



Barriers and facilitators to self-management of multimorbidity among racialized immigrants: A qualitative descriptive study

Ahtisham Younas, PhD, RN, Assistant Professor, Faculty of Nursing, Memorial University of Newfoundland, Canada

Esther N Monari, PhD, RN, Assistant Professor, Faculty of Nursing, Memorial University of Newfoundland, Canada

Saleh Salimi, PhD, RN, Associate Professor, Faculty of Nursing, Biruni University, Turkey

Aim: To explore the barriers and facilitators to self-management of multimorbidity among racialized immigrants particularly mainly Black individuals and people of color (e.g., South Asian, Middle Eastern).

Methods

A qualitative descriptive design was used.

A purposive and snowball sample of 20 racialized immigrants was recruited.

Semi structured interviews were conducted during January to May 2023.

Reflexive thematic analysis was used for data analysis.

Results

Barriers captured difficulty in navigating healthcare system, financial precarity, language and accent differences, and prior experiences of racism and their impact on care access.

Facilitators to self-care included building resilience, synergistic partnership of cultural and western self-care strategies, and authentic consideration from health professionals.

Implications

Eradicating barriers to self-care to multimorbidity of racialized immigrants is essential to address disparities in self-care.

Health professionals can use knowledge about barriers and facilitators to the develop more patient-oriented self-care supportive approaches to address multimorbidity among racialized immigrants.

Impact: Findings are useful to address structural and cultural issues affecting self-management of racialized immigrants & to design targeted interventions.