

Utilizing Qualitative Research to Identify Health Perceptions Among African- American Men with Diabetes

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The Man with Diabetes



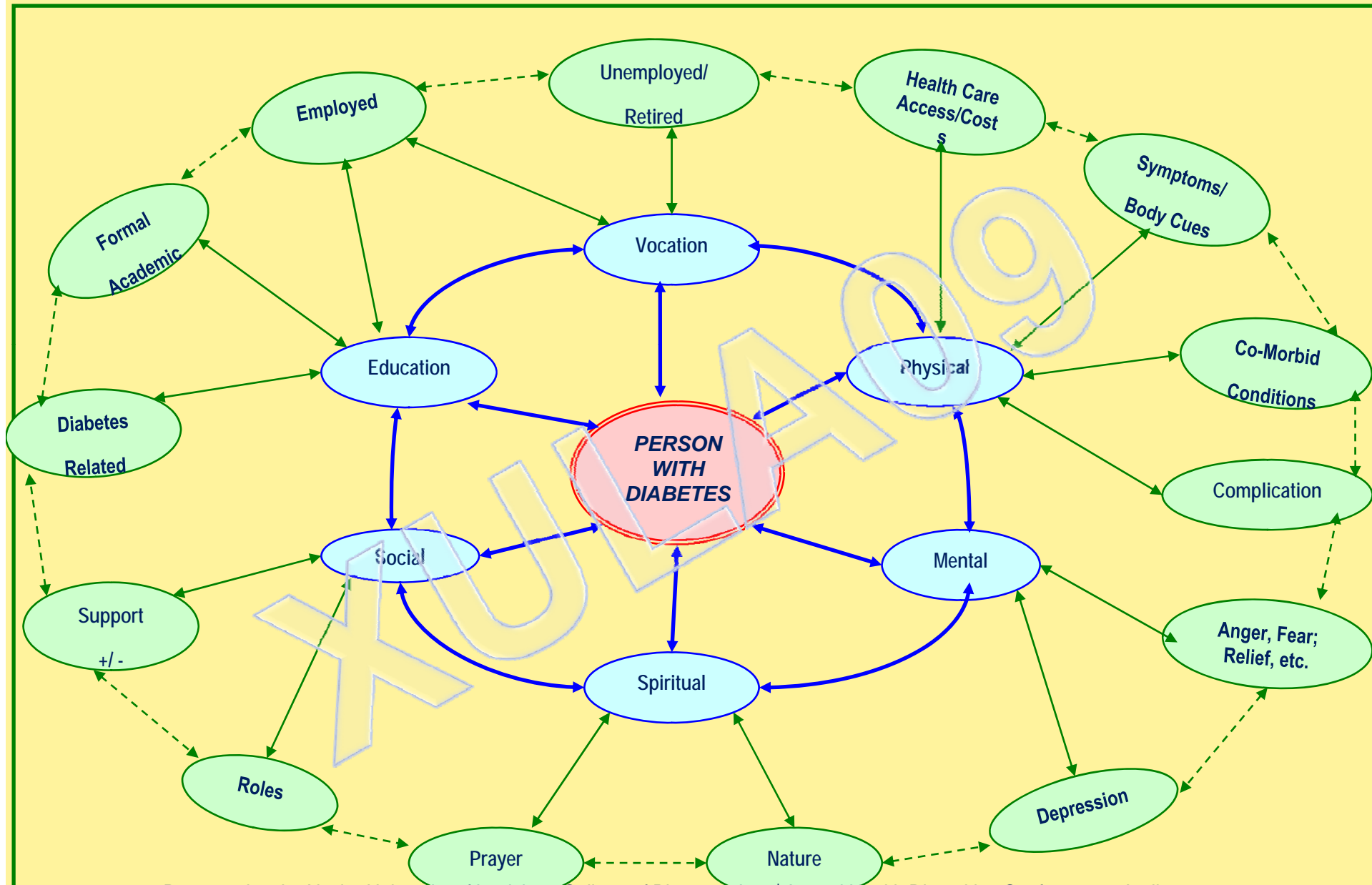
- ▶ “Diabetes is a bear in every sense of the word. Deny its existence, pretend it isn’t there, walk right through it, and you can wind up mauled and destroyed. Unrealistic though this approach may be, it’s exactly the approach a number of men take toward diabetes.”
(Lodewick, Biermann, & Toohey, 1999, p. 80)

The African-American Man with Diabetes

- ▶ Healthcare disparity ↔ Delays in diagnosis
 - “drinking about a quart of water an hour and running to the bathroom correspondingly...went on for about a month and a half before I went in and got it diagnosed.”
- ▶ Socioeconomic issues
- ▶ Family
 - “It’s the family problem. My father had it, my brother got it, and my sister got it.”
- ▶ Cultural influences
- ▶ Self-care education

- ▶ How does diabetes fit into the AA man's life?
 - "I'm sound ... Life goes on."
 - "... plus dealing with other issues too...they were talking about amputating your [sic] leg."
 - "...your sex drive be [sic] gone... Five years ago it was better than it is now and before that, it was better than that – it's a difference."

Composite Contextual Map



Health

- ▶ How is health defined?
- ▶ How do AA men define health?
- ▶ How does health fit into the AA man's life?

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Why Qualitative Research?

- ▶ Give African-American men a voice in order to share their experiences

Qualitative Research

- ▶ Focuses on the human experience through systematic and interactive approaches (Burns & Grove, 2007)
- ▶ A more appropriate method to use when studying diabetes related issues
 - Researcher asks the questions of individuals living with diabetes themselves (Anderson, 2008)
 - Diabetes is the most psychologically demanding of all chronic illness (Fisher, Delamater, Bertelson , & Kirkley, 1982)

Qualitative Research Approaches

- ▶ Phenomenology ↔ Lived experience
- ▶ Ethnography ↔ Culture
- ▶ Grounded theory ↔ Process used to solve problem; used when little is known about a phenomenon; theory development

Research Questions

- ▶ Phenomenology ↔ “What is the lived experienced of AA men who have diabetes?”
- ▶ Ethnography ↔ “What cultural characteristics influence the self-care of AA men who have type 2 diabetes?”
- ▶ Grounded theory ↔ “What are the basic social psychological processes of type 2 diabetes self-care as experienced by AA men?”

Data Collection

- ▶ Natural setting, e.g.. home, church, barbershop, clinics
- ▶ Multiple data sources
 - Interviews
 - Focus groups
 - Participant observation
 - Videos, photos, art

Data Analysis

- ▶ Theme and pattern identification
- ▶ Increasing levels of abstraction

“What is this man trying to tell me?”

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Metaphor Analysis Display: Aggressive and Destructive Descriptors of Diabetes

Metaphor	Semantics	Purpose	Meaning	Cultural Context	Perspective
“hardly missed a lick”	Amount of complications	Referring to multiple complications	Lick: small quantity	Informal	Describing how he hasn’t missed having any of the diabetes complications
“Kind of exploded”	Disease onset	Describing forceful onset of diabetes	Explode: blow up	Informal	Describing dramatic onset of diabetes
“Like someone is putting a needle through it”	Paresthesia	Description of prickling sensation	Needle: sharp sensation	Diabetes idiom	Describing foot sensations

Findings

- ▶ Transferability vs. generalizability

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Researcher Reflexivity

- ▶ Potential for biases
- ▶ Self awareness
- ▶ Strategies for management
 - Contributes to credibility
 - Journaling
 - Peer debriefing

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Conclusions

- ▶ Little is known about men's health and even less is known about African-American men's health.
- ▶ Qualitative research can provide some of the foundational information needed in order to conduct large scale studies.

Special Considerations

- ▶ Recruitment and sampling
 - Trust
 - Willingness to express self
 - Setting
 - Characteristics and influences of AA masculinity

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Recommendations

- ▶ Listen to the AA man.
- ▶ Culturally sensitive male-focused health care
- ▶ Increase funding opportunities
- ▶ Conduct qualitative research to
 - Define men's health
 - Identify the AA man's experience of living with diabetes
 - Determine cultural influences on diabetes self-care by AA men
 - Identify processes used by AA men to transition toward diabetes self-care

The End

► Questions?

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