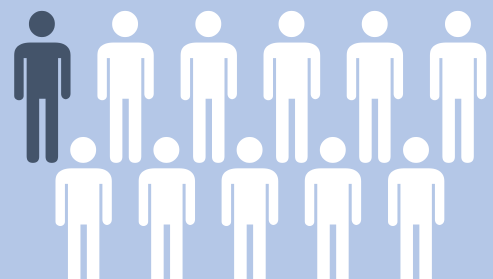



A Qualitative Analysis of Barriers to Medication Adherence in Uncontrolled Diabetes

Focus on Insulin and Suggestions for Practice Improvements


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1 in 11 people is diagnosed with diabetes according to the International Diabetes Federation in 2017

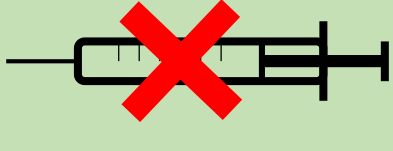


12% of total healthcare expenditure is spent on diabetes globally

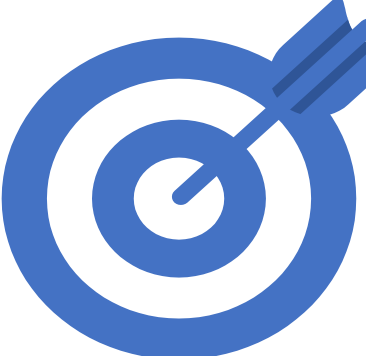





Qatar a country with a reported population of less than three million people, has a diabetes prevalence of 14% in 2017



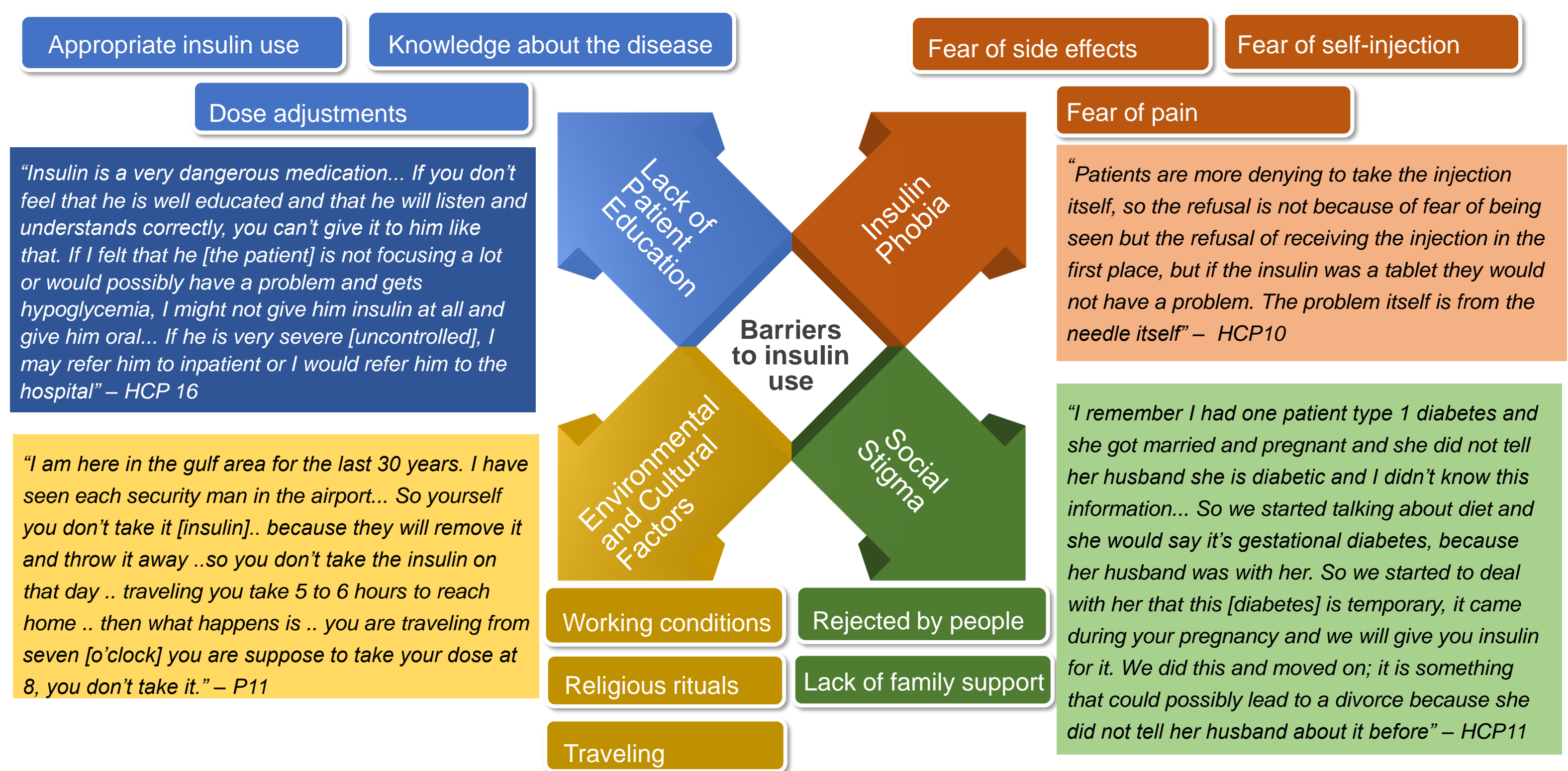
74% of patients with uncontrolled diabetes in Qatar are nonadherent to their medications. Many patients receive quadruple oral therapy and refuse to take insulin.


The purpose of this analysis was to explore the barriers to insulin adherence among patients with uncontrolled diabetes in primary healthcare setting from the perspectives of the patients and their healthcare providers.
 





Methodology


- 01** A conceptual framework model was developed through systematic literature review, identifying all barriers to medication adherence in diabetes
- 02** A mixed method triangulation study design was used in primary healthcare centers (PHCC) in Qatar
- 03** Adult patients with uncontrolled diabetes and attending the PHCC for the past year completed an adherence questionnaire (ARMS-D) followed by semi-structured interviews
- 04** Healthcare providers involved in managing patients with diabetes within the PHCC were approached for semi-structure interviews
- 05** Thematic analysis was utilized and subgroup analysis was conducted to determine the barriers related to insulin adherence in patients with uncontrolled diabetes

Results and Discussion

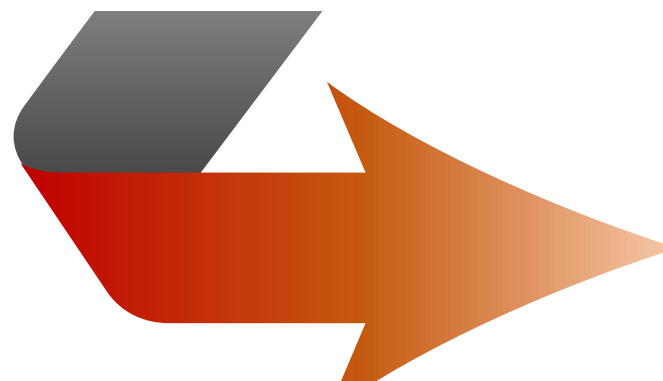


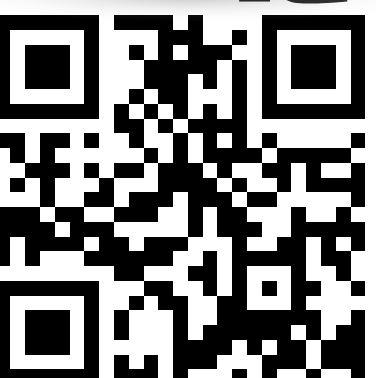
Suggestions for Practice Improvements

-  Educating the patient through an online portal created for diabetes
-  Documentations which take the patient's working conditions and religious rituals into account
-  Creating a platform for educating the public to eliminate and correct myths about insulin use
-  Creating country-specific guidelines which take into consideration patients' refusal of insulin, cultural issues, and action plan



Conclusion





There are many barriers that contribute to patients' nonadherence to insulin. Urgent interventions and policies are warranted to reduce diabetes complications and increase patients' and caregivers' awareness of the benefits of using insulin.