

# Delay in Accessing Primary Health Care and its Impacts among Nepalese Immigrants population in Canada



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## Introduction

Equitable access to healthcare across the population, irrespective of social-economic factors and area of residence, is crucial. Delay in seeking care may decrease care access, later diagnosis, and delayed or inadequate treatment of health conditions which leads to poor health outcomes

## Objective

Assess delay in accessing PHC and associated factors among Nepalese immigrants residing in Calgary

## Methods

**Design:** A cross-sectional study; self-administered questionnaire; purposive and snowball sampling (May-Dec. 2019). Single-item question: "During the past 12 months, was there ever a time you had a delay seeking medical services" and a follow-up questions about associated factors and impacts

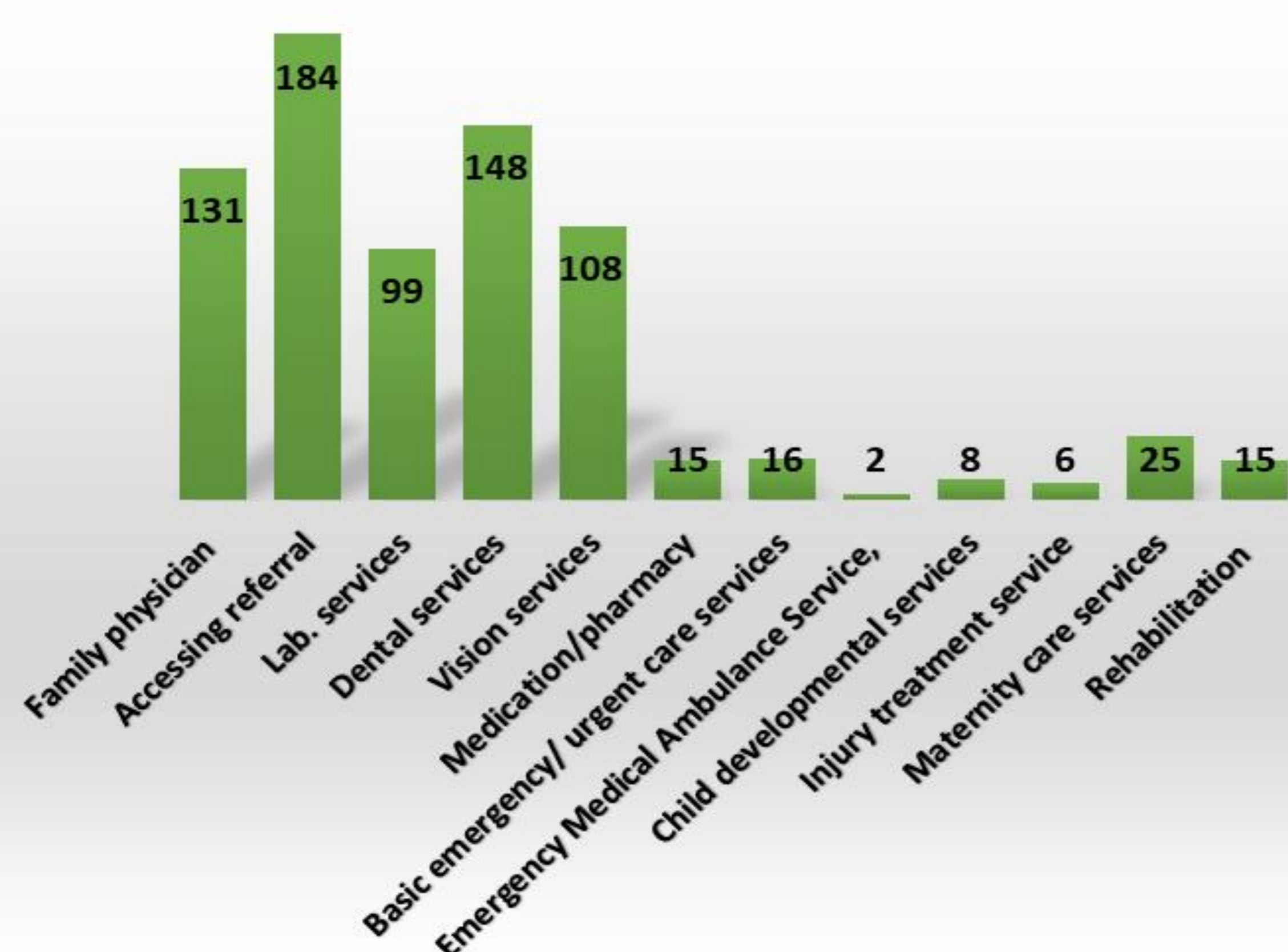
**Participants:** 18-years or older Nepalese immigrants living in Calgary, able to read and write in English, willing to participate in the survey.

**Data Analysis:** Descriptive and multivariable logistic regression; assess the association between delay in accessing care and its predictors; STATA.

## Results

- Of 401 participants, over two-thirds (n=266; 66.33%) reported a care delay during the past 12 months
- Delay in accessing care was reported higher among aged 26-45 yrs (AOR 2.98) and ≥56 yrs (AOR 6.96) compared to under 25 years
- Participants with undergraduate, lower income (≥\$26,000 annually), and have a chronic disease condition had a higher chance of delaying accessing care
- The top two areas of delaying care were referral and related services (69.17%) and dental and related services (55.64%)
- The top three reasons reported were waiting time (77.82%), cost (55.64%), and services availability (53.38%)
- The most reported personal impact was mental health (n=198, 74.72%), and the most common economic impact reported was increased use of over-the-counter drugs (n=114, 43.02%).

**Fig1: The reported list of Services that Delayed in Accessing Care**



## Acknowledgement:

We acknowledge the engagement and support received from Nepali-Canadian grassroots community members in Calgary. We also appreciate the encouragement we received from the socio-cultural organizations belonging to this community.

## Results

**Fig. 2 Delayed Care by the Distribution of Reasons**



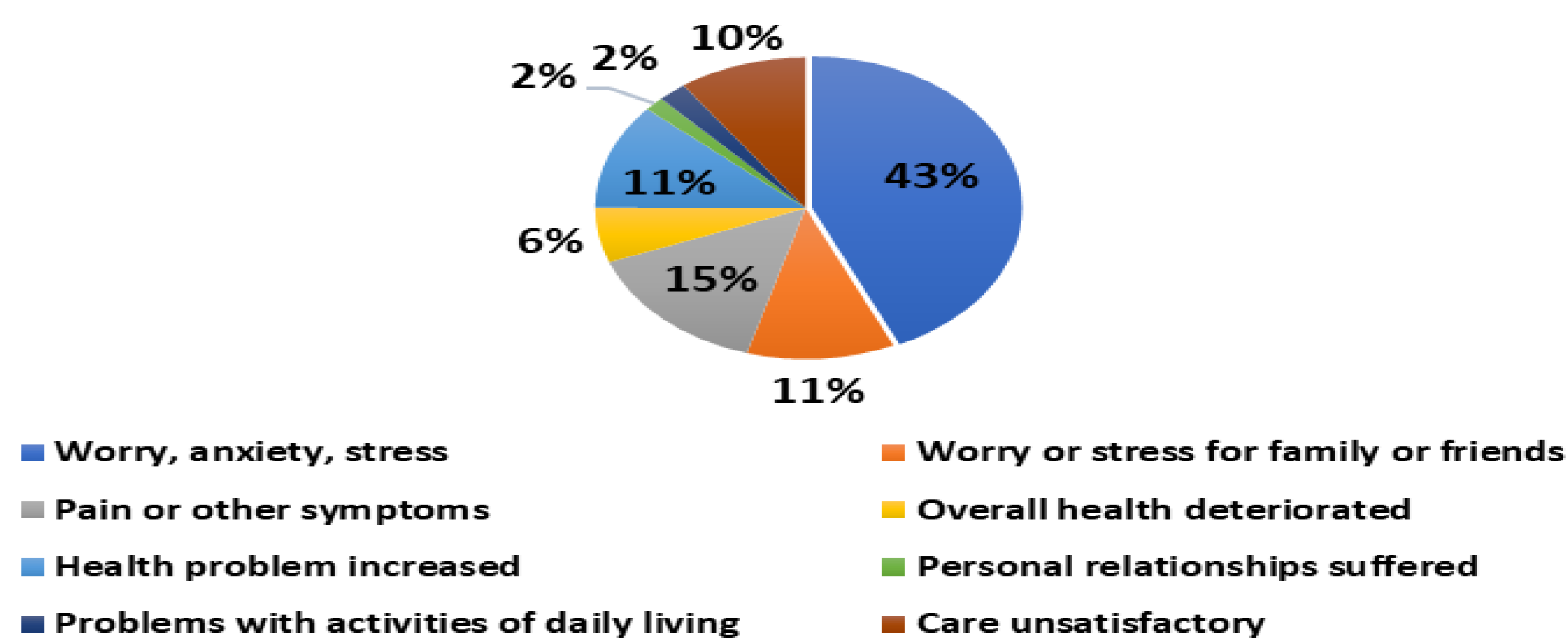
**Accessibility:** Cost/I could not afford to pay, Distance/transportation

**Availability:** long waiting time, care not available on time, Care not available in area

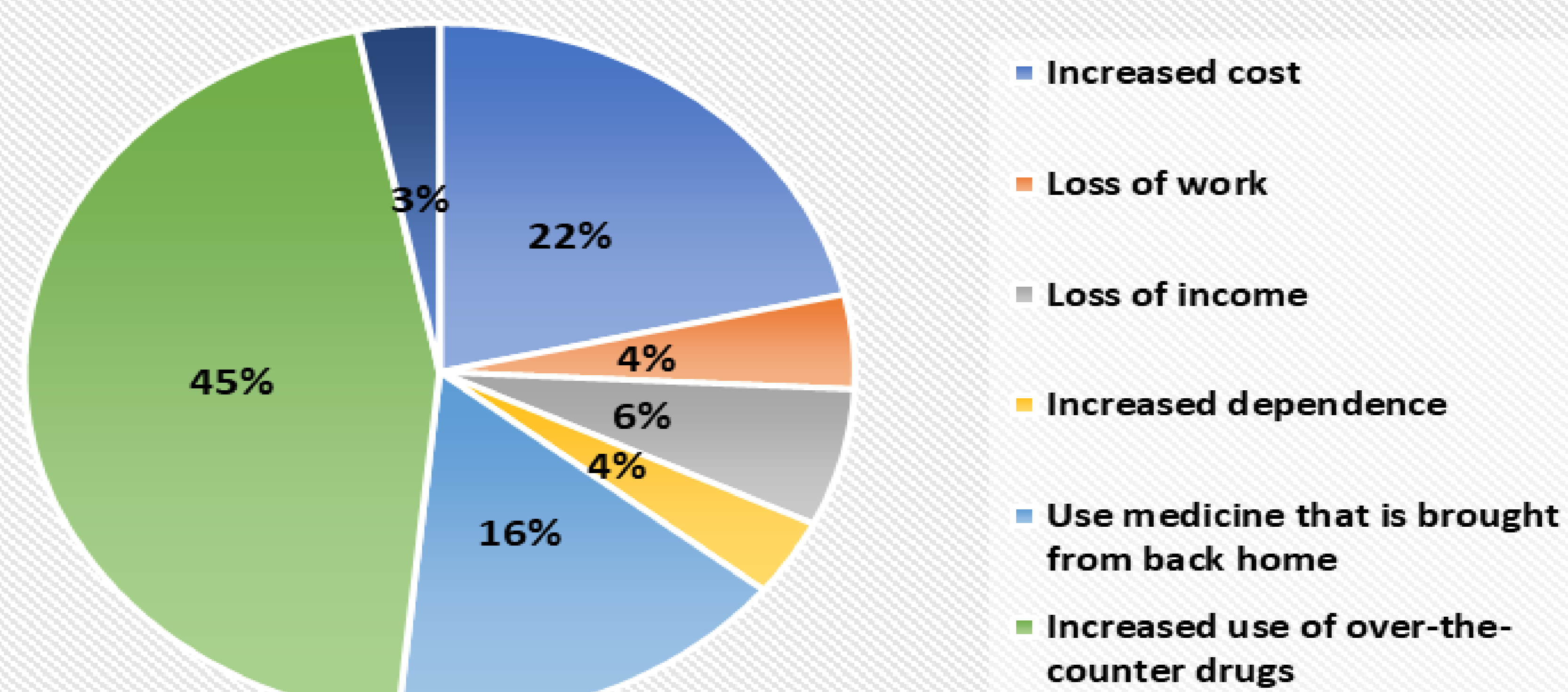
**Acceptability:** Language problem, did not know how to get help, too busy, did not like doctor/afraid, felt inadequate, did not seek care, personal/family responsibility

**Fig. 3 Impact of Delayed in Accessing Care**

### (Personal Impact)



### (Economic impact)



## Conclusions

Delay in accessing care is presented in the Nepalese immigrant population that impacts individuals' personal health, daily life activities, and financial capacity. Strategies to improve access to PHC for deprived populations are crucial and need to be tackled effectively.