

Paper Session C4: New Initiatives in Health Promotion

Theoretical and Clinical Implications of The Self-Efficacy Enhanced Osteoporosis Preventive Education Program

Bing-Bing Qi, PhD, RN, Villanova University, Villanova, PA

Purpose: It's to explore the theoretical, clinical and research implications of the Self-efficacy Enhanced Osteoporosis Preventive Education (SEOPE) program in Chinese immigrants (CI).

Background: Given the high risk of osteoporosis (OP) in the fast growing population of CI inadequate preventive activities, studies are needed to increase OP awareness and to encourage adoption of preventive behaviors. However, educational interventions targeting CI and tailored to Chinese culture, language, and specific needs have not been developed nor adequately studied. The most effective theory to facilitate behavior change related to health is the theory of SE. The elements of the SE construct with appropriate language and cultural consideration was incorporated in the intervention.

Approach: It was conducted in a RCT with 83 older Mandarin-speaking CI in Philadelphia.

Major Points and Rationale: Although conclusions cannot be made as to what may have been more effective, the feedback from the participants suggested that the education materials and the presentation were useful; the verbal encouragement, the small goals setting, the experience shared with other similar individuals, the support from family and the concrete strategies for overcoming exercise barriers and reinforcement of the benefits of the calcium and vitamin D were most helpful for initiation with exercise and medication use. A series of lessons were learned with the implementation of the program. A crucial need exists for printed health-related educational materials for CI within the English-dominated society. The demands of health care for this vulnerable population go far beyond the current efforts and accessibility of information.

Conclusions: It supported the value of SE theory as a theoretical basis for interventions to change behavior among older adults with ethnic Chinese backgrounds. The results support the idea that the four sources of information can be used to enhance SE and outcome expectation, and subsequently promote the behavioral change in CI. Many unique factors including access to care, finances, lack of insurance, or language barriers have also contributed to their previous lack of sufficient attention from researchers or policymakers. The dissemination of the findings based upon this population at high risk for OP may lead to more culturally sensitive, language-appropriate, individualized care from health care providers, and may help direct more resources to indigent CI populations.