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Conference Abstract

## Patient-centered and Coordinated Care for Asian Americans with Type 2 Diabetes Mellitus

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### Abstract

**Introduction:** With the implementation of the Patient Protection Affordable Care Act in the United States, health service providers will be under pressure to shift towards a patient-centered and care-coordinated delivery system. Despite being the fastest growing population, care management guidelines for Asian Americans with type 2 diabetes do not currently exist. A literature search was undertaken to aggregate information about healthcare utilization and self-management practices of diabetic Asian Americans, with the goal of providing guidance to healthcare professionals on how they can tailor care for this population as they move towards a patient-centred coordinated care delivery system.

**Methods:** A literature search was conducted using six databases to ascertain 1) evidence on which components of a patient-centred care-coordinated health delivery system effectively improve diabetes health outcomes, and 2) healthcare utilization and diabetes self-management practices of Asian Americans. The search identified both peer-reviewed articles and materials published by government and non-governmental organizations.

**Results:** Results about Asian Americans' healthcare utilization practices and diabetes self-management show that language, healthcare costs, limited knowledge of diabetes, and cultural practices are challenges to optimal diabetes care. Preliminary suggestions give health services providers some guidance in making each element of a patient-centred coordinated care system culturally appropriate for the Asian American population with type 2 diabetes, though these are based on limited evidence.

**Recommendations:** Health professionals can use suggestions in this report as a guide, though they should inquire about a patient's cultural beliefs and the challenges to managing diabetes in order to develop a personalized treatment plan. Areas for additional research include accumulating nationally representative data of the Asian American population, and testing culturally appropriate interventions. Government should begin to track diabetes health outcomes data at the national level and recognize that Asian Americans are an underserved minority group so that researchers can access grants targeted for minority populations.

### Keywords

**care coordination, diabetes, patient centered care, Asian Americans**

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**Powerpoint presentation:**

<http://www.integratedcarefoundation.org/content/special-session-tackling-inequalities-integrated-care-0>

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