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Communication Barriers Affecting Self Management of Diabetes in the Latino Community: An Integrative Literature Review

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Communication Barriers Affecting Self- Management of Diabetes in the Latino Community

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&
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Background

When patients begin to learn how to manage their diabetes, adherence to a medication regime to manage diabetes can be difficult when the patient cannot accurately communicate with their healthcare provider. Barriers to effective communication are concerning because verbal communication is an effective tool used to exchange information, feelings, and thoughts. These barriers can lead to the patient to making medications errors.

Diabetes Statistics:

- An estimated 30.3 million Americans are diagnosed with diabetes, while 90-95% of that population has type-2 diabetes.
- Latinos are 66% more likely to develop diabetes when compared to non-Hispanics.
- Between 1997 to 2010, diabetes in the Latino community increased by 60%.
- Latinos are the third largest race at 12% of the population diagnosed with a form of diabetes.

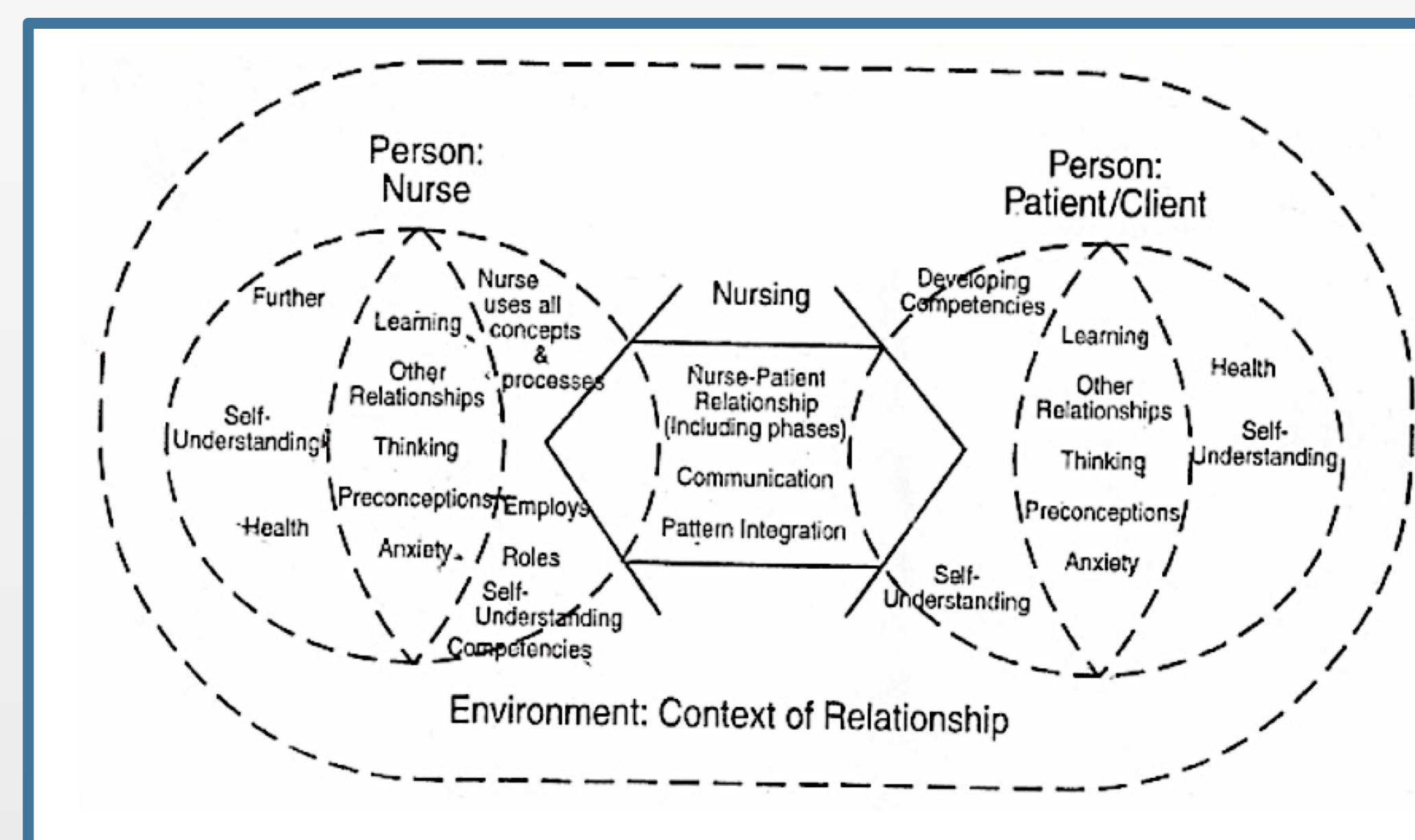
Purpose

The purpose of this literature review is to identify the barriers of diabetes self-management that relate to communication in a healthcare setting between Latino patients and healthcare providers.

Research Questions

1. What are the greatest barriers in communication that exist between providers and Latino patients with diabetes?
2. What strategies have been shown or suggested to facilitate communication between healthcare providers and patients with diabetes?

Theoretical Framework



Peplau's Interpersonal Relations Theory:

Using the phases; orientation, working and resolution phase the theory focuses on the communication aspect within the nurse-patient relationship. Factoring in complex components from patient and nurse, such as: preconceptions, cultural background, language, thought processes and competencies the goal is for the patient to no longer need the nurse because the nurse has appropriately identified and applied the interventions so that the patient can manage their health effectively.

Methodology

Three databases were selected CINAHL, PubMed, and ProQuest Nursing and Allied Health. All the databases used had same criteria which included only using peer reviewed articles and articles within the last ten years. In addition, the same four keywords were used for each search.

1. Diabetes: diabetes OR diabetic OR glycemic
2. Barriers: communication barriers OR barriers
3. Latino: Latin* OR Hispanic
4. Self-management: management OR adherence OR compliance

Results

Number of studies found using keywords	CINAHL N=83	Pubmed N=156	Nursing and Allied Health N=21
Number of studies found meeting inclusion criteria within last 10 years	65	112	20
Number of studies found only using communication & language barriers	17	35	20
Number of studies found including academic journals and peer reviewed articles	14	35	20
Total number of articles excluding repeats	10		

A search was conducted in the CINAHL, PUBMED, and the Nursing and Allied Health Database using the keywords mentioned. With thorough reading of the articles and abstracts ten articles were selected. The articles were organized in a data matrix and categorized based on source, sample population, methods, barriers, interventions, and results.

Themes Found:

- Language Proficiency
- Concordant and Discordant physicians
- Cultural competence
- Translators and translator devices

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Conclusion

The current research revealed inadequate diabetes education, English-speaking proficiency, cultural competency and Spanish speaking providers are factors that can lead Latino patients to having difficulty communicating in managing their diabetes. It was found that not just one barrier attributes to lack of adherence but is all encompassing of these. Improvement in one of these areas can benefit the other, therefore improving the communication between the patient and provider. In addition the use of translators and translation devices can also help bridge this gap. Therefore, in order to decrease the rising rates of diabetes in the Latino community interventions that address these contributing factors are necessary.

Nursing Implications

The implications for nursing practice consist of forming supportive relationships with patients in order to avoid communication barriers that can negatively impact diabetes management in Latino groups. But also it calls for nurses to be more aware of these barriers in everyday practice in order to advocate for the patients who cannot speak up for themselves. Since, nurses are at the forefront of patient care.

Future Research

Future research should focus on exploring communication barriers that are specific among Latinos with diabetes and the unseen links yet to be discovered. Interventions such as using an interpreter, educational classes, and cultural competency classes for healthcare providers should be researched to determine if they are reliable to help solve this issue.