

Title: FINDINGS FROM HISPANIC PATIENT LISTENING SESSIONS ON DIABETES CARE AT A.F. WILLIAMS FAMILY MEDICINE CLINIC

Authors: E Chan, M.D. Candidate¹, H Bleacher, M.D.², D Nease, M.D.²

Affiliations: ¹University of Colorado, School of Medicine, ²Department of Family Medicine, University of Colorado Anschutz Medical Campus

Purpose: Hispanic patients at AF Williams Family Medicine Clinic have been identified by clinic leaders as having the lowest rates of glycemic control (A1c <8). Extant literature emphasizes a cultural component to effective glycemic control, which we sought to better characterize to tailor ongoing intervention strategies.

Methods: Patients were recruited to participate in two different guided listening sessions in which qualitative data was collected. The first session (n=5) was to generally understand barriers and facilitators to diabetes management while the second session (n=5) focused on attitudes towards nutrition education, group visits, and behavioral health.

Results: In both sessions, there were recurring themes of family involvement and social support, struggling to understand and accept the diagnosis of diabetes, and the importance of food within culture with a need for more culturally relevant nutrition education.

Conclusions: Interventions to improve glycemic control among Hispanic patients at AF Williams should be culturally tailored and leverage the strong sense of community within this population.