Facilitators and Barriers to Self-Management of Type 2 Diabetes among Urban African American Adults: Focus Group Findings

Introduction:
African Americans experience higher rates of diabetes-related complications than other racial groups. Few existing studies have addressed the facilitators and barriers to self-management among African American adults with type 2 diabetes. The purpose of this study is to identify facilitators and barriers to self-management of type 2 diabetes among African American adults living in an urban community. The study seeks to answer the following questions: (1) What are the facilitators to self-care management among the urban African American adults with type 2 diabetes? (2) What are the barriers to self-care management among urban African American adults with type 2 diabetes? (3) What common themes emerge regarding the facilitators to self-management among participants? and (4) What common themes emerge regarding the barriers to self-management among participants?

Method(s):
In this mixed methods design, 36 African American adults with type 2 diabetes receiving care at one of two urban health care agencies will be participants. Quantitative data will be obtained using a 10-item survey to obtain demographic and medical history information. The qualitative method, using focus groups, will be employed to identify facilitators and barriers to self-management among participants. There will be six participants in each of the six focus groups. Each participant will engage in a 60-90 minute audio-recorded focus group discussion. Quantitative data obtained in this study will be analyzed using SPSS 15.0. Qualitative data collected will be analyzed using N-Vivo 8 Qualitative Data Analysis Software. Identified themes and concepts will be validated by use of two focus groups to arrive at consensus.

Results:
The study results are pending. Data will be collected in June and July 2008 and data analyses will be complete in fall 2008.

Discussion:
Knowledge gained from this study will be instrumental in designing interventions that could potentially improve the lives of urban African Americans with type 2 diabetes.

Research Completed:
Yes

Abstract History:
NA

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