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***A Multi-Disciplinary Approach to Chronic Disease Education Management:
Providing linguistically and culturally competent chronic disease education
management program for Chinese patients with limited English proficiency
in the San Francisco Bay Area.***

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Among Asian Americans (AA), heart disease is the number one cause of death, chronic pulmonary respiratory disease (COPD) ranks 4th, and diabetes mellitus 6th. AA continues to experience disparity and challenges due to language barriers.¹ Studies show in-language communication between patient and provider results in positive physical and mental health outcomes.²

To provide a linguistically and culturally competent chronic disease education management program for Chinese patients with limited English proficiency in the San Francisco Bay Area, the Chinese Hospital system developed the Multi-Disciplinary Approach to Chronic Disease Education Management program (MDA-CDEM). MDA-CDEM is based upon the Chronic Care Model.

The goal of the program was to improve clinical and non-clinical indicators associated with chronic diseases. The MDA-CDEM was a multi-session program and was evaluated by clinical outcomes. Data was collected at baseline and at 5 months relative to baseline. Results showed statistically significant improvement in blood pressure, weight loss, LDL cholesterol and hemoglobin A1C.

MDA-CDEM provided linguistically and culturally competent health education that enabled patients to better manage their disease by integrating CCM components. The program can be adapted cross culturally and tailored to meet the needs of the target population.

¹ US Census Bureau, 2000

² Taylor & Luire, 2004