

## Culturally Attuned Care for South Asian Breast Cancer Survivors: Clinician Perspectives

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### ABSTRACT

**Background:** In many South Asian (SA) cultures, cancer is stigmatized, and family members may be expected to become caregivers without much training or support. Clinicians need to recognize SA needs and values to provide culturally attuned care (CAC) to the diaspora. The South Asian Family Approaches to Disease (SAFAD) study aims to understand cultural needs of SAs managing breast cancer.

**Methods:** We conducted semi-structured interviews with multidisciplinary clinicians at Stanford Hospital and Clinics. Participants included physicians (n=8), nurse practitioners (n=2), social workers (n=2), a physician assistant (n=1) and psycho-oncologist (1).

**Results:** Clinicians noted the following, mapped onto the socioecological model. (1) For the individual, cultural modesty and individual beliefs may impact acceptance of treatment recommendations, trust in providers, and care satisfaction and often cannot be generalized to the diaspora at large. (2) SA cancer survivors' microsystem (i.e. family and clinicians) can facilitate CAC by modeling respectful attitudes towards the individual's needs and preferences. (e.g. "There's still some stigma... with breast cancer... [it] may lead a patient to not want to share their diagnosis... then set up a patient for having less support... [We can] help them feel more comfortable opening up selectively.") (3) Health systems can foster CAC by providing culturally relevant training and strategies to tailor care delivery.

**Conclusions:** Understanding the aforementioned cultural needs is essential to cultivating trust and providing person-centered care. Interventions and resources to promote culturally attuned cancer care can target education in these areas.

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