

# Identifying barriers to diabetes medication adherence among Latino adults with type 2 diabetes: a qualitative study

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## BACKGROUND

- Diabetes medication non-adherence is an important modifiable contributor to suboptimal glycemic management among Latino adults with type 2 diabetes.
- Mobile health (mHealth) technology can reduce medication adherence barriers and improve adherence behavior, but mHealth tools that address commonly reported barriers to diabetes medication adherence among Latino adults are lacking.
- **REACH** is a text message-based tool that addresses barriers to adherence and was shown to improve diabetes control; REACH has not yet been adapted to a Latino population.

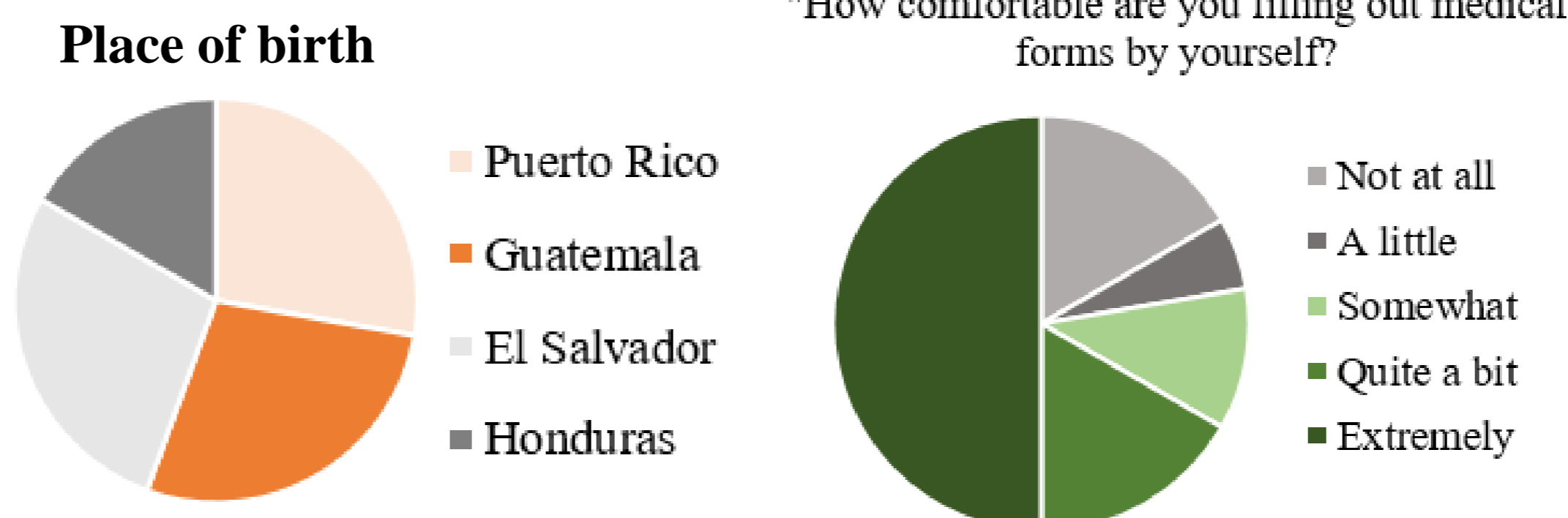
## OBJECTIVE

To identify barriers to diabetes medication adherence among Latino adults with type 2 diabetes as part of the adaptation of REACH to REACH-Español (REACH-Es)

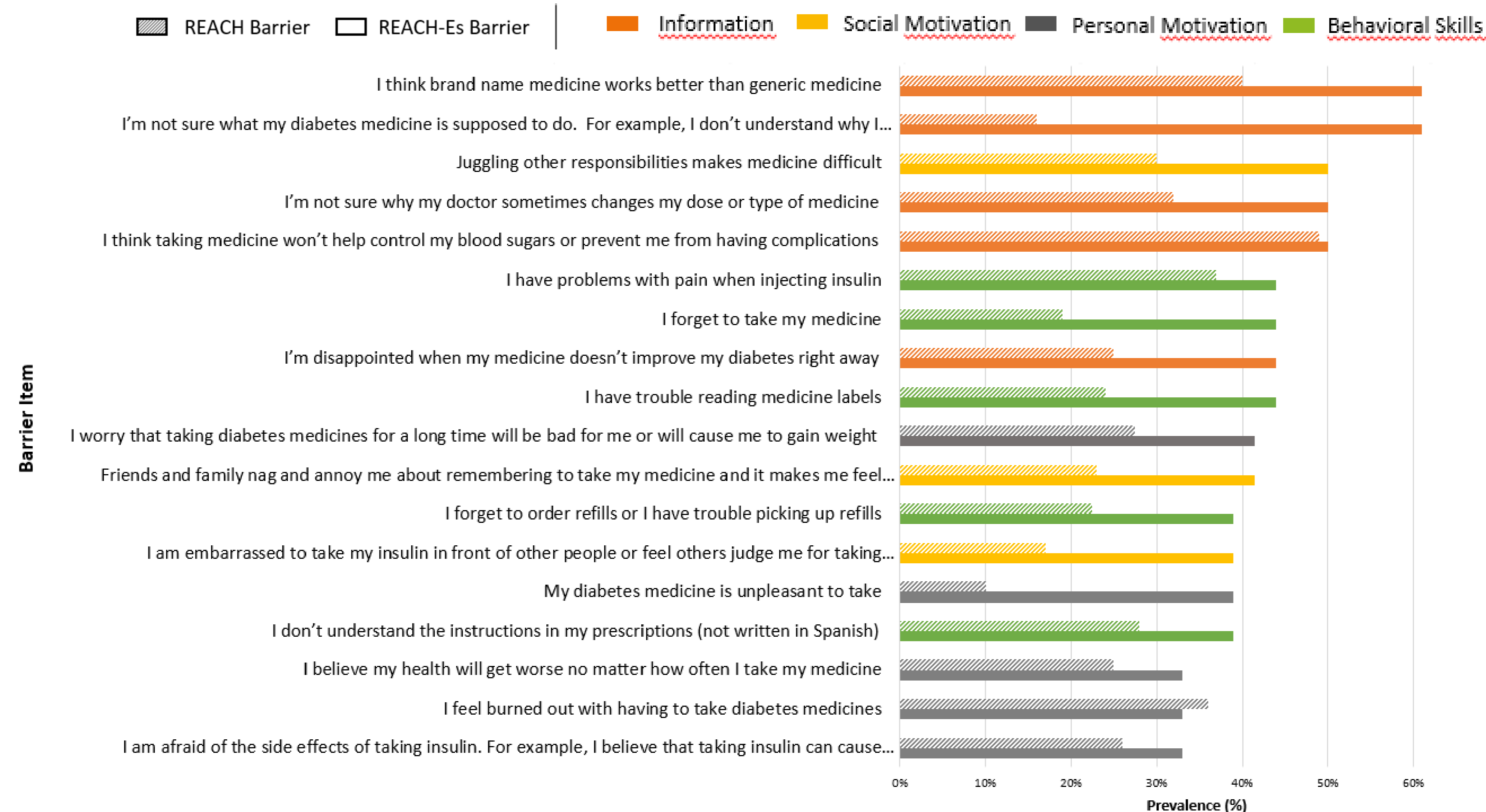
## RESULTS

**Fig. 1. Characteristics of focus group participants (n=18)**

Characteristic	
Age, y, mean (SD)	63.3 (11.0)
Sex, female, n (%)	10 (55.0)
HbA1c, mean (SD)	8.3 (1.4)
Age at diabetes diagnosis, y, mean (SD)	40.9 (11.4)
Diabetes duration, y, mean (SD)	20.9 (13.2)
Number of diabetes medications, mean (SD)	2.9 (1.5)
Insulin use, n (%)	9 (50.0)



**Fig. 2. Barriers to diabetes medication adherence more commonly reported in REACH-Es, compared to REACH study**



## MATERIALS AND METHODS

We invited Latino adults with type 2 diabetes to participate in focus groups held at the MGH Chelsea HealthCare Center. There were two activities:

- 1) Free listing discussion on barriers to diabetes medication adherence
- 2) Ranking of barriers to diabetes medication adherence (traffic light model): how often does each barrier apply to you? *never, sometimes, or always.*



## KEY FINDINGS

- Higher prevalence of barriers reported by participants in REACH-Es study, compared to the original REACH intervention.
- **Information barriers** most commonly reported by participants.
- **Personal motivation barriers** less commonly reported by participants.

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