Purpose & Goal

**Purpose**
- To discover African American (AA) men’s lived experiences receiving healthcare in a Nurse Practitioner (NP) managed setting within an urban medically underserved context.

**Goal**
- To guide NP actions and decisions for delivery of culturally congruent care.

Research Questions

- What are the lived experiences related to care and health of AA men receiving primary care from NPs in a nurse managed clinic?

- How can NPs develop strong relationships with patients and families to promote health and wellbeing?

- How can NPs use Leininger’s nursing action and decision modes to provide culturally congruent care for AA men?

Research Method & Theory

- Colaizzi’s phenomenological research method along with Leininger’s Theory of Cultural Care Diversity and Universality (CCT) as a conceptual framework.

- In-depth conversations with researchers and informants as co-participants.

- Researchers entered the informants’ world to discover their lived experiences related to health and care.

Preliminary Results & Findings

**Theme 1:** NPs show more care than physicians

- **Significant Statement:** NPs spend more time with patients
  - “I don’t feel like I’m on an assembly line when I am here.” ~ WC
  - **Significant Statement:** NPs take time to explain things
    - “They make sure I really know what they are trying to tell me before I leave here.” ~ LP

**Theme 2:** NPs develop strong relationships with patients and families to promote health and wellbeing

- **Significant Statement:** NPs are more concerned about the patients’ overall health

**Theme 3:** Kinship, religious, economic and social factors influence healthcare and wellbeing

- **Significant Statement:** Friends provide care which leads to improved overall health

Implications for NP Practice

**Culture Care Preservation and/or Maintenance**
- Promote kinship and folk care for healthy lifeways and coping abilities
- Maintain religious and spiritual affiliations for dealing with illness and loss

**Culture Care Accommodation and/or Negotiation**
- Include family and friends in professional plan of care
- Integrate healthy folk care practices into professional plan of care

**Culture Care Restructuring and/or Repatterning**
- Educate about healthy lifestyle choices in the areas of nutrition and physical activity
- Lobby for policy changes to ensure affordable NP healthcare coverage for the medically underserved

Selected References


Acknowledgments: Francine Zick Research Award; Frances Frazier Travel Scholarship Fund; UM – Flint Office of Research