

BACKGROUND

Muscogee Creek Nation (MCN) is a self-governed Native American tribe located in Okmulgee, Oklahoma (Muscoogee [Creek] Nation Department of Health [MCNDH], n.d.). MCN is one of the Five Civilized Tribes and has 86,100 citizens. The MCN health system is comprised of 3 hospitals and 7 clinics throughout tribal territory (MCNDH, n.d.).

Healthcare services are provided to tribal citizens located in 10 counties in the surrounding area. Healthcare services are also provided to individuals of other tribes as well as non-tribal citizens at some MCN facilities (MCNDH, n.d.).

MCN employs 1 OT and 2 OTAs. Occupational Therapy (OT) services are provided at MCN Physical Rehab Center (MCNPRC) and are offered to LTAC, SNF, outpatient adult and pediatric clients.

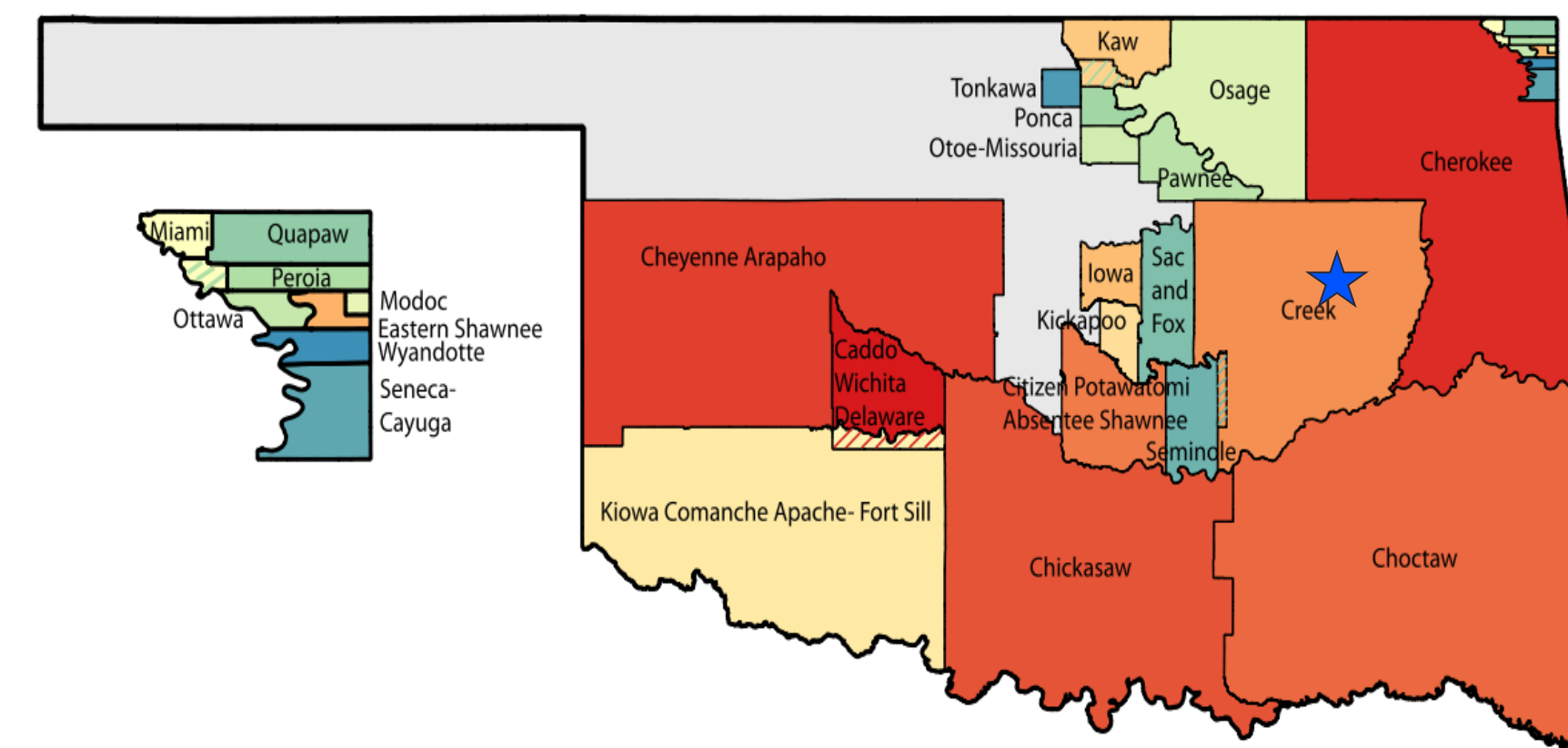
MCNPRC is a tribally owned facility that serves tribal and non-tribal individuals. This facility is not considered an Indian Health Service facility and is completely funded by 3rd party payer sources yet serves tribal citizens with no additional insurance.



FOCUSED QUESTION

How effective are culturally sensitive healthcare services at improving health behaviors for minority populations?

METHODS



Databases and Sites Searched

Academic Search Premier, Cochrane Library, CINAHL, Medline, Medline Complete, PubMed, APA PsycArticles, APA PsycInfo

Search Strategy

Patient/Client Population: minority populations, underserved, Native American, Mexican American

Intervention: culturally sensitive, culturally competent, culturally aware

Outcomes: health behaviors, disease management, behavior adherence, diabetes management, preventative health, cross-cultural opening

Article Inclusion Criteria

- Published 2010 or later
- Level 1 design
- Minority populations- culturally or linguistically diverse
- Use of culturally competent interventions strategies
- Intervention provided by healthcare providers including but not limited to occupational therapists, nurses, dietitians, social workers, psychiatrist, psychologist, physicians **OR** a healthcare provider trains lay community members and provides oversight supervision.
- Intervention was carried out in healthcare facility or a community center

Results of Search

7 Level 1 design articles identified that fit focus question and inclusion criteria



RESULTS

Populations

- African-American
- African (Surinamese or Ghanaian)
- Latin-American/Mexican American
- Native American
- New-Zealand Maori

Healthcare Providers

- Nurses/Nurse Practitioners
- Medical Doctors
- Psychologist
- Dieticians

Themes of Culturally Competent Interventions

- Use of preferred language during treatment or storytelling
- Incorporating community members or tribal members to conduct treatment
- Use of culturally familiar activities such as berry picking, horseback riding, dancing, hunting, hiking, and camping.
- Incorporating culturally familiar foods and recipes for cooking
- Social interactions within community
- Management of chronic diseases and coping skills
- Accounting for health literacy differences when providing educational materials

Health Behaviors and Outcomes

- Improved BMI
- Improved blood pressure levels
- Improved HbA1c levels
- Improved lipid levels
- Weight loss
- Improved self-efficacy
- Improved self-adherence to medication management
- Increased levels of physical activity

Limitations of CAT

Limited research articles that include occupational therapy services to minority populations at the Level 1 design. Limited research strictly on Native American populations. Difficult to attribute outcomes to cultural tailoring aspects of intervention due to limited measurement tools .

Strategies for Occupational Therapists

- Conduct all sessions in client's preferred language. Utilize interpreting services provided at facility.
- Occupation based interventions: get to know your client's cultural interest.
- Continuous education to your client and ensure appropriate health literacy levels are accounted for.
- Advocate for OT services for the population and educate Tribal administration.
- Use of community to locate grant funding for additional therapy funding and program development

BOTTOM LINE FOR OT

OT is a vital part of the healthcare team in a Native healthcare system. Continued education and advocacy regarding OT's role to tribal administration and potential referral sources, is necessary to increase utilization and support of services. Due to the nature of federal healthcare services, funding to therapy departments is limited. Creative and resourceful methods are necessary for occupational therapists to be successful. Increasing funding through local and community grants can provide additional support for funding needs. The Native American community has a unique and culturally rich history. Appropriate and culturally competent healthcare services are necessary for utilization of services and outcomes (Murphy, Griffith, Mroz, & Jirikowic, 2017). Occupational therapists are trained to have a holistic perspective and treat each person's specific needs (AOTA, 2013). According to the OT Practice Framework, desired occupations include participation in religious, spiritual, and cultural activities (AOTA, 2014). Client factors include values, beliefs, and spirituality which can motivate and influence engagement in occupations (AOTA, 2014). Occupational therapists can account for all relevant client factors through use of culturally based interview questions, incorporating family members, and conducting sessions in preferred language (AOTA, 2013). Additionally, occupational therapists can use the strategies identified in this CAT to better implement culturally competent services. However, continued research regarding occupational therapy and the Native American population is needed in order to better serve this community.

REFERENCES

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