

Peer Support Approach to Enhance Medication Adherence among African Americans with Type 2 Diabetes



School of Pharmacy
UNIVERSITY OF WISCONSIN-MADISON

Adati Tarfa, PharmD¹, Olayinka O. Shiyambola, BPharm, PhD¹, Earlise Ward, PhD², Lisa Sharp, PhD³,

¹School of Pharmacy, University of Wisconsin-Madison; ²School of Nursing, University of Wisconsin-Madison; ³College of Pharmacy, University of Illinois at Chicago



Background

- African Americans (AAs) in the United States with type 2 diabetes are at a greater risk for diabetes-related complications compared to non-Hispanic whites.
- To improve diabetes outcomes, medication adherence (patients' taking medications according to agreed recommendations) is critical.
- Existing adherence interventions may be ineffective for AAs because they do not adequately address fundamental health beliefs, health literacy, self-efficacy, and patient-provider communication.
- The Peer Ambassador Support Program to Enhance Care (PASPEC) was developed to educate, motivate, and build skills for AAs with diabetes towards improving medication adherence.

Objective

- Design an 8-week intervention toolkit for PASPEC focused on addressing culturally-informed illness and medication beliefs, health literacy, self-efficacy, and medication adherence among AAs with diabetes.
- Determine the feasibility and acceptability of PASPEC.

Methods

Sample

- English-speaking men and women 30-65 years old with type 2 diabetes who self-identify as Black/African American.
- Prescribed one oral diabetes medication in the past year.
- Adherent (Peer Ambassadors (PAs)) or non-adherent (Peer Buddies (PBs)) to their diabetes medicines based on the Medication Adherence Report Scale (MARS-5 scale).

Methods

Table 1: Initial intervention phase (weeks 1 – 3)

Activities	Goals	Mixed-mode Data Collected
Week 1 Diabetes Educator Group Session	Target negative illness beliefs	<ul style="list-style-type: none"> Illness Perception Questionnaire (IPQ) (QUANT) Evaluation survey of group education session (QUANT/QUAL) Audio recordings (QUAL)
Week 2 Pharmacist Group Session	Reframe medication beliefs, address reasons for nonadherence.	<ul style="list-style-type: none"> Evaluation survey of pharmacist group session (QUANT/QUAL) Audio recordings (QUAL)
Week 3 Phone call between PA and PB	Discuss self-efficacy and coping with diabetes	One - on-one interviews with PBs to gain general feedback about PASPEC (QUAL) – results in Table 2

Results



Image- A PA and two PBs mingling before a group education session

- PBs were mostly female (n=6 out of 7); mean age of 56 years (± 6.3)
- Surveys showed 82% of the participants liked the diabetes educator session, while 100% liked the pharmacist education session.

Results

Table 2: Peer buddy perceptions of the PASPEC intervention

Themes	Sample Quotes
Positive benefits from having similar life experiences related to diabetes diagnosis	<p>"Someone similar, you know. Not only was she was a peer ambassador, but she was someone who understands. Because she going through similar... She a diabetic. She is no one who don't know what I'm going through, okay?"</p> <p>"Just the whole camaraderie of other people who have diabetes and realizing that this is.. something you don't have to deal with alone, that there are other people. And when you have other people, you have a chance to gain some knowledge or, you know, look at stuff a different way, and hopefully, to help you."</p>
Having a similar race, culture, and values made relationship positive	"... " First of all, he was African American. We had similar lifestyles, family, marital status, similar experiences in terms of everything that encompasses being diabetic, sort of lifestyles.. similar interests. It was just like talking to a family member."
Liked building skills towards enhancing patient-pharmacist communication	"...at first, I really wasn't calling the pharmacy, but after I had talked to the peer ambassador, I did because she had concerns about the way that she was talking about, I was talking about the medicine was doing me. So I did call the pharmacy and talked to them about it. So I did feel good about doing that."

Discussion

- AAs with diabetes medication adherence challenges are receptive of a peer support mechanism to address culturally informed beliefs, and enhance health literacy, patient-provider communication, and self-efficacy.
- All PB's reported a positive, trusting relationship between them and their PA's and noted the program was beneficial.

Funding: NIH CTSA at UW-Madison grant 1UL1TR002373, University of Wisconsin-Madison School of Medicine and Public Health's Wisconsin Partnership Program, WPP-ICTR grant # 3086..