

## **Perceptions of Barriers in Managing Diabetes: Perspectives of Hispanic Immigrant Patients and Family Members**

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**Background:** Hispanics with type 2 diabetes show poorer self-management of their disease than non-Hispanic Whites. Although previous studies of diabetes self-management in Hispanics have reported income, education, acculturation, language and literacy, cultural beliefs and values, and limited social support as barriers to diabetes self-management, less is known about perceived barriers to diabetes self-management from the perspectives of both Hispanic immigrants and their family members. Thus, this study examined perceived barriers among Hispanic immigrants with diabetes and explored ways that their family members could provide support in managing diabetes.

**Methods:** A qualitative design using focus group interviews was conducted. A total of 72 Hispanic immigrants with type 2 diabetes and their family members were recruited in the southeastern United States for a family-based intervention study on diabetes-self management. Participants were asked to describe their perceptions of barriers to diabetes self-management. Demographics, hemoglobin A1C levels, blood pressure and BMI were also obtained for both participants with diabetes and their family members. The 5 sessions were audiotaped and transcribed, translated from Spanish into English and analyzed using standard content analysis.

**Results:** The perceived barriers to diabetes self-management identified from focus group discussions for participants with diabetes were categorized into three major themes: suffering from diabetes, lack of resources/support, and difficulties in managing the disease. Two key themes emerged pertaining specifically to family members: we can provide support and we lack knowledge.

**Conclusions:** Perceived barriers to diabetes self-management described by Hispanic immigrants with diabetes indicate that development of culturally appropriate intervention strategies is needed. Interventions should be considering culturally tailored approaches to overcome barriers by providing resources and family support, increasing knowledge of diabetes and improving diabetes self-management skills.

### **Objectives:**

1. Describe barriers in managing diabetes among Hispanic immigrants with diabetes;
2. Discuss intervention strategies for persons with diabetes and family members to overcome barriers and improve diabetes self-management for this population.