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Project: Root Cause Analysis of Primary Healthcare Access Barriers: A Patient-Oriented Research Engaging with First-Generation Bangladeshi Immigrant Adults in Calgary

Background:



Despite Canada's universal healthcare model, immigrant communities continue to face inequities, leading to higher rates of preventable illnesses and poorer long-term health outcomes (Chowdhury et al., 2024). Addressing primary healthcare (PHC) access barriers for immigrant patients is, therefore, a critical equity issue that requires a deeper understanding of their unique healthcare needs. Previous research has examined this issue using both qualitative and quantitative methods (Ashrafi et al., 2024; Jose et al., 2024; Sundareswaran et al., 2024). However, studies employing a community-based participatory research (CBPR) approach to investigate PHC access barriers for immigrant patients in Canada remain limited (Turin et al., 2021). Moreover, many prior studies lacked substantial involvement from citizen researchers within the affected communities, limiting

their ability to identify root causes (Zhen-Duan, 2015). Therefore, further research utilizing a robust CBPR approach, with a stronger emphasis on equitable collaboration and community empowerment, is essential to strengthen existing evidence and drive meaningful change.

This project aims to identify and address the root causes of PHC access barriers faced by immigrant patients, with a specific focus on Bangladeshi immigrants in Calgary. Using a CBPR approach and a mixed-method group concept mapping technique, this study will actively engage Bangladeshi immigrants in co-creating a framework to identify PHC barriers and their root causes, with the goal of

developing tailored, community-informed interventions. The study has been co-developed with a Community Advisory Group (CAG) consisting of Bangladeshi immigrant patients who will play an integral role in each step of the research process. CAG members will co-facilitate participant recruitment, contribute to data collection and analysis and assist in the dissemination of findings. Group concept mapping sessions will involve patient participants identifying and organizing PHC barriers into clusters, which will then be analyzed using quantitative techniques such as multidimensional scaling and hierarchical cluster analysis. To further explore the underlying causes of these barriers, a collaborative process with CAG members will be conducted using the “5 Whys” technique. The findings will then be validated through a community event involving the broader Bangladeshi immigrant population in Calgary. This participatory approach ensures that the research remains deeply rooted in patient’s lived experiences and perspectives, leading to more effective, culturally responsive, and patient- driven solutions to improve PHC access for immigrant patients in Calgary.

This study will provide a comprehensive framework for understanding the root causes of PHC access barriers and promote health equity by integrating the lived experiences of immigrant patient communities. By engaging patients as research partners, the project will foster collaboration and capacity-building within the immigrant patient community. The findings will inform future research, policy development, and healthcare interventions aimed at reducing health disparities for immigrants. To ensure broad impact, the study will employ diverse and integrated knowledge translation methods, including academic publications, reports in ethnic media, and presentations to healthcare organizations, facilitating the dissemination of findings and driving systemic change toward health equity.

BIO

Mohammad M. H. Raihan is a PhD student in the Department of Community Health Sciences, Cumming School of Medicine, at the University of Calgary, mentored by Dr. Tanvir Turin Chowdhury. His doctoral research investigates PHC access barriers among immigrants through a health equity and social justice lens, emphasizing the structural, systemic, and social determinants of health. Using a CBPR approach and mixed-methods methodologies, his work prioritizes equitable and empowered collaboration with communities to develop community-driven solutions for healthcare disparities. His academic background includes a Master of Arts in Sociology from the University of Calgary and a Master of Social Science in Sociology from Shahjalal University of Science & Technology, Bangladesh. Dedicated to amplifying the voices of disadvantaged communities, Raihan’s research aims to inform healthcare policies and interventions that foster equitable access for all within the Canadian healthcare system. His work seeks to contribute to the development of more responsive and equitable healthcare services for immigrant populations in Canada.