

# Self-Management of Diabetes for African American Women Caring for Persons with Dementia

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## Abstract

**Problem**-There is a higher prevalence of diabetes in African American women than non-Hispanic Whites and the incidence increases with age (American Diabetes Association, 2009) (ADA). One in five African American women over age 55 has diabetes (ADA, 2009). In African American families, women juggle multiple roles and put their needs aside while prioritizing caring for the family. The added role of dementia caregiving further competes with the time allotted for self-care.

A literature review on self-care and the self-management of type 2 diabetes in African American women who care for persons with dementia (PWD) revealed gaps in how African American women prioritize self-care, demonstrate spiritual practices and beliefs on self-care, view barriers to self-management of diabetes (SMD), accommodate for aging and self-care practices, and the self-management of diabetes while providing dementia care to a family member.

**Objective**- A descriptive exploratory cross-sectional design will be used in this study with a purpose of quantifying how African American women in an urban Midwest setting maintain glycemic control in the management of their diabetes, while filling multiple roles and providing dementia care to a family member with dementia. African American women with diabetes who are non-caregivers will be the comparison group N=50.

**Specific Aims**- Compare diabetic self-care management of African American caregivers of person with dementia with that of African American non-caregivers; Compare the subjective health assessments to objective health indices; and Examine the relationship between diabetes self-care management priorities and caregiving demands. Barriers to self-management and facilitating factors in both groups will be compared. The findings will inform future intervention research to test the impact of dementia caregiving on self-management of diabetes.

## Research Questions

1. How do African American females with diabetes manage their disease and provide dementia care in comparison to non-caregivers?
2. What is the relationship between subjective and objective health indices of diabetes?
3. What impact does dementia caregiving have on diabetes self-management for African American female caregivers and how does this impact relate to priorities for self-management of diabetes?

## Literature Review

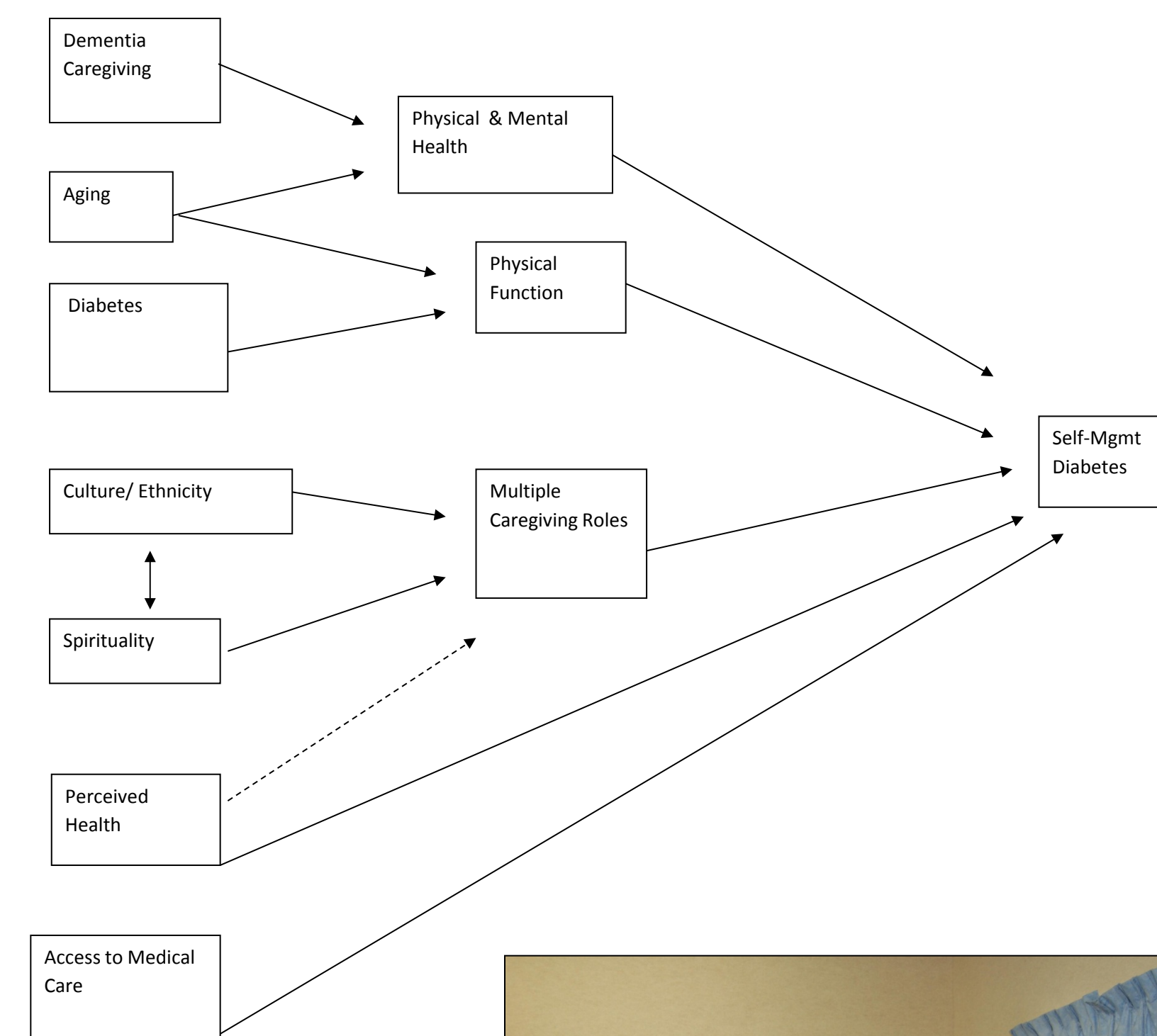
- African American females with type 2 DM
- African American females with diabetes and their self-management
- African American females with diabetes and multiple caregiving responsibilities
- African American females with diabetes and dementia caregiving responsibilities

## Gaps in the Literature

- How African American women with diabetes perceive self-management of diabetes while caregiving for persons with dementia
- Self-care and physical health with assessment of physical health with objective indices to assess the impact of informal dementia caregiving in African American women
- How African American women prioritize time for self-management of diabetes.

## Conceptual Framework

### *Barriers to Self-Management of Diabetes*



## Methods

- **Design**- Cross-sectional, comparative of the self-management of diabetes in caregivers of persons with dementia (PWD) and non-caregivers
- **Sample** – Purposive sample (N=50), African American females, 50% caregivers and 50% non-caregivers
- **Setting** – South Side Chicago, urban church community.

## Instruments

- **SDSCA- Self-management of Diabetes**
- **CRA- Caregiver Reaction Assessment**
- **MCS- Multiple Caregiving Scale**
- **Stand Leg Test- Functional Status**
- **SF-12- Perceived Health**
- **Beck Depression Inventory- 11**
- **Glycosylated Hemoglobin**

## Significance of the Study

- Four Million African Americans have DM
- We don't know how caregiving affects the self-management of chronic illness
- We don't know how African American family caregivers of PWD prioritize their SMD
- This knowledge could lead to culturally sensitive intervention science in chronic disease management which could lead to sustaining the C.G. in their primary role as C.G.
- American Diabetes Association (2009). Standards of medical care in diabetes. *Diabetes Care* 32(1), S13-S61.

