Focus on Equity and Diversity in Respite Research

ARCH Virtual Respite Research Summit

Presented by:
Kim E. Whitmore, PhD, RN, CPN
Assistant Professor, School of Nursing
University of Wisconsin – Madison USA
Diversity = “Different perspectives”

Inclusion = “Feeling welcome”

Equity = “Fairness”
Social Identity Constructs

- Race
- Ethnicity/Culture
- Ability
- Age
- Sex
- Citizenship
- Class
- Educational Level
- Religion/Spirituality
- Gender Identify and Expression
- Geographic Region
- Indigenous or Tribal Affiliation
- Martial/Relationship Status
- Nation of Origin
- Parental Status
- Political Affiliation
- Use of English
- Skin Color/Physical Characteristics
The “Five Rights” of Respite Care

Right PERSON → Right FAMILY
Right MEDICATION → Right TYPE of Respite
Right TIME → Right TIME
Right DOSE → Right DURATION
Right ROUTE → Right LOCATION

*From Kim Whitmore Dissertation
The Concept of Respite Care

(Whitmore, 2017)
Equity, Diversity, and Inclusion in Research

6 Key Areas

1. Improved research methodologies
2. Individual, family, and societal outcomes
3. Cost-benefit and cost-effectiveness research
4. Systems change that improves respite access
5. Improved respite provider competence
6. Translate research findings into best-practice models

FUTURE RESEARCH
Inclusive Research

• Studies that intentionally address disparities or inequities
• Studies that focus on diverse populations
• Studies that engage community partners in research
• Studies that engage community advisory boards
• Disseminate plain-language summary of findings to community

*Adapted from the UW-Madison School of Nursing Inclusive Excellence Plan
Reflection Questions

• Is your research team diverse, representative, and inclusive?
• Are you cultivating authentic relationships with diverse stakeholders, including family caregivers, care receivers, and respite providers?
• Are you engaging stakeholders at all stages of the research process, including formulating research questions, study design/methods, recruitment, data collection, analysis, and dissemination?
• What implicit biases do you/your team need to unlearn to avoid biased data collection and biased dissemination?
• What inequities need to be prioritized in your work?