

Cardiorenal Syndrome and Its Effect on the Latinx Community

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Introduction

- Cardiorenal Syndrome (CRS) is a medical condition where the dysfunction of the heart or kidneys leads to the failure of the other organs.
- CRS is becoming increasingly prevalent worldwide, there is a notable gap in understanding how these disparities influence CRS outcomes, especially among diverse populations like Latinos.

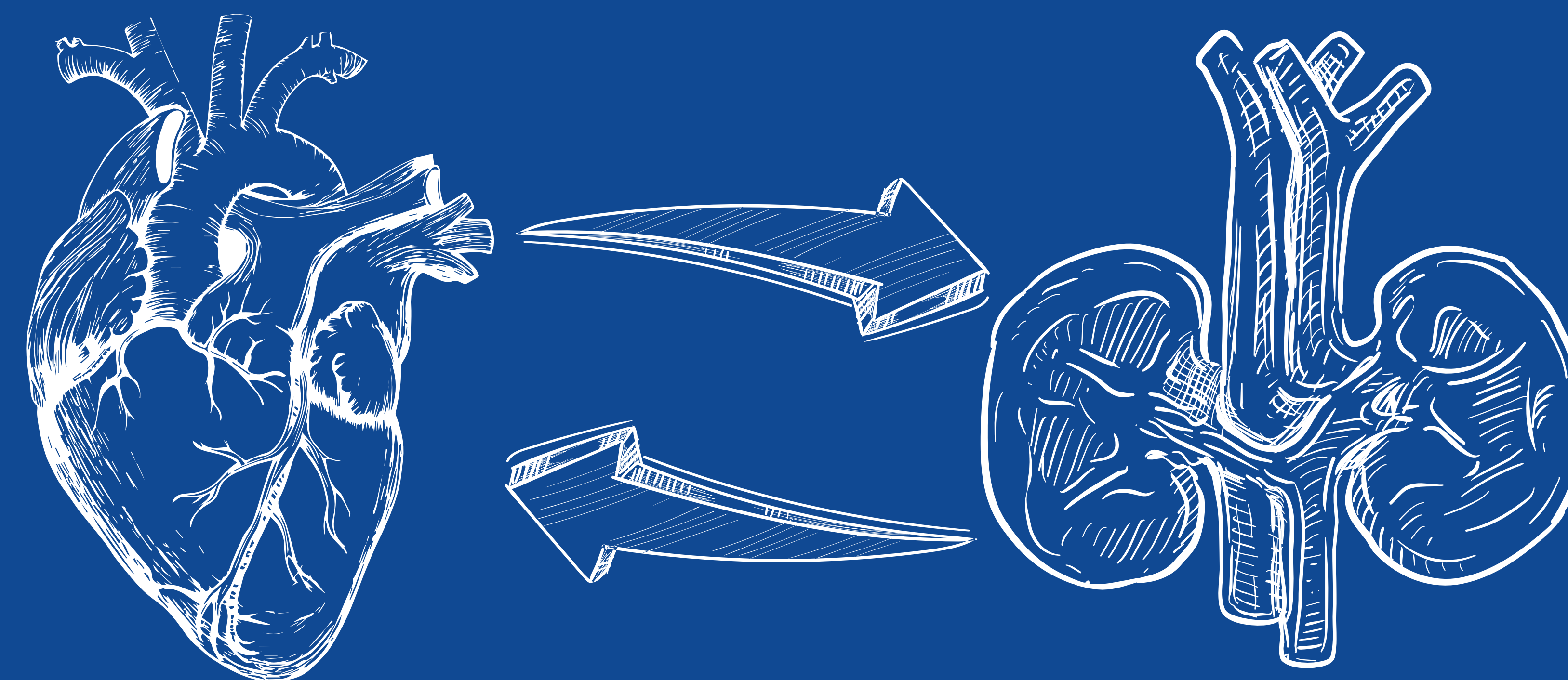
Research Question

How do health disparities impact the overall experience and management of CRS within the Latino community?

Methods

- 17 Latinx patients recruited from FQHC Santa Ana: Dr. Tran's patients
- Conducted 3 focus groups consisting of 4-6 patients (~1.5 hr long)
- Questions included experiences of CRS diagnosis and medical attention, the impact of health disparities, physician to patient communication, and social economic and cultural impact
- All analyses were performed using R statistical software, version 4.2.1 (R Project for Statistical Computing).
- Qualitative data were managed with RQDA package,
- Thematic extraction was facilitated by 'text2vec' package, streamlining text processing and theme coding
- Offered compensation: \$50 gift card

“I said to myself, I even wrote my will, because I said, well, something could happen to me at any moment, right? So, yes, I felt emotionally affected.”



Cardiorenal syndrome surrounds a range of disorders where dysfunction in either the heart or kidneys can cause a dysfunction in the other. Dysfunction can be acute or chronic.

Learn more details about the poster!



Learn more about the HELIOS Lab



Results

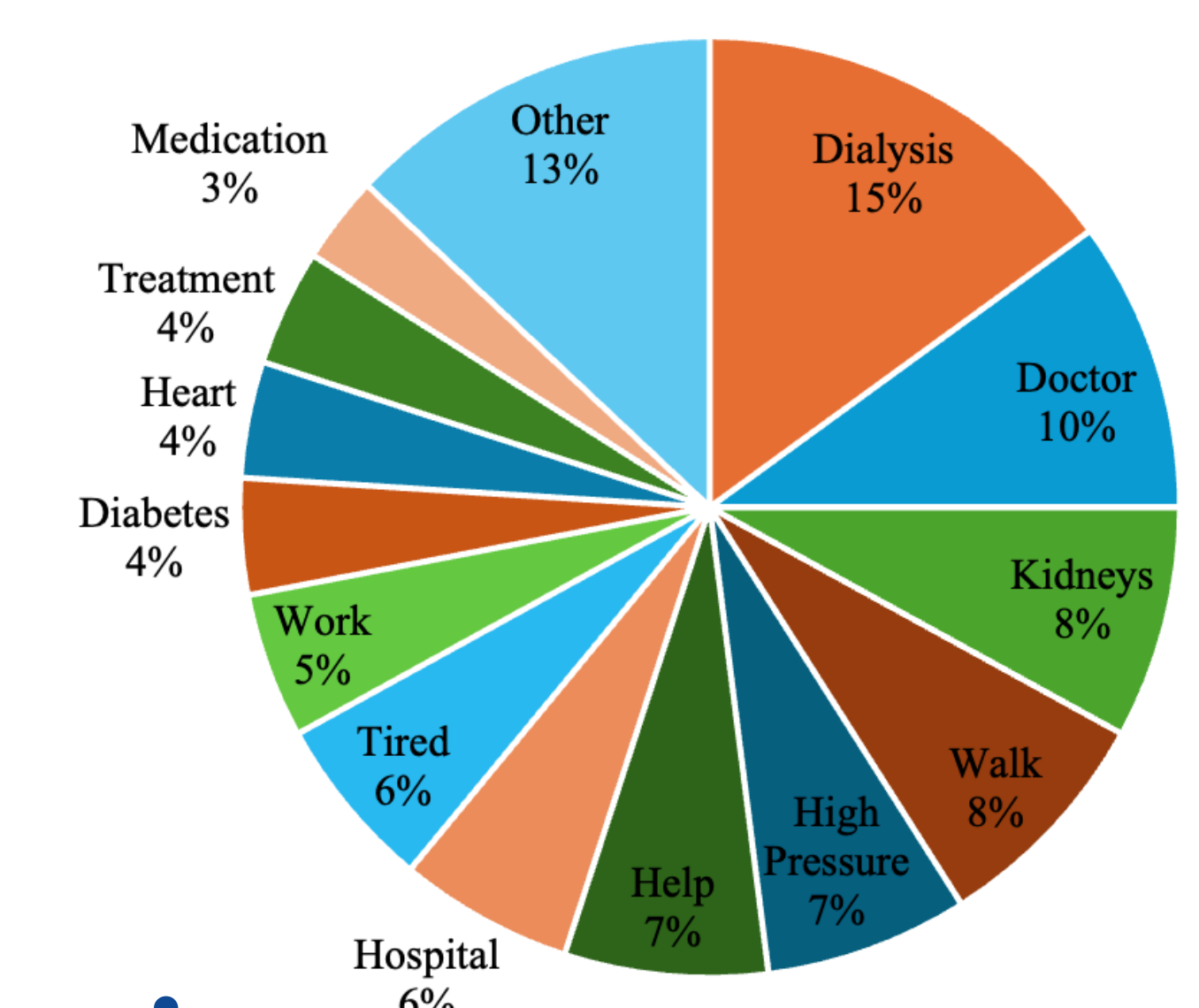
Participant Characteristics

N	17
Age, mean, (SD), years	59.75 (13.7)
Female %	59.8
Born Outside the U.S.	82%

Participant Responses

Theme	Definition	Quote
Health Management Challenges	Complexities faced in the administration of healthcare services and systems.	“I go to UCI Anaheim, but they frequently change my doctor, and when I come back, I don't even know who he is, and I guess they don't even know my history”
Emotional and Mental Well-being	The psychological health characteristics in response to life's challenges.	“It makes me very depressed, sometimes I get anxiety attacks, and sometimes I start to think and say, is it possible that one day I will be able to feel better?”
System Navigation and Access to Care	The utilization of healthcare resources and accessibility to healthcare systems	“The doctors here are very good ... they explained to her very well what she had, what to expect, and they explained the medications very thoroughly.” “Doctor, I told him, it's your job, that is why you're here, because I am one of those people who doesn't like for others to think that I am a fool—I told him ... that is why one pays so that you take care of us”
Socio Economic Impact	The impact on the economic and social conditions to patients or communities.	- “The impact comes into buying fruit and vegetables and going to places where they're fresh” - “I had to quit my job, I liked to work, but when they diagnosed me with it, I had to stop working, and thank God here at UCI the social worker helped, and helped me to get Medical that the government provides, and that covers me for everything: surgery, medicine, and I don't pay a dime”
Family and Community Support	The assistance and care from relatives to patients.	“I have a brother who is the one who is helping me, because the rent is very expensive right now, and he is the one who helps me right now.”

Frequency Distribution of Top Words



Discussion

- Participants showed resilience and empowerment, actively making positive changes despite obstacles.
- Strong social support networks were key strengths: positive healthcare experiences & family/community support
- Promoting patient-centered care with active participation in healthcare decisions can significantly improve health outcomes in the Latino CRS population.