



# Assessment of Barriers to Appropriate Management of Type 2 Diabetes: A Patient's Perspective

**METHODIST FAMILY  
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## BACKGROUND

- Trinidad and Tobago (T&T) is a twin isle republic in the Caribbean and member of the Commonwealth
- Its health care system is aligned with United Kingdom model of health care
- According to WHO 2017 Diabetes is the second leading cause of death in T&T
- Few studies have been done on the island to evaluate the continued persistence of diabetes as one of the leading causes of death
- This study assessed barriers patients encounter to the appropriate management of their diabetes with respect to the social determinants of health

## METHODS

- Quantitative study was performed
- A survey of 21 questions was distributed to 103 patients at the Renal and Endocrine clinics and the Diabetes Education Program at the San Fernando General Hospital
- Participants were adults age 18 years and over with Type 2 Diabetes Mellitus
- Descriptive analyses were used to summarize the results
- Results were presented graphically

## RESULTS

Demographics	Percentage
Age	
18-30 years	6
31-45 years	17
46-60 years	38
≥61 years	42
Sex	
Male	60
Female	40
Highest level of education	
Primary school	45
Secondary school	43
Some university	10
Graduated university	2
Average monthly income	
<2000 per month	42
\$2001-\$4000 per month	36
\$4001-\$7000 per month	12
\$7001-\$10,000 per month	10
Frequency of assisting with ...	
Never	38
Rarely or occasionally	17
Sometimes	20
Most of the time	14
Always	11

Table 1: Sociodemographic characteristics of study sample

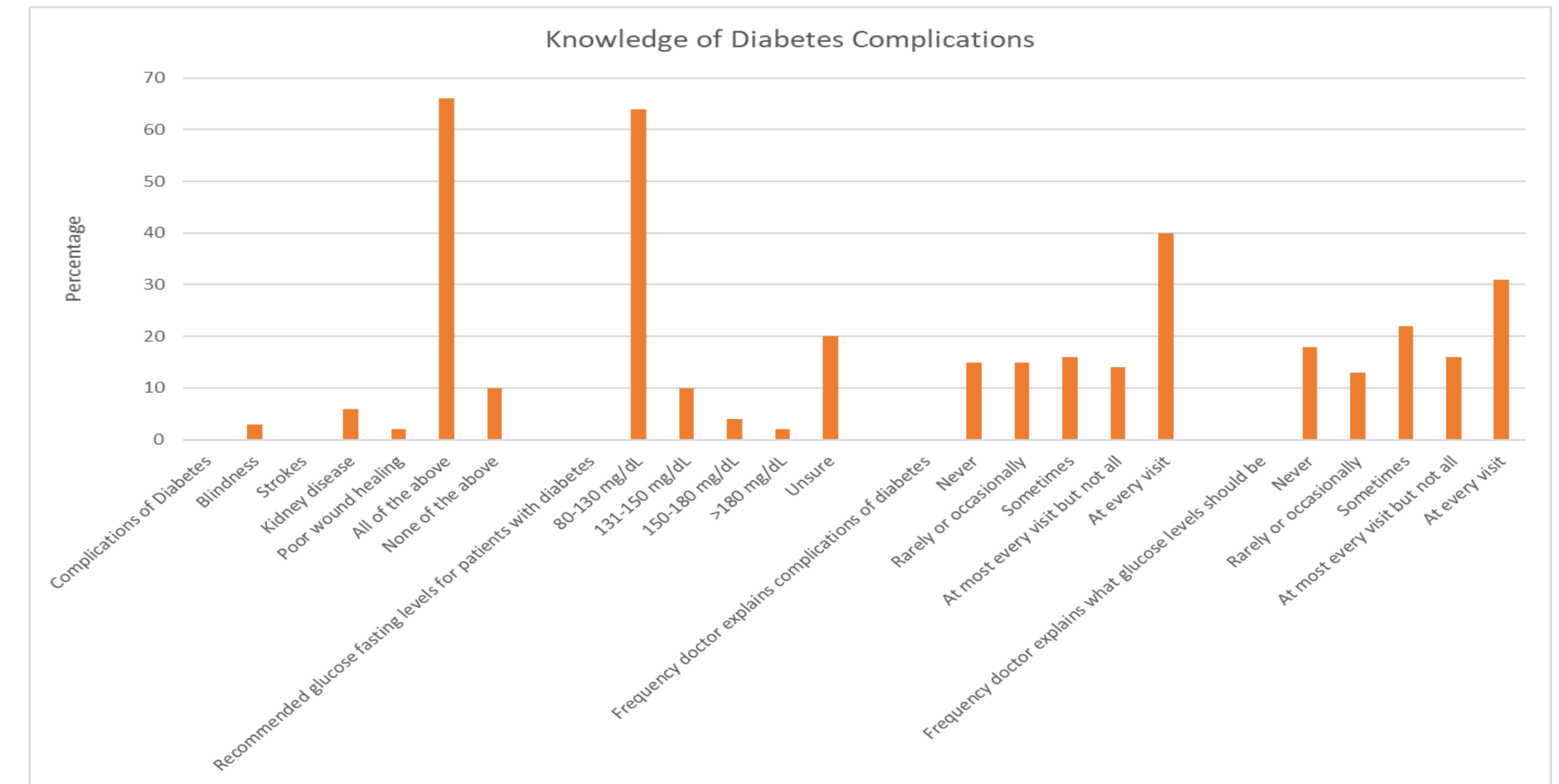


Figure 1: Knowledge of Diabetes complications among study sample

## Barriers to taking medications as prescribed

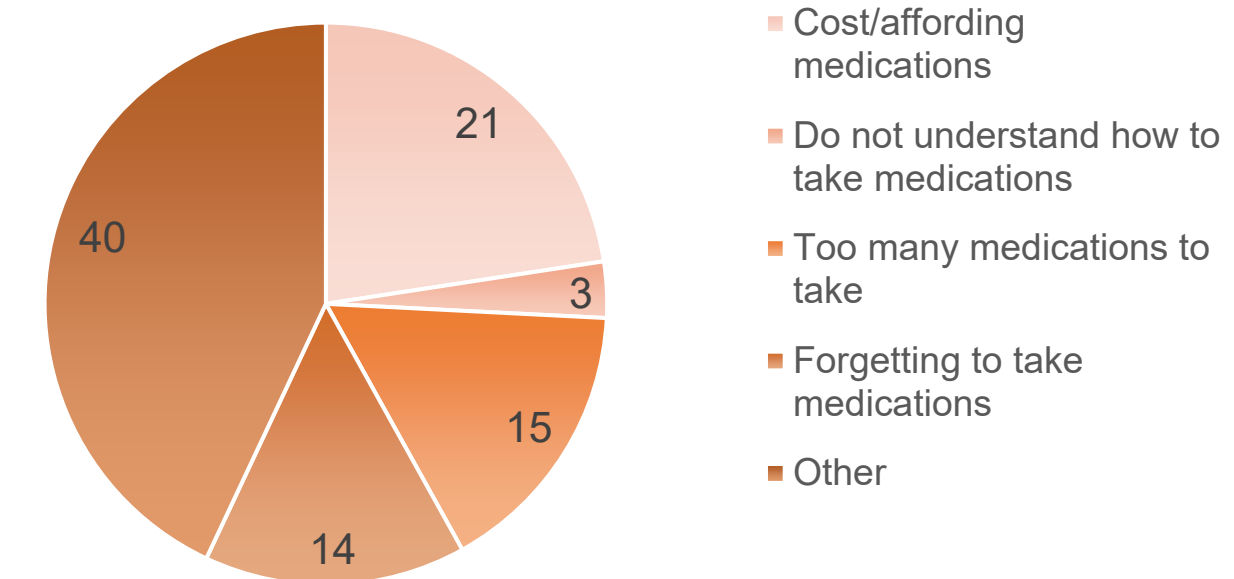


Figure 2: Barriers to taking medications as prescribed among the study sample

- 45% of patients screened positive for low health literacy
- 46% that several times the food they bought did not last and could not afford to get more

## CONCLUSIONS

- These results show that the diabetic population in this study face daily challenges in accordance with several aspects of the social determinants of health
- Future studies need to be done to further assess these disparities and design public health policies to aid this population as the Diabetes epidemic continues to rise with increasing obesity levels nationwide.

## REFERENCES

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