Supporting the Health of Custodial African-American Grandmothers: Community-Based Intervention in the School Clinic

Ethlyn McQueen-Gibson, MSN, RN, ACNS-BC – Doctor of Nursing Practice (DNP) Candidate- Ursuline College, Cleveland, OH
Megan L. Dolbin-MacNab, PhD, LMFT – Virginia Polytechnic Institute & State University – Blacksburg, VA (Project Mentor for DNP Student)
Christine J. Jensen, PhD, Riverside Center for Excellence in Aging and Lifelong Health – Williamsburg, VA (Clinical Preceptor for DNP Student)

Background of the Problem

7.8 million American children live in families where grandparents are primary caregivers; 500,000 provide primary custodial care for their grandchildren (Generations United, 2014)

Custodial grandparenting is most common in the African American community, custodial grandparents are typically women between the ages of 45-59 with chronic diseases such as type 2 diabetes, hypertension and obesity (Kelley, Whitley & Campos, 2013)

African American custodial grandmothers live in poverty, live with two or more chronic diseases, and experience greater levels of stress than other grandparent caregivers. (Whitley, Lamis, & Kelley, 2016)

African American custodial grandparenting is one of the two campuses of the Achievable Dream Academy (January 2016-Mar 2017)

Custodial grandparents are at risk for exacerbation and McCubbin’s Resiliency Model of Family Stress, Adjustment and Adaptation is a conceptual framework that supports development of community-based interventions to improve health outcomes and psychological well-being. (McCubbin, Thompson, Futrell & McCubbin, 1997)

Setting for the Proposed Intervention

Achievable Dream Academy (www.achievabledream.nnam12.va.us) Elementary, Middle & High School Newport News, Virginia

Riverside Health System Operates School-Based Clinic

State of the Problem

African American custodial grandparenting is at risk for exhaustion and utilization of emergency room and hospital services due to increased physical demands of parenting their grandchildren. The McCubbin Resiliency Model of Family Stress, Adjustment and Adaptation is a conceptual framework that supports development of community-based interventions to improve health outcomes and psychological well-being. (McCubbin, Thompson, Futrell & McCubbin, 1997)

Proposal Objectives

Introduce community stakeholders to Project Healthy Grandparents® evidenced-based model of care
(Jan 2016-Mar 2017)

Assess community need through data collection utilizing the Brief Symptom Inventory® and Parental Stress Scale® tools
(Apr-July 2017)

Identify next steps for implementation of “arm” of Project Healthy Grandparents® at the school-based clinic at the Achievable Dream Academy
(August 2017)

Data Collection Instruments

Brief Symptom Inventory® – (Derogatis & Savitz, 1999)
1. Provides overview of patient symptoms & intensity at specific point in time
2. Global Severity Index – designed to quantify patient’s severity of illness and provide composite score to measure outcome of treatment
3. BSI - brief and requires 8-10 minutes to complete (53) questions

Parental Stress Scale® – (Berry & Jones, 1995)
1. Self-report scale containing 18 items representing pleasure or positive themes of parenthood and negative components.
2. Scale assesses parental stress for both mothers and fathers, and for parents of children with/without clinical problems

Invited/Accepted Community Partners

Modified Conceptual Framework:
McCubbin’s Resiliency Model of Family Stress, Adjustment and Adaptation
(McCubbin & McCabe, 1996, 1997)

Inclusion Criteria
• African American women, ages 45-60 years old, living in zip code 23605
• Custodial grandparent for one or more grandchildren
• Grandchild(ren) must attend one of the two campuses of the Achievable Dream Academy
• Medical insurance coverage: Medica (SSI), commercial insurance
• Birth parent of grandchild living in the home
• Grandfathers

Exclusion Criteria
• Non-African American
• Medical insurance coverage: Medicare (SSI), commercial insurance
• Birth parent of grandchild

CONCLUSIONS

Doctorally-prepared nurses are prepared to provide leadership: developing, implementing and evaluating clinical prevention and population health interventions

Promotion of health for custodial grandmothers: increases longevity, improves quality of life, enhances ability to parent young children & adolescents

Development of innovative community-based interventions leads to increased access to care for custodial grandparent and decreases trauma to vulnerable children, our future leaders.

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