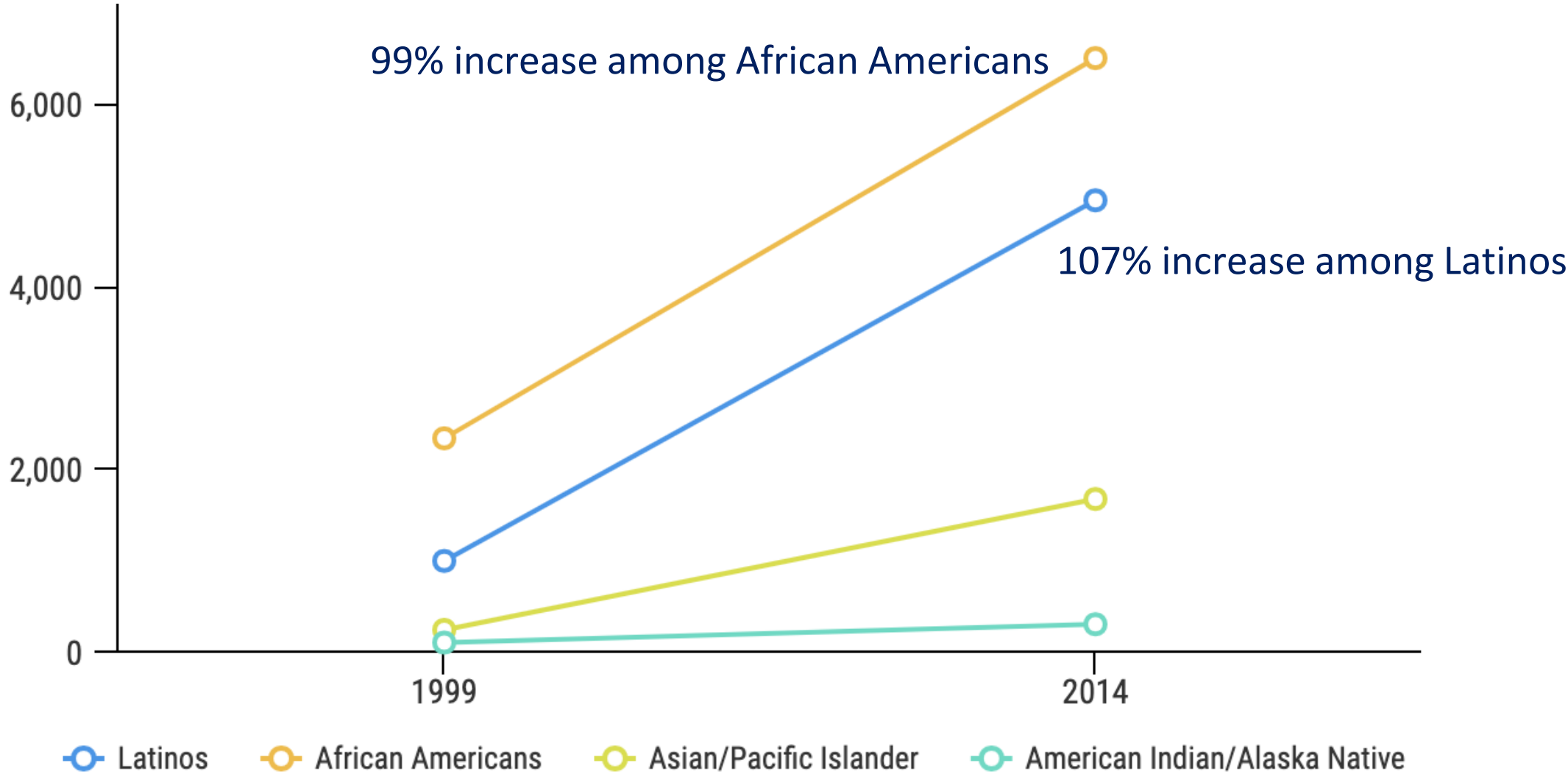


\*USC and UsAgainstAlzheimer's 2016

\*Johns Hopkins and

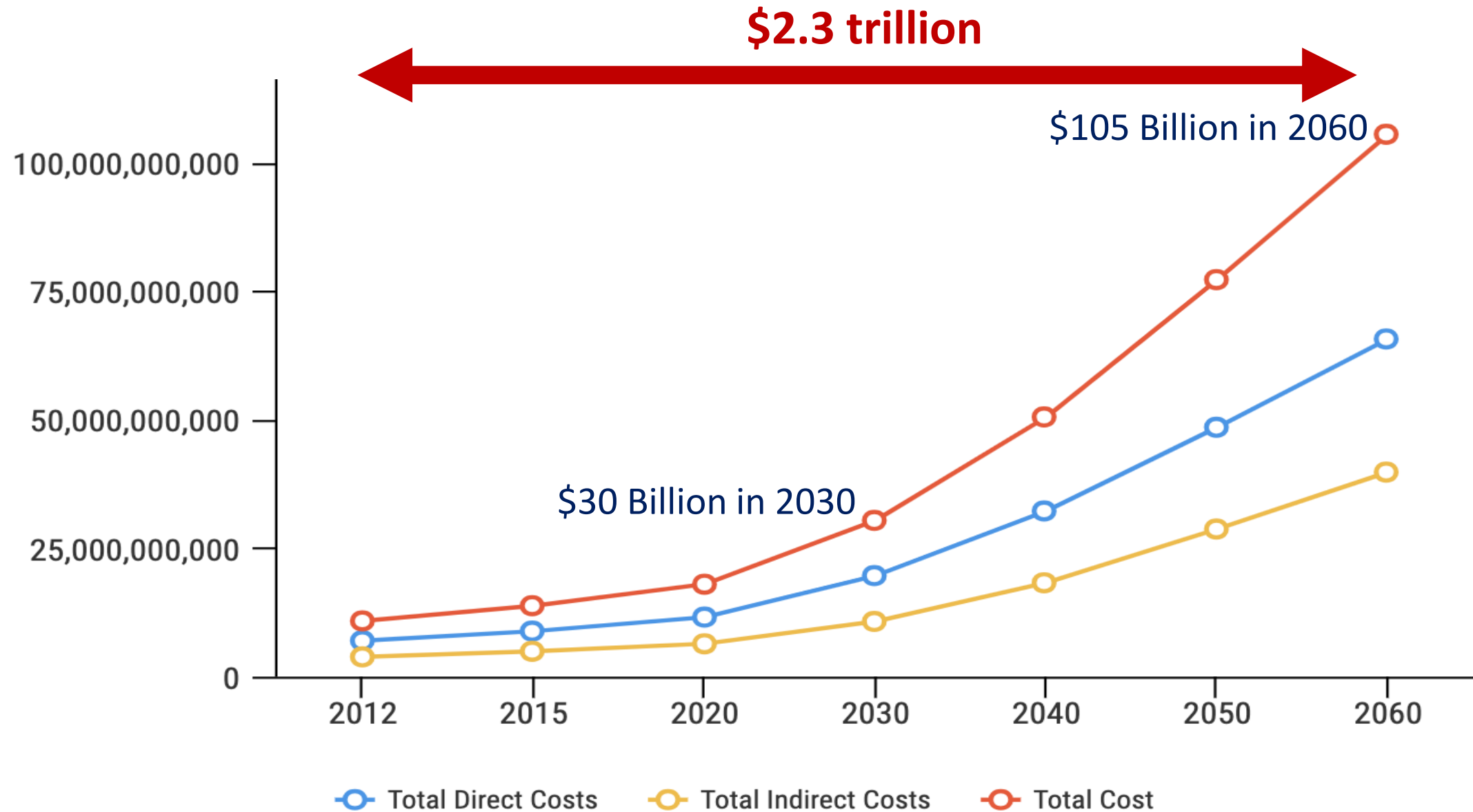
Us Against Alzheimer's

# Alzheimer's Death Rates Among Latinos and African Americans



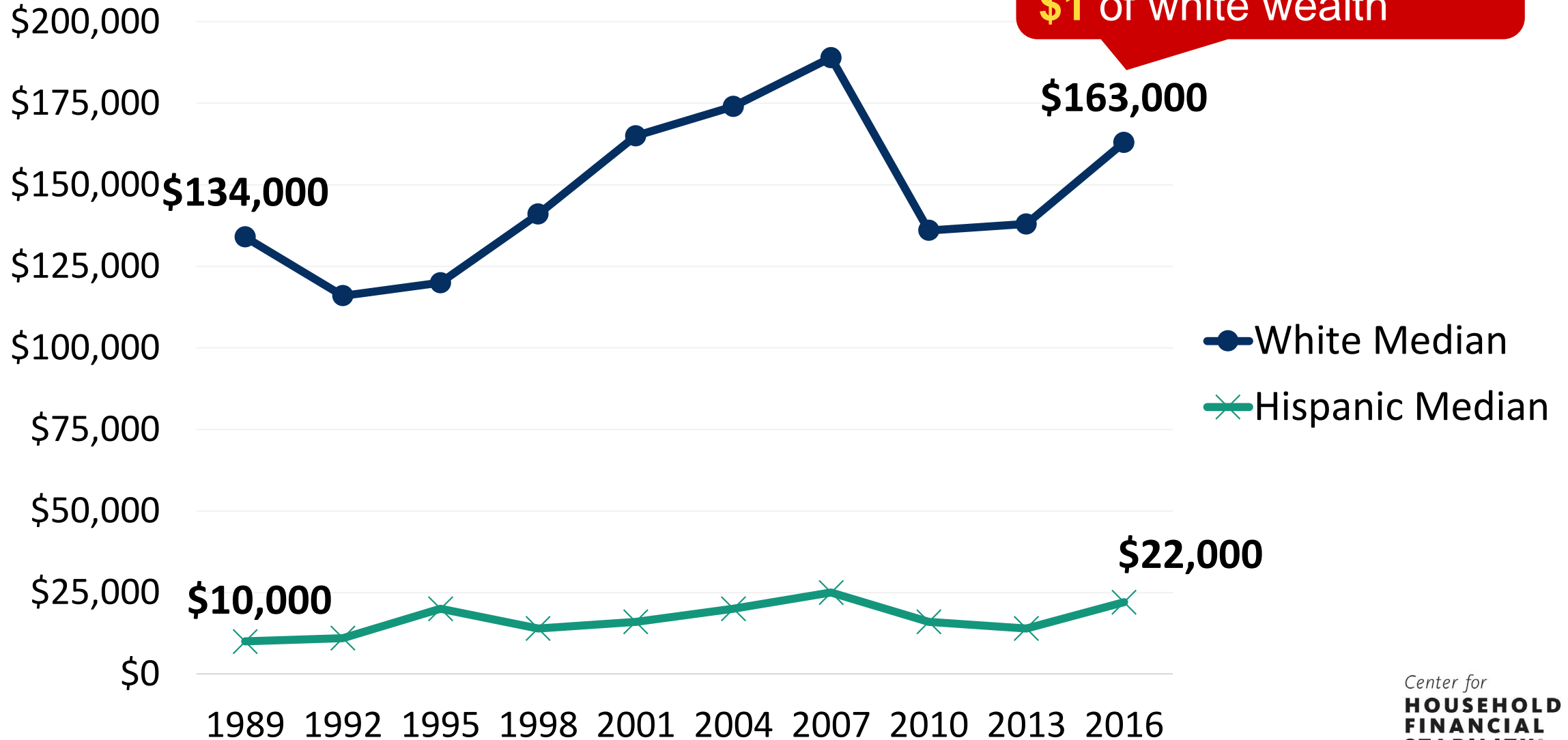
\*CDC 2017

# Total Direct & Indirect Costs of AD on U.S. Latinos Nationally



\*USC and UsAgainstAlzheimer's 2016

# White/Hispanic Wealth Gap



# Alzheimer's is a Health Equity Challenge

Ageism & Bias

Limited Language

High Economic Burden

Limited Engagement & Contribution to Action

Accessibility to Services

Recruitment Efforts Targeting Underrepresented

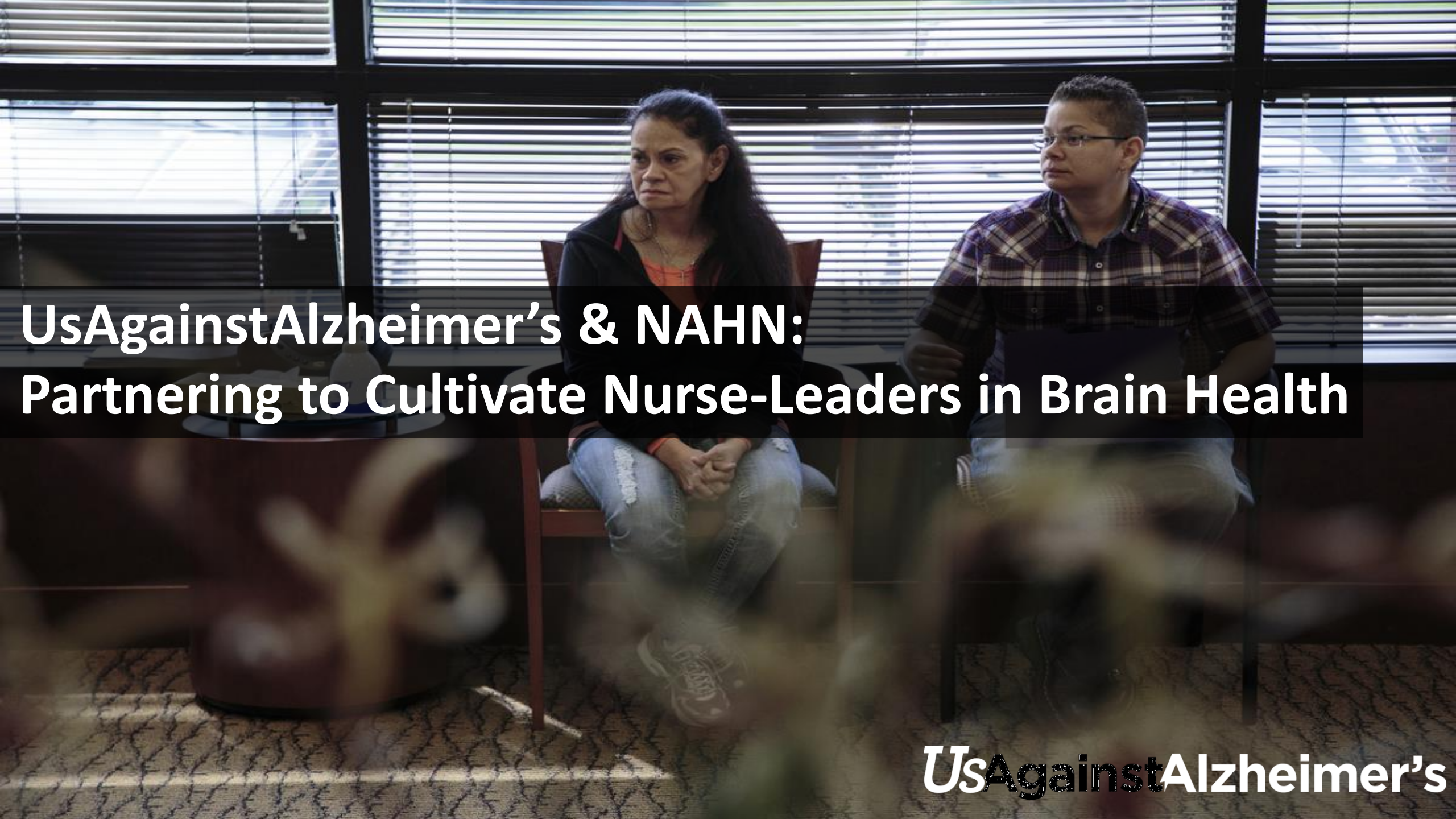
Low Levels of Provider Readiness

and Research

# Preparing Providers to be Brain Health Champions

- **Providers are not regularly discussing brain health with their patients** – close to **30%** of nurse practitioners report that they never raise memory issues or brain health with patients, and only **18%** raise it more than occasionally.
- **Cognitive assessments are underutilized** - while nearly all primary care physicians and four out of five seniors agree that brief cognitive assessments are beneficial, **just one in seven seniors currently receives regular assessments.**
  - African Americans and Latinos are more likely to have cognitive impairment but **less likely to have had an annual wellness visit or** to have been diagnosed with cognitive impairment or dementia.
  - More than **40% of mild dementia cases go undetected** by primary care physicians, and half of Americans suffering from Alzheimer's are never told they have the disease.



A woman with long dark hair, wearing a black jacket and blue jeans, sits in a wooden chair on the left. A man with short hair and glasses, wearing a plaid shirt, sits in a black chair on the right. They are both looking towards the right. The background consists of a large window with horizontal blinds. A dark semi-transparent banner is overlaid across the middle of the image, containing white text.

**UsAgainstAlzheimer's & NAHN:  
Partnering to Cultivate Nurse-Leaders in Brain Health**

**UsAgainstAlzheimer's**



# Leveraging Culture Raise Community Awareness of Alzheimer's

AfricanAmericans**Against**Alzheimer's

Latinos**Against**Alzheimer's

PRESENTS

**Brain Health Movie Night**

Featuring a sneak peak premier of the soon to be released documentary film "In our Right Mind" and a conversation with nationally recognized Alzheimer's advocates Daisy Duarte and Renee Chenault-Fattah

## IN OUR RIGHT MIND

ALZHEIMER'S AND OTHER DEMENTIAS'  
IMPACT IN COMMUNITIES OF COLOR

 Banner  
Sun Health  
Research Institute

 PHOENIX COLLEGE  
A MARICOPA COMMUNITY COLLEGE

 BARROW  
Neurological Institute

 Banner  
Alzheimer's  
Institute

*Latina Strong*  
Foundation



# Mobilizing Community Leaders





# Opinion: What 'Coco' can teach us about dementia

By Adriana Perez and Jason Resendez Special to the Arizona Daily Star Apr 18, 2018



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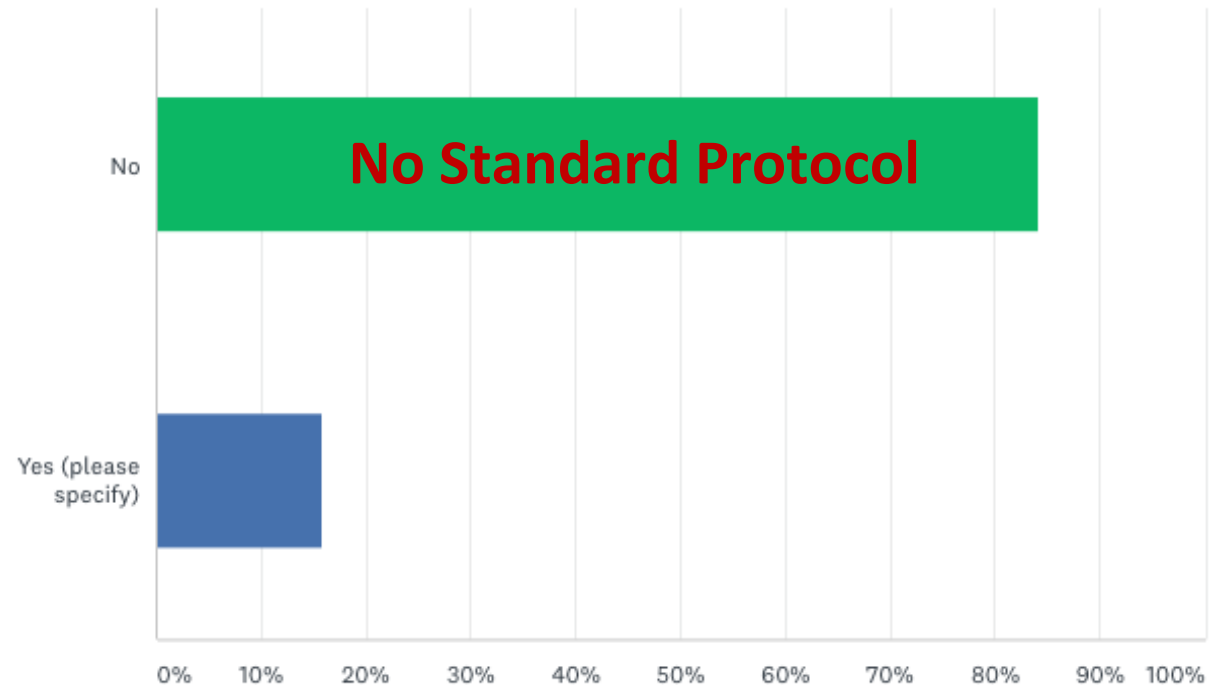
*Dr. Adriana Perez helped launch the National Association of Hispanic Nurses' Check for Life program in Arizona. Jason Resendez leads the LatinosAgainstAlzheimer's Coalition, convened by UsAgainstAlzheimer's.*

# Case Study: Understanding Provider ADRD Knowledge

UsA2 and the NAHN Phoenix chapter partnered in 2019 to pilot a survey tool to help the field better understand knowledge gaps related to dementia diagnosis, care, and clinical trial referrals that exist among members

## Do You Have a Standard Protocol or Tool(s) that You use to Assess Memory Loss

Answered: 44 Skipped: 26

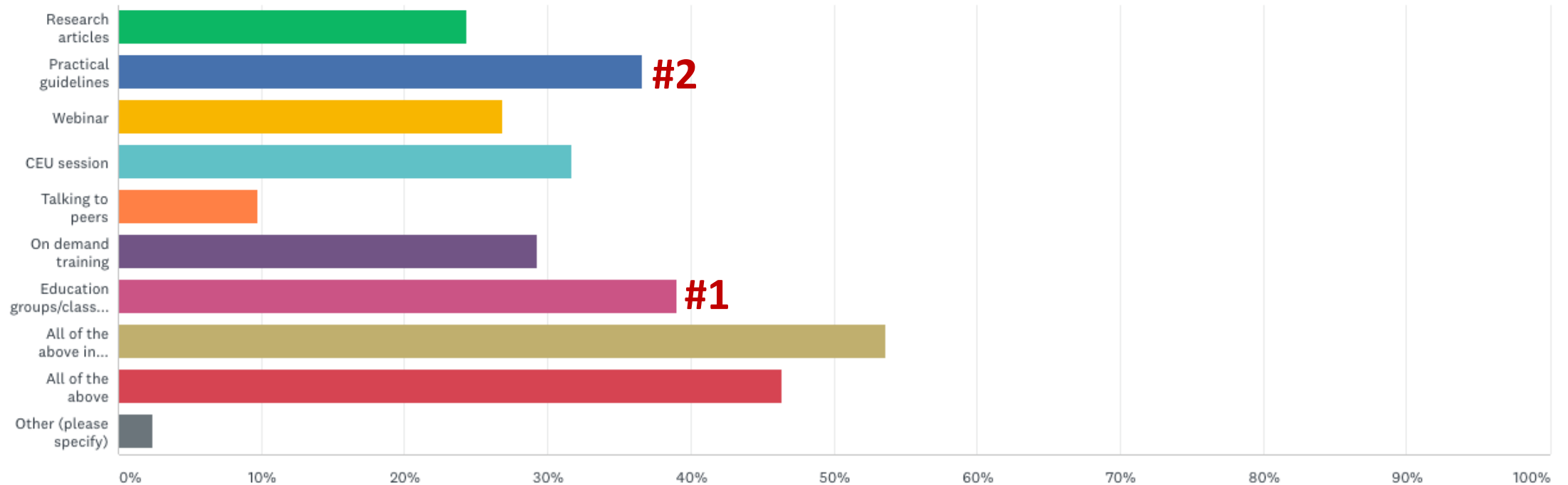


# Case Study: Understanding Provider ADRD Knowledge

Practical guidelines and educational tools were identified as key needs

What do you need to better assess and treat patients concerned about memory issues and their cognition? Check all that apply.

Answered: 41 Skipped: 29



# Moving Forward: A Partnership to Promote Brain Health Equity

- Scale survey to all NAHN Chapters in February via survey and social media toolkit



Health Providers:  
Help us promote brain health  
for Latino families.

**Take the Health Provider Survey Today!**

<https://www.surveymonkey.com/r/1a2nahnpps>

**UsAgainstAlzheimer's**



# Moving Forward: A Partnership to Promote Brain Health Equity

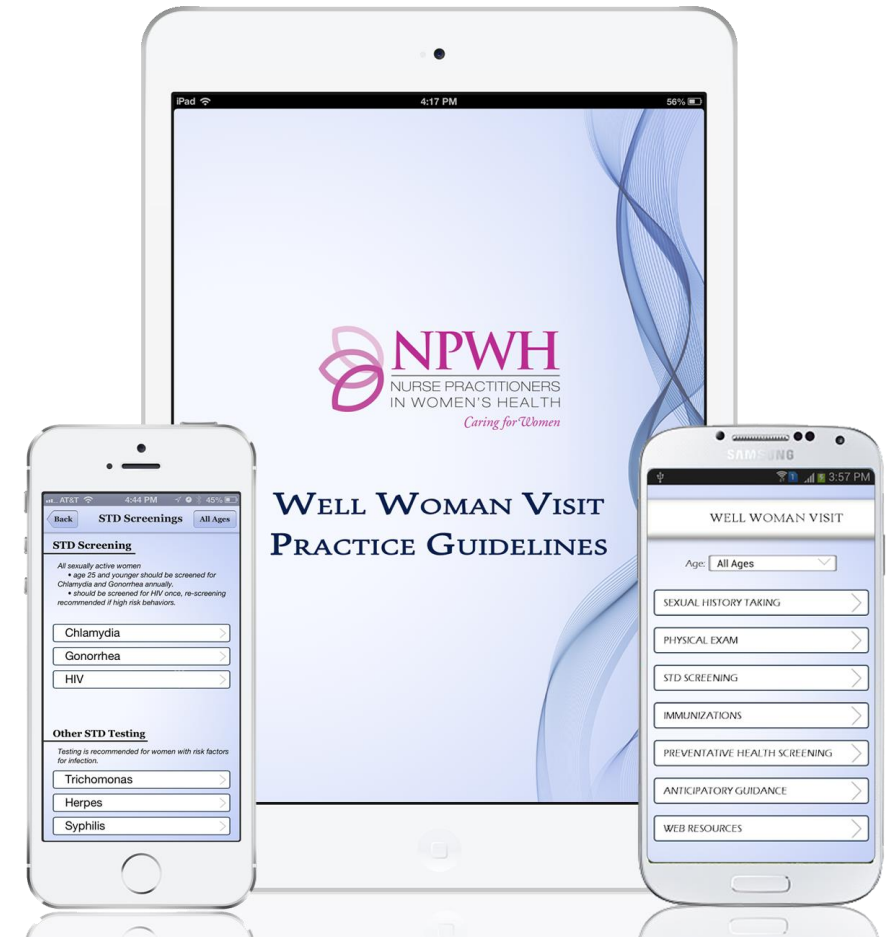
- Analyze and disseminate results broadly to the NAHN, the field, and publications
- Based on results, develop tools and resources to fill knowledge gaps and improve practice



**Health Providers:**  
Help us promote brain health  
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<https://www.surveymonkey.com/r/la2nahnpps>





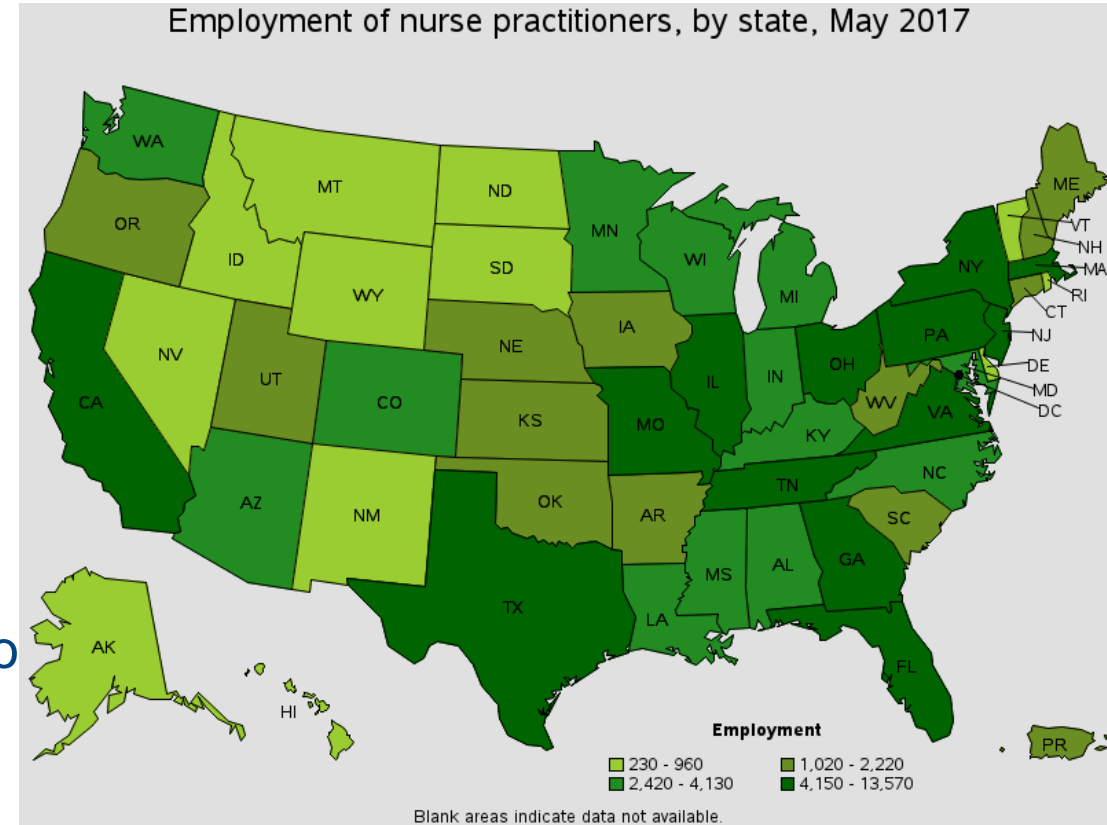


**Thank You!**

**UsAgainstAlzheimer's**

# APRN Leadership to Advance Brain Health Equity

- Nurse Practitioners (NPs) are most likely to practice in live/practice in Health Professional Shortage Areas.
- NPs are more likely to play a major role in community health centers.
- NPs are more likely to work in rural areas.
- Through their leadership, NPs across settings can make an impact in addressing social determinants to the health of their community.
  - collaborating across professions
  - building inclusive partnerships
  - advocating for public policies that consider a health equity (social determinants) approach



Source: U.S. Bureau of Labor Statistics



# Impact of COVID-19: Latinos with ADRD Health Equity

- Older Latinos with Alzheimer's are vulnerable to the effects of COVID-19.
- Health care access challenges plus multiple chronic conditions and frailty may increase fatality rates.
- Latino and Black communities challenged by adequate testing.
- Social isolation has been noted as one of the most severe consequences of this outbreak.
- Latino caregivers ultimately more vulnerable to financial, health, and emotional distress.



# Protective Factors for Health-Related Quality of Life Among Older Hispanics & Their Caregivers

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- Individual faith, social support, family (*familismo*), trust (*confianza*) and safety (*seguridad*) from health care providers serve as protective factors for health.
- Latino families that report high levels of *neighborhood cohesion*, have fewer depressive symptoms than those caregivers living in less cohesive neighborhoods.
  - Engaged neighbors:
    - allow older adults to age in place with additional support & may provide the basis of emotional closeness; and
    - may assist with needed tasks (transportation to grocery store, help with yard work).
- Cohesive neighborhoods buffer the impact that adversity and daily burdens have on psychological well-being & are integral to support processes that allow Latino caregivers to manage care tasks and possible secondary role strains on family & career life.
- Caregivers that live in neighborhoods with low levels of *willingness to help others* and caregivers of U.S.-born family members report more depressive symptoms than caregivers of older immigrant adults.

# Emerging Research to Promote Brain and Heart Health

- Physical activity enhances cognition by improving health behaviors, such as sleep, and by reducing chronic conditions such as cardiovascular (CV) disease that affect neurocognitive function.
- US DHHS 2018 Physical Activity Guidelines recommend moderate-intensity physical activity for older adults.
- Physical activity decreases with age, especially among lower-income people and Latinos.
- Latinos experience multi-level barriers to physical activity, including cost, environment/ safety concerns, and lack of social networks.
- Few physical activity interventions are designed for or older Latinos with ADRD.



# Questions for reflection?

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- Where are we now?
- Are we prepared to develop, implement, and assess an equity-oriented evaluation plan?
- How can we integrate health equity principles in our approach to providing health care?
- How can we understand our effect on health equity through our analysis plan?
- How can we share our evaluation efforts with diverse stakeholders?
- What are our next steps?

Adapted from: Centers for Disease Control and Prevention – Division of Community Health. A Practitioner's Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease. Atlanta, GA: US Department of Health and Human Services; 2013



# TAKING ACTION

- Speak Up! Use patient examples to advocate for policies that address housing, income, lack of access to health care on health equity.
- Inform policymakers of research, evidence, data that demonstrate the link between sociopolitical, economic factors and health.
- To impact intermediary determinants of health:
  - Ensure health promotion efforts go beyond individual behavior & lifestyle.
  - Are fees and transportation barriers to physical activity programs?
  - Reorient and inform. Encourage local businesses, community outreach programs, and civic organizations to take a social determinants approach.

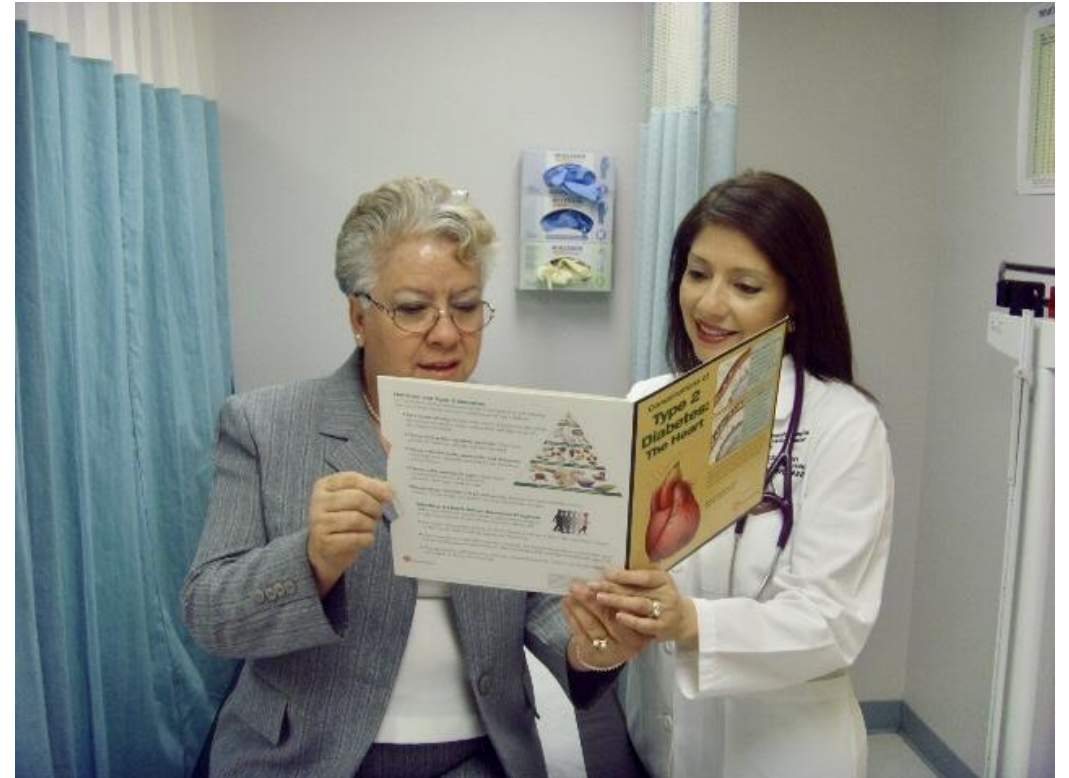


Davis, S. L., & Chapa, D. W. (2015). Social determinants of health: Knowledge to effective action for change. *The Journal for Nurse Practitioners*, 11(4), 424-429.

# TAKING ACTION

To impact health care delivery:

- The new SOAP note
  - When eliciting a psychosocial history, ask patients specific questions about income, occupation, housing, food, transportation and social support.
- Ask patients about the social determinants when planning follow-up and treatment plans.
- Know what government, private, and community resources are available to patients.
  - *Linguistically and culturally relevant*



Davis, S. L., & Chapa, D. W. (2015). Social determinants of health: Knowledge to effective action for change. *The Journal for Nurse Practitioners*, 11(4), 424-429.

# Stay Connected: Take our Survey!



Jason Resendez

[@jason\\_r\\_DC](https://twitter.com/jason_r_DC)

[@UsA2\\_Latinos](https://twitter.com/UsA2_Latinos)



Adriana Perez

[@AdrianaPerez98](https://twitter.com/AdrianaPerez98)

[#BrainHealthEquity](https://twitter.com/BrainHealthEquity)

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# CONNECT WITH US!

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[PaActionCoalition.org](http://PaActionCoalition.org)

## Nurse-Led Care Consortium

[nurseledcare.phmc.org](http://nurseledcare.phmc.org)

## Pennsylvania Organization of Nurse Leaders

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# Institutionalizing a Culture of Moral Resiliency Webinar Series

## Part Six: The Unique Role of the NP to Mitigate Burn-Out in the Clinical Setting

- Wednesday, August 12, 3-4 PM
- Presented by: Cynda Hylton Rushton, PhD, RN, FAAN, Anne and George L. Bunting Professor of Clinical Ethics, Berman Institute of Bioethics/School of Nursing, and Professor of Nursing and Pediatrics at Johns Hopkins University



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