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)

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Place of birth</th>
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<tbody>
<tr>
<td>Age, y, mean (SD)</td>
<td>Puerto Rico</td>
</tr>
<tr>
<td>Sex, female, n (%)</td>
<td>Guatemala</td>
</tr>
<tr>
<td>HbA1c, mean (SD)</td>
<td>El Salvador</td>
</tr>
<tr>
<td>Age at diabetes diagnosis, y, mean (SD)</td>
<td>Honduras</td>
</tr>
<tr>
<td>Diabetes duration, y, mean (SD)</td>
<td></td>
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<tr>
<td>Number of diabetes medications, mean (SD)</td>
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<tr>
<td>Insulin use, n (%)</td>
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</tbody>
</table>

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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