

Bridging cultures: Ethnicity and self-management

What facilitators of Bridges say

Meriel Norris

Plan of talk

- Stroke and ethnicity – what's the fuss about?
- Ethnicity and self-management – more fuss?
- What we did
- What we found
- So what?
- So what next?

Foreword & Caveats

Ethnicity and culture

Communities

Other factors

Stroke and ethnicity

“think twice”

African and Caribbean communities are twice at risk of having a stroke.

High blood pressure is a “silent killer” and is the single biggest risk factor for stroke. Find out if you have high blood pressure by visiting your GP.

It's quick and painless and could save your life.

www.stroke.org.uk Stroke Helpline 0845 3033 100

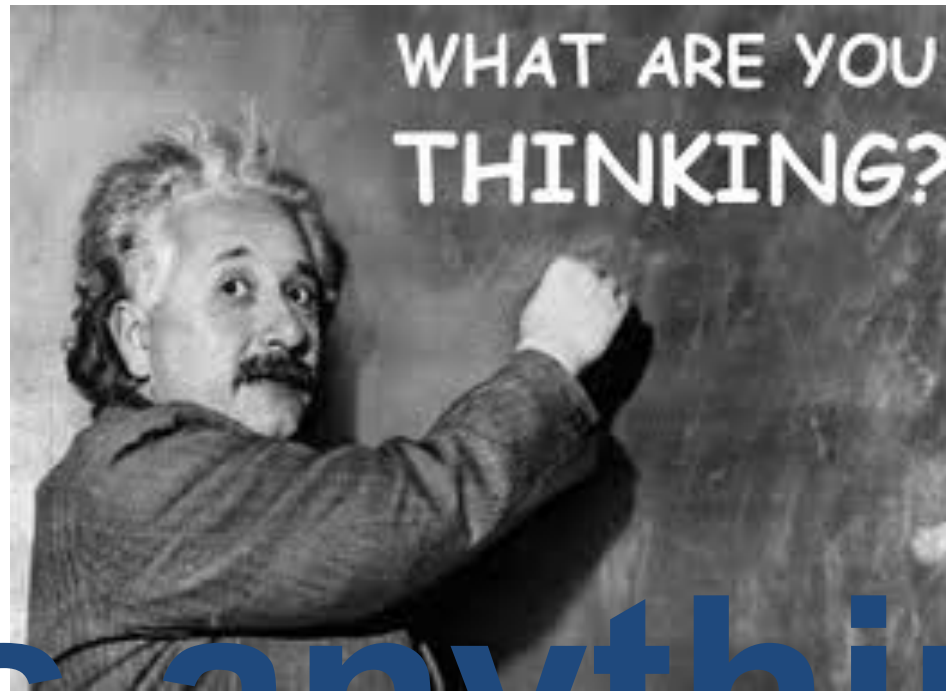
STROKE
The Stroke Centre

Stroke and ethnicity

- Access?
- Service response?
- Gain within rehab?
- Long term outcome?
- Needs?
- Employment?

Self-management and ethnicity/culture

- Cultural appropriateness?
- Uptake?
- General vs specific?



**Is anything
going on ?**

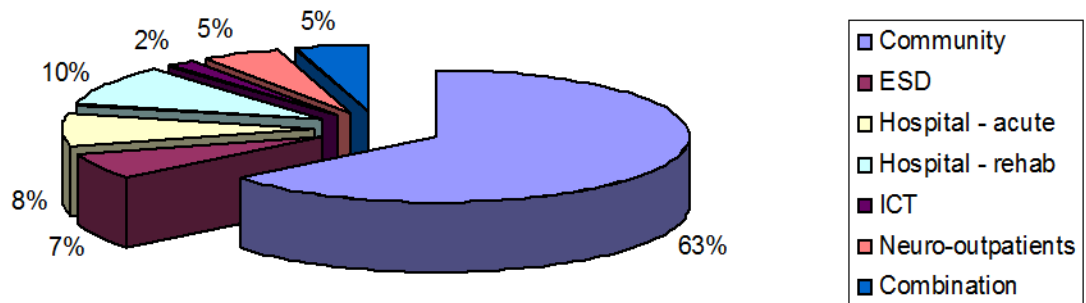
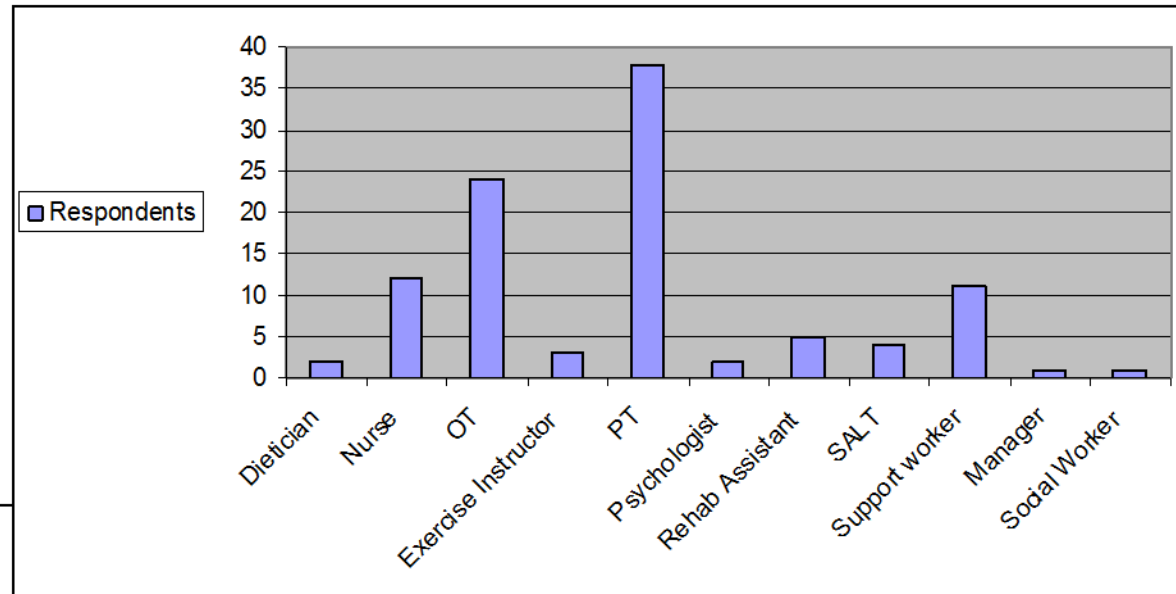
What we did

Two stages

1. Questionnaire

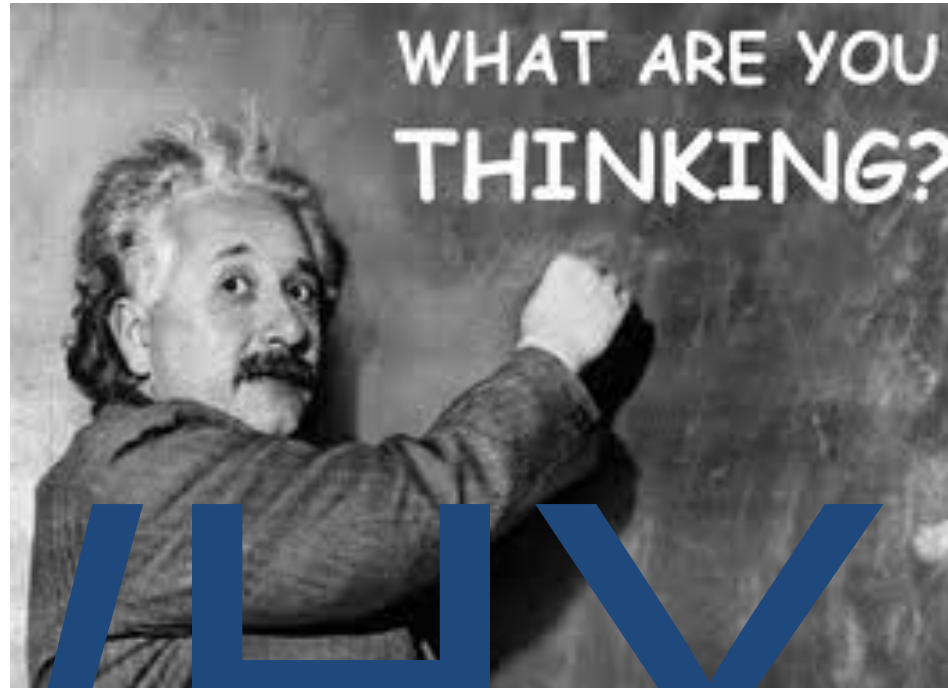
- i. All trained in Bridges
- ii. Use of Bridges
- iii. Use of Bridges with stroke survivors from ethnic minorities

Who was involved



What we found

- 76% had used Bridges
- 27% had used Bridges with minority ethnic stroke survivors
- Black > South Asian
- Language and family main barriers



WHY?

What we did

2. Interviews

- i. Bridges trained staff with experience of using Bridges with stroke survivors from ethnic minorities
- ii. Success
- iii. Facilitators
- iv. Barriers

Who we talked to

- 26 Bridges trained stroke professionals
 - Physiotherapists (n=12),
 - Occupational Therapists (n=8),
 - Rehab support workers (n=3),
 - Speech and Language Therapists (n=2),
 - Clinical psychologist (n=1)
- Full stroke pathway
 - Hyperacute/acute/rehab/community

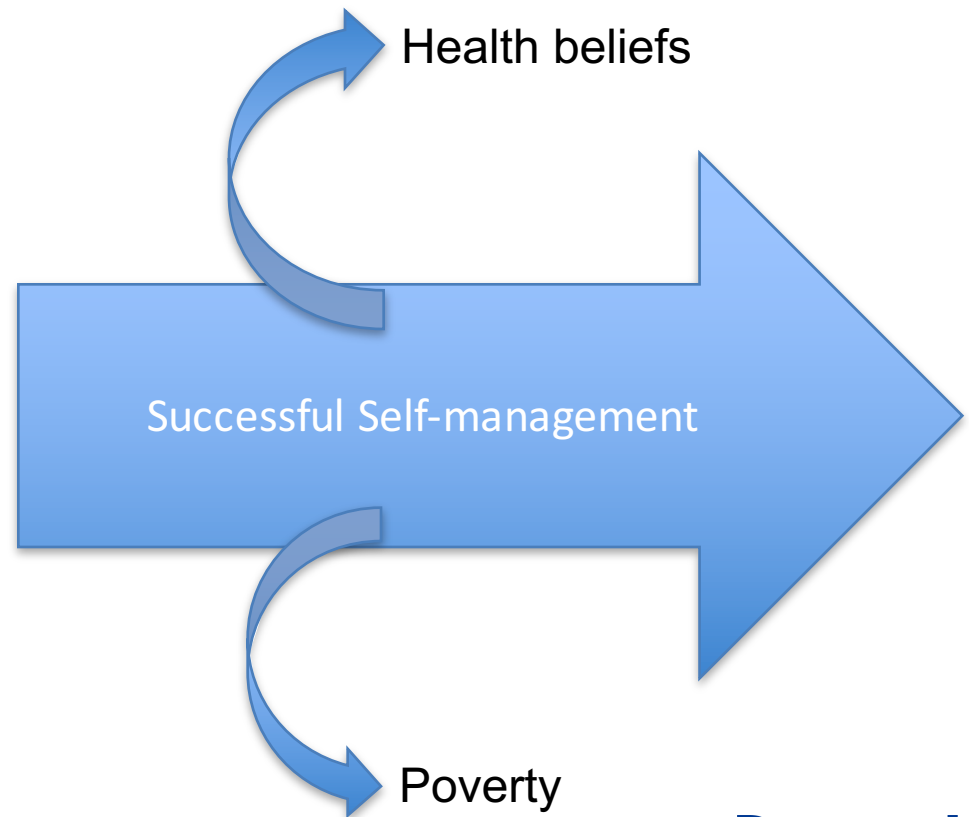
Things we found

Three themes

- What needs managing?
- Who is the manager?
- Self-management as a shared concept

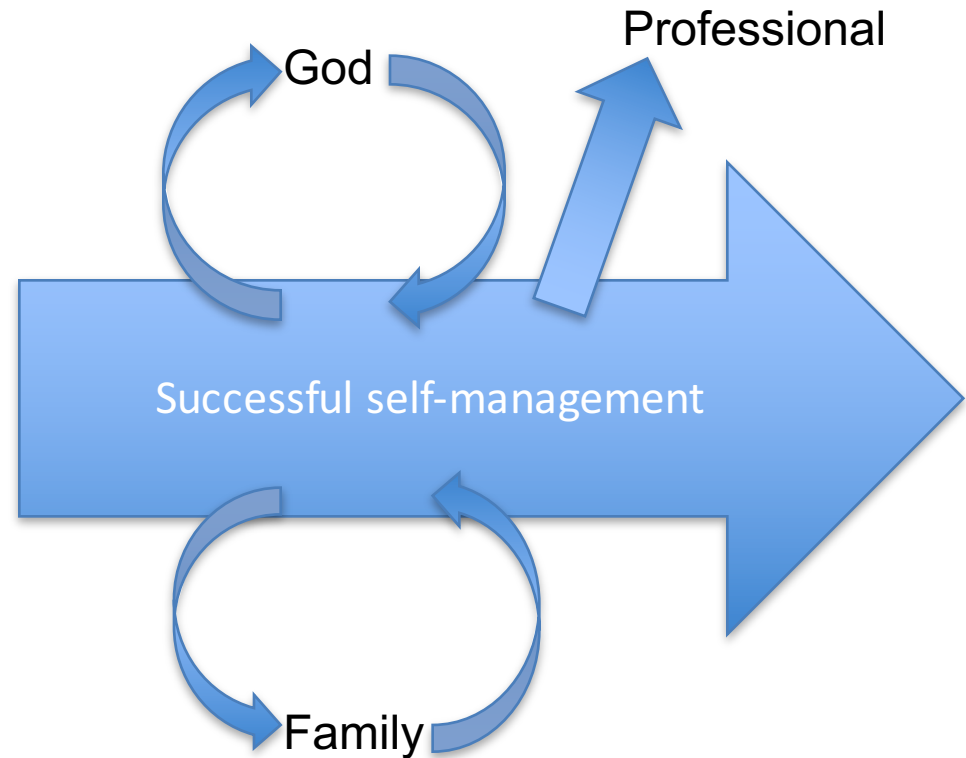
What needs managing?

- Health beliefs
 - Stroke
 - Recovery
- Really important?
- Really unique?



Who is the manager?

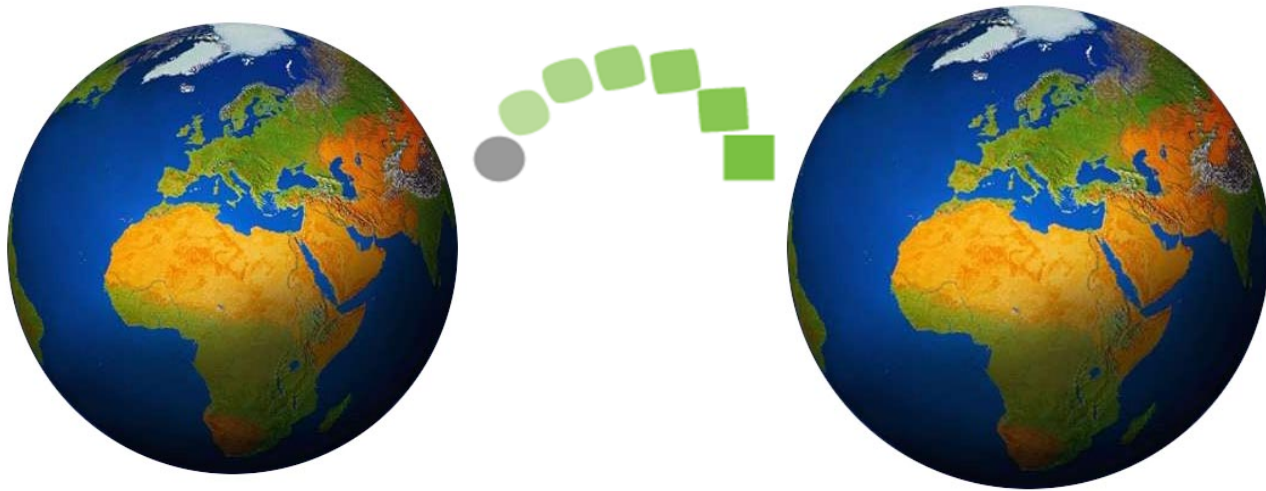
- Religion
- Family
- Professionals



- Really unique?

Self-management as a shared concept

- Success
- Bridges helped to bridge



So what?

- Are specific approaches based on ethnicity required?

So what next?

