

Podcast 4

Designing Culturally Informed Consumer Health IT (*Dr. Rupa Valdez*)

Narrator: Welcome to Health IT Spotlight from the Agency for Healthcare Research and Quality. Patients are increasingly encouraged to use health IT applications to manage their own health care. These applications must be designed for diverse patient populations in order to be culturally relevant. Dr. Rupa Valdez studied the health communication practices of diverse patients to inform health IT design. Dr. Valdez...

Valdez: My project identified key factors in the development of culturally-informed consumer health IT applications for health information communication among a sample of 18 patients with type 2 diabetes. I found that health information communication practices were complex and varied. Participants also held a wide range of views on how their cultural identity influenced their communication practices. These findings suggest that a design approach tailored to a range of behaviors and culturally-relevant factors may be appropriate.

Narrator: To learn more about the project, visit healthIT.ahrq.gov. This podcast is a production of the U.S. Department of Health and Human Services.