

## **IN-HOME INTERVENTION TO REDUCE HEALTH DISPARITIES: PROCESSES AND OUTCOMES**

Linda S. Beeber, PhD, RN  
University of North Carolina at Chapel Hill School of Nursing  
Chapel Hill, NC 27599-7460

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**Introduction:** The discipline of nursing embraces a social mandate to reduce health disparities by providing universal access to care. In-home intervention has been a proud practice tradition used since the inception of professional nursing to increase access to care for a variety of communities in need of care. Only recently has in-home intervention been examined systematically as a vehicle unique to nursing through which specialized interventions can be delivered to underserved populations. The **purpose** of this symposium is to examine the process and outcomes of in-home nursing intervention delivered to populations with health disparities. **Method:** Four papers will be presented. The first paper is a historical inquiry that identifies and analyzes contextual factors that have influenced utilization of nursing home visiting since 1880. The second paper explores challenges and outcomes of using home visitation to deliver an asthma education intervention to rural Mexican-American, African-American and Anglo-American parents of school-aged children. The third paper analyzes strategic nursing interventions used to promote retention and adherence in vulnerable mothers participating in a clinical trial of an in-home psychiatric intervention for depressive symptoms. The fourth paper explores the complexities of capturing idiosyncratic outcomes of an in-home self-care intervention for HIV-positive African American mothers. **Findings:** From the inception of in-home intervention to its contemporary use, nurses have used the rich contextual data acquired in the home to tailor standardized interventions to fit diverse populations. In-home intervention also circumvents barriers such as distance in rural settings and stigma associated with certain disorders. The design of in-home intervention studies should address issues such as the cultural relevance of interventions, challenges in recruitment and retention, and the measurement of appropriate constructs that closely reflect the intervention's goals and that are culturally relevant. **Discussion:** With the increased emphasis on intervention research, in-home interventions, especially for low-income and ethnically diverse populations, are unique in their inclusive potential. Such interventions can be effective in reducing health disparities by providing essential services to individuals and families in a manner that is convenient, comfortable, and efficient. This research is important in building an evidence-based argument for the restructuring healthcare delivery and nursing practice to include interventions in home settings.