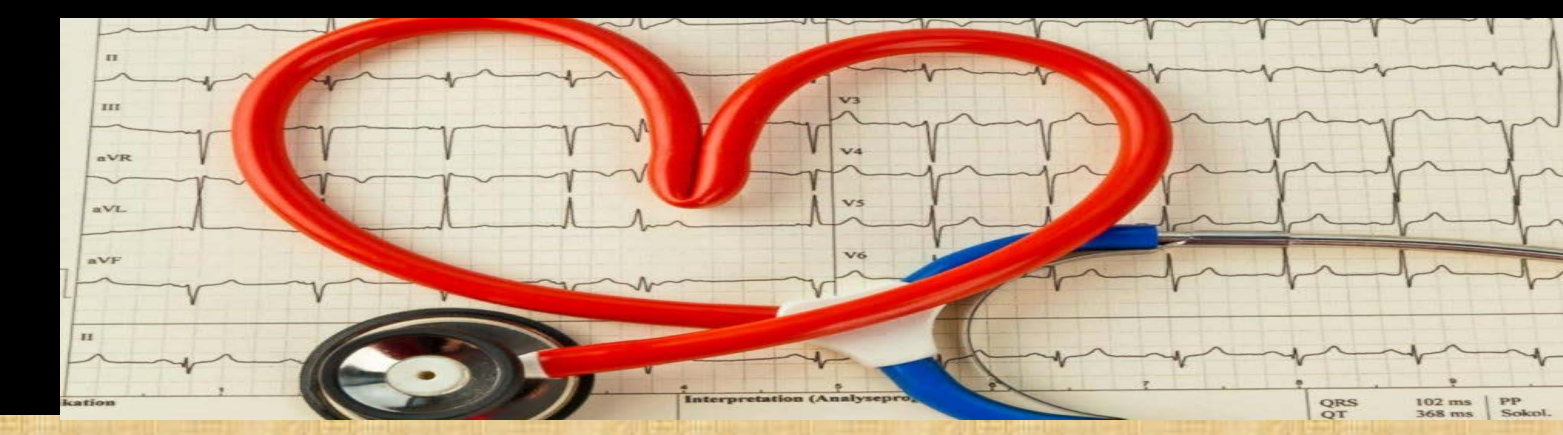


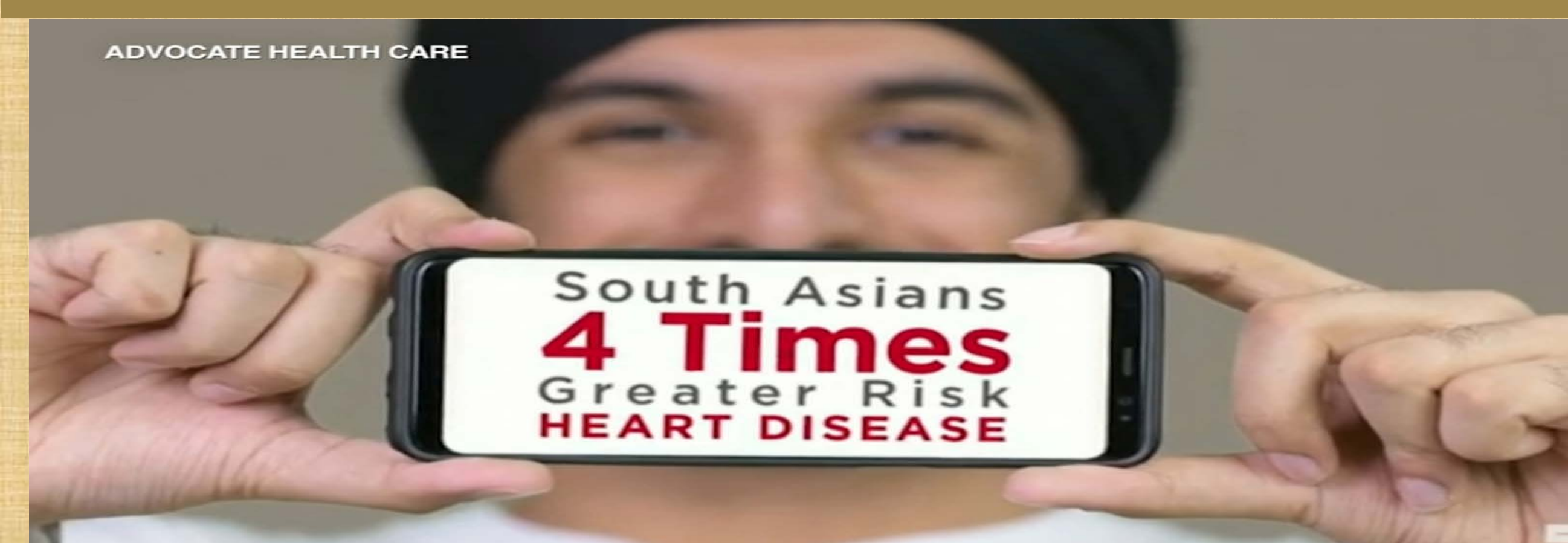
# To Understand the Impact of Heart Disease Amongst Immigrant SAA and use Diversity and Inclusion, to help decrease the disparity in Preventive Care Services and Promote a Healthier Lifestyle for South Asian Americans.



Renu Mathew MS, FNP BC



## PROBLEM



- ❖ 3.4 million people of SAA decent living in US (CDC,2010)
- ❖ Highest number of SAA live in California, New York, New Jersey, Texas and Illinois
- ❖ Develop CAD up to 10 years earlier than the general population.
- ❖ 25% heart attacks occur underage of 40 yr.

## PROJECT GOALS

- ❖ Early intervention and prevention in young adults

### Recognize risk factors: Modifiable

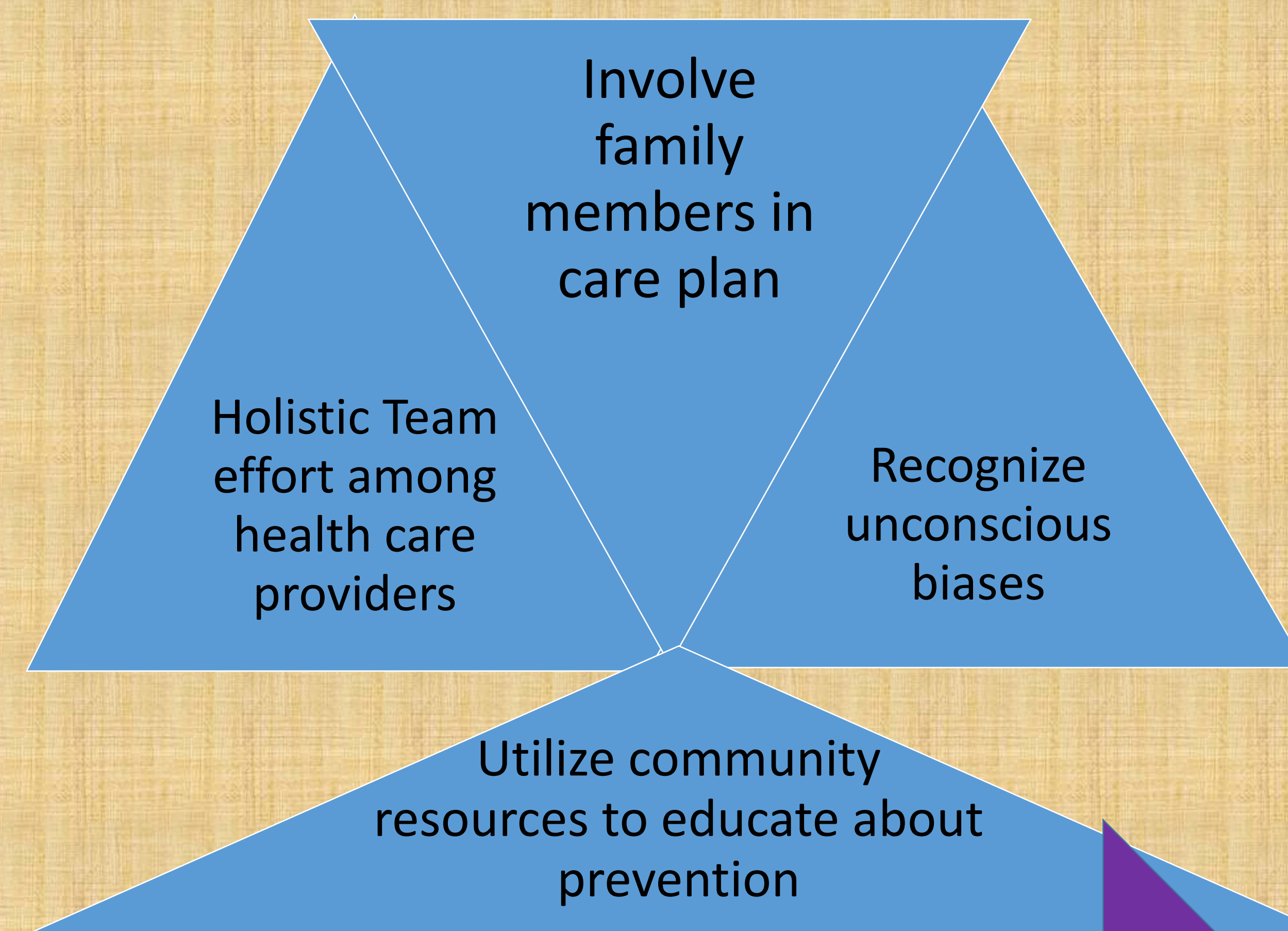
Diet, Physical activity, Use of tobacco  
Communication barriers, Medication adherence.

Access to health care, personal life experiences. Trust and relationship among providers and family

### Non modifiable

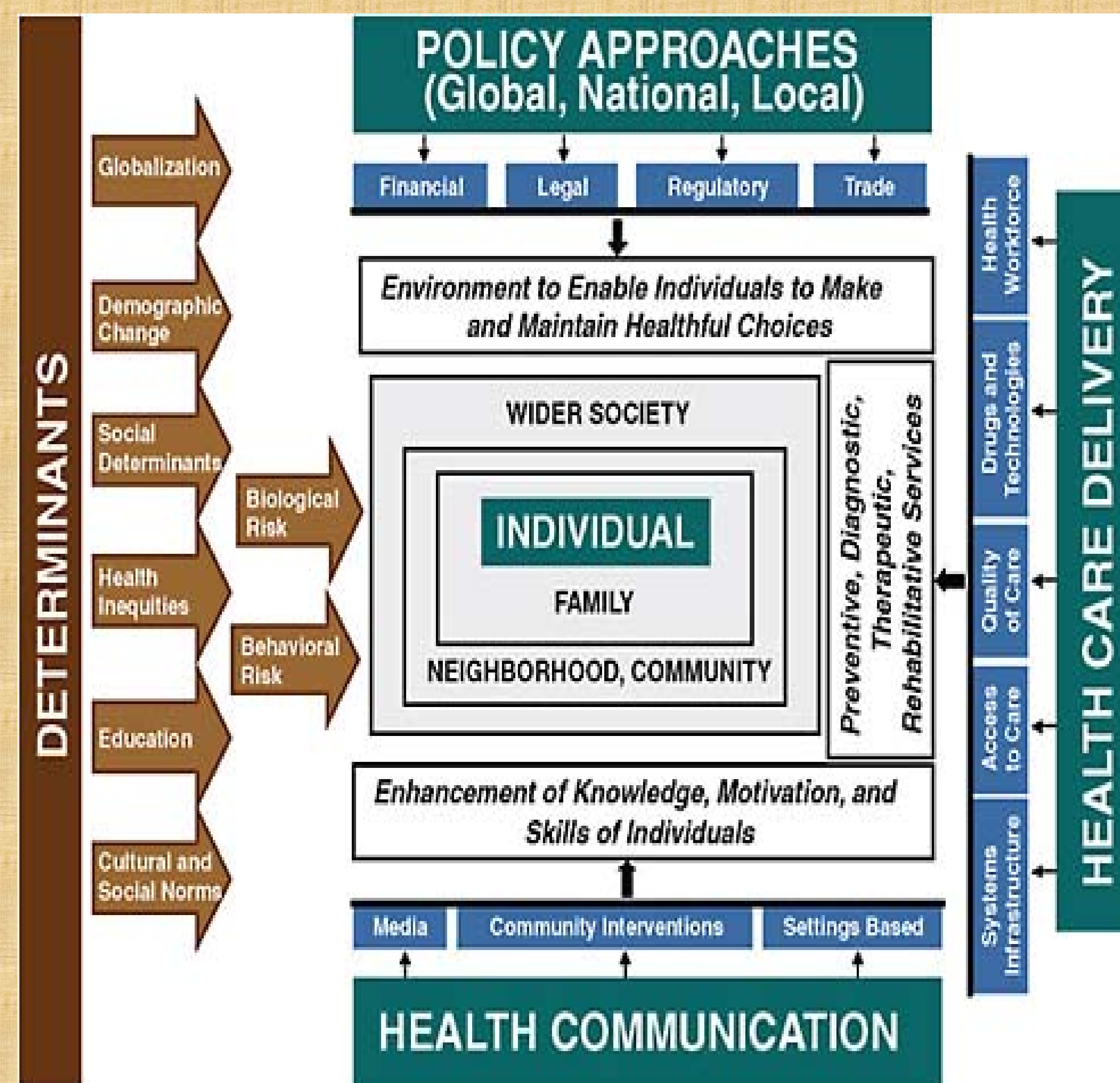
Coronary artery calcification  
Sex: female :Gestational DM, Age  
Family or personal history of HTN,DM,HLD,CKD,PAD.

## PROCEDURE



Madeleine Leininger  
Transcultural nursing Model

## RESULTS



## Process

- ❖ Diversity is having a seat at the table; inclusion is having a voice and belonging is having that voice heard.
- ❖ To be heard : Future research :Culturally tailored nursing intervention.

### Implementation plan at Echo lab:

- ❖ Revise assessment pre-procedure plan for SAA.
- ❖ Include family members in follow up care planning.
- ❖ Provide incentive to use available community resources in disease prevention

## REFERENCES

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Singh, P., King-Shier, K., & Sinclair, S. (2020). South Asian patients' perceptions and experiences of compassion in healthcare. Ethnicity & Health, 25(4), 606-624. doi:10.1080/13557858.2020.1722068

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# Understand the Impact of Heart Disease Among Immigrant SAA and use Diversity and Inclusion, to help decrease the disparity in Preventive Care Services and Promote a Healthier Lifestyle for South Asian Americans

**DIVERSITY  
LEADERSHIP  
INSTITUTE**



*For academic nursing leadership committed to diversity, equity, and inclusion*

Renu Mathew MS, FNP-BC  
Montefiore Medical Center

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## Biography

She completed her FNP from The College of New Rochelle, NY; BSN from L.T.C.N, Mumbai, India. South Asian Americans have a disproportionately higher risk for heart disease. About 25% of heart attacks occur under the age of 40. She wanted to Understand the Impact of Heart Disease Among Immigrant SAA and use Diversity and Inclusion, to help decrease the disparity in Preventive Care Services and Promote a Healthier Lifestyle for South Asian Americans.

She performed comprehensive literature review to summarize existing evidence. She plans to Implement culturally tailored interventions to improve recognition and prevention of heart disease among SAA.



### Contact Information

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