End of Life Care in Latino Elders: It is more than a Language Barrier

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Speaker Disclosures:

Dr. Dulce M. Cruz-Oliver has disclosed that she has no relevant financial relationships.

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Learning Objectives

- Understand the effect of Latino cultural background on attitudes toward end of life care.

- Apply cultural sensitivity tool in end-of-life care decision making.
Components of palliative & hospice care

- Assess physical symptoms
- Psycho-social-cultural-spiritual support
- Ethical aspects of care
- Care of the imminently dying patient
- Structure and process of care

Meets the needs of Latino Americans

Definitions

- **Culture**: “the customary beliefs, social forms and material traits of a racial religious or social group”
  
  (© 2012 Merriam-Webster Dictionary INC. URL://i.word.com/imedical/culture)

- **Latino or Hispanic**: “a member of an ethnic group that traces its roots to 20 Spanish-speaking nations from Latin America and Spain” (2010 U.S. Census Bureau)
Epidemiology

- Hispanic population increased by 15.2 million (43%) between 2000 and 2010 (1)

- In the US 5% of elders ≥65 years are Latinos
  - By 2050 there will be 14% increase (2)

1. U.S. Census Bureau 2010
Characteristics of Latino culture

- 3/4 of Hispanics in the US identify as
  - Mexican, Puerto Rican or Cuban origin (1)

- Mixed cultural & ethnic heritage
  - of indigenous, European and African cultures (2)

1. U.S. Census Bureau 2010
<table>
<thead>
<tr>
<th>BELIEF</th>
<th>DEFINITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Familismo</td>
<td>Emphasis placed on family loyalty and cohesion</td>
</tr>
<tr>
<td>Filial piety</td>
<td>Moral obligation of children to care for and respect elders.</td>
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<tr>
<td>Respeto</td>
<td>Dictates differential behavior toward others on the basis of person’s authority, age, gender and socioeconomic status.</td>
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<tr>
<td>Personalism</td>
<td>Development of warm, personal relationship with the medical professional.</td>
</tr>
<tr>
<td>Fatalismo</td>
<td>A belief in fate that one’s future is preordained or not under one’s control.</td>
</tr>
<tr>
<td>Religiosity &amp; spirituality</td>
<td>Prayer and faith in God is the major source of comfort and way to cope with symptoms and dying.</td>
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</tbody>
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Challenges of Latino EOL care

1. EOL communication compromised by
   • Cultural factors: language barrier & acculturation
   • Low health literacy level

Acculturation BAR

2. Lack of awareness of hospice service

3. Prohibitive cost

OVERCOMING THE CHALLENGES

Literature review
Literature review

- PubMed and Ovid websites of the English and Spanish-language articles (1948-2012)
  - Search terms: Latino and Hispanic ethnicity linked with end of life, palliative care and hospice in elderly or elders.

- RESEARCH QUESTION:

  What evidence is available on how to deliver EOL care to Latino elders?

<table>
<thead>
<tr>
<th>Topics</th>
<th>Number, Quality of evidence</th>
<th>General comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latino culture</td>
<td>9, low</td>
<td>Culturally based beliefs influence illness experience, decision making and care at EOL. Some mother Latin countries have integrated palliative medicine into their health care system.</td>
</tr>
<tr>
<td>EOL preferences</td>
<td>15, medium</td>
<td>Latinos are less likely to have advanced directives, they prefer family-decision making, avoid nursing homes and have mixed results on aggressiveness of therapy (ICU, transfusion use). Educational interventions are effective in changing Latino’s attitudes toward palliative care.</td>
</tr>
<tr>
<td>Hospice</td>
<td>9, medium</td>
<td>Hispanics use hospice less and EOL care cost is higher, but expenditure was better explained by geography. Places with large Hispanic population have same hospice access as Whites. Prefer Spanish-speaking staff.</td>
</tr>
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<td>Caregiving</td>
<td>5, high</td>
<td>Irrespective of race/ethnicity, caregivers experience burden and it is improved with hospice respite program. There are some interventions proven to help caregivers of patients with dementia.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>38, medium</td>
<td>Cruz-Oliver et al. Am J Hosp Palliat Care 2013</td>
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Informed Latino’s were open to receive hospice care. They prefer to avoid nursing home placement and instead have families provide care, but at the same time they desire to reduce caregiver burden and rely on spirituality for coping.
OVERCOMING THE CHALLENGES

Literature review

Needs assessment

using focus group and experiential journal
OVERCOMING THE CHALLENGES

1. Literature review
2. Needs assessment using focus group and experiential journal
3. Creation of culturally sensitive tool: Video
Video: Don Sanchez
OVERCOMING THE CHALLENGES

- Literature review
- Needs assessment using focus group and experiential journal
- Creation of culturally sensitive tool: Video
- Pilot dissemination with pre/posttest
Thank you for your attention!

QUESTIONS?