

# Self-management and experiences of blood cancer among South Asian populations: A scoping review

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## Background

Blood cancers (leukemia, lymphoma, myeloma) account for 6.2% of all new global cancer cases.

South Asians are a growing population across Canada, the UK, and the US, and often experience barriers in accessing healthcare due to cultural, linguistic, and systemic challenges.

Self-management is essential to blood cancer care, but cultural values, family roles, language, and stigma in South Asian communities shape their experiences.

## Objective

- To map the current evidence on self-management practices among South Asians with blood cancer
- To identify challenges, barriers, and facilitators to self-management
- To highlight gaps in the literature that warrant further exploration to support culturally tailored care.

## Methodology

**Framework:** We followed the Arksey & O'Malley framework, with refinements by Levac et al., and adhering to PRISMA-SCr guidelines.

**Databases searched:** PubMed, Embase, CINAHL

- Searches were conducted in English, Punjabi, and Hindi.

**Inclusion Criteria:** Studies were included if they:

- Focused on South Asian adults (18+) with any type of blood cancer
- Included >50% participants with blood cancer or a subanalysis
- Explored self-management experiences, strategies, or interventions

**Screening Process:** 7,756 titles and abstracts were screened

- 63 full-text articles reviewed
- Screening was conducted independently by two reviewers using Covidence

## Key Insights

- 1 No research exists to guide culturally responsive self-management support for South Asian adults with blood cancer.**
- 2 South Asian patients are navigating cancer with limited system-level support and cultural misalignment.**
- 3 Without evidence, existing interventions risk being Eurocentric and ineffective.**

## Results

Out of the 7,756 titles and abstracts screened, 0 studies met our inclusion criteria. This was due to:

- Most studies did not focus on South Asians with blood cancer.
- Many lacked data on self-management or mentioned it briefly.
- No studies examined culturally tailored interventions or community-informed strategies.

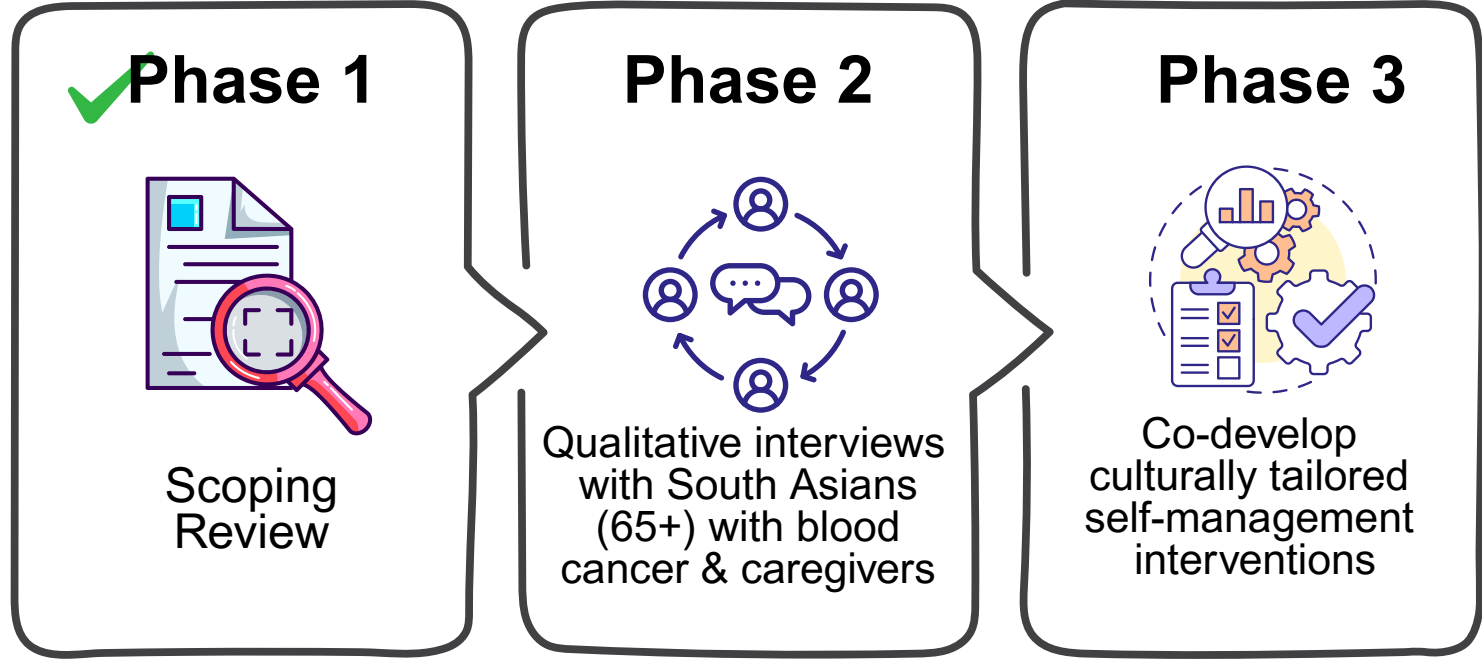
## Implications

We highlight a critical gap in evidence on blood cancer self-management among South Asians. Without foundational knowledge, it remains unclear whether current interventions are effective or culturally appropriate.

There is an urgent need for Community-Engaged Research to:

- Amplify the voices of South Asians with blood cancer, ensuring that the research reflects their lived experiences.
- Address cultural influences like stigma, religious beliefs, and family dynamics that influence self-management experiences.
- Build trust and community participation by co-developing culturally relevant cancer care programs.

## Future Directions



### Acknowledgements

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