



Identifying Potential Barriers to Treatment Completion

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Introduction to TB Nurse Case Management Online
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Debbie Davila, MSN, RN has the following disclosures to make:

- No conflict of interests
- No relevant financial relationships with any commercial companies pertaining to this educational activity





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Statement of Interests

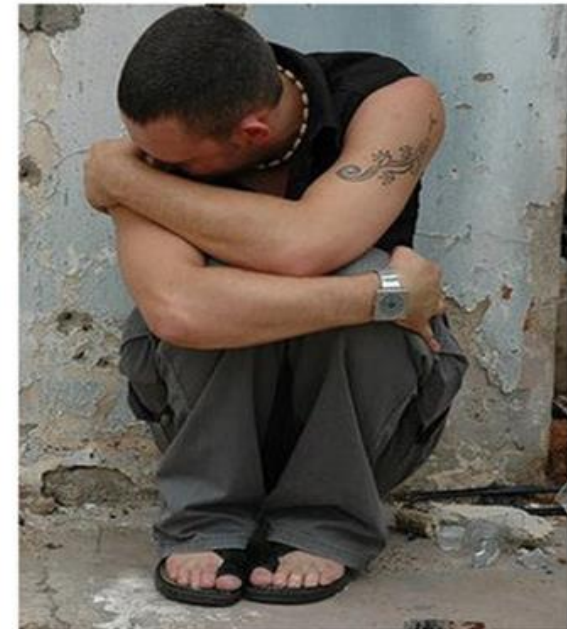
- The presenter, *Debbie Davila*, does not have any conflicts of interest to disclose.



Potential Barriers

Barrier: a circumstance or obstacle that keeps people or things apart or prevents communication or progress.

- Cultural
- Socioeconomic
- Substance Abuse
- Mental Health/Illness
- Homelessness
- Educational
- Health Disparities



Cultural Barriers

Culturally sensitive health care has been described as care that reflects “the ability to be appropriately responsive to the attitudes, feelings, or circumstances of groups of people that share a common and distinctive racial, national, religious, linguistic, or cultural heritage”.

(DHHS, [OMH, 2001](#), p. 131)

“Culture influences beliefs and belief systems surrounding health, healing, wellness, illness, disease, and delivery of health services”.

<https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/cultural-respect>



Cultural Barriers

- Western Medicine frowned upon or feared in certain cultures
- Some cultural beliefs dictate that illness is deserved
- Stigma: The stigma attached to tuberculosis is far-reaching and crosses cultural borders
 - See Heartland's #StopTheStigma campaign at
 - [TB Stigma – Heartland National TB Center \(heartlandntbc.org\)](http://heartlandntbc.org)
- Language

“A sign or a mark that designates the bearer as *spoiled* and therefore as valued less than *normal* people.”-Goffman E. (1963)



Socioeconomic Barriers

- **Time=Money:** EVERYONE'S Time is valuable
- **Employment:** time off for treatment
- **Transportation:** people without a vehicle or available public transit may not be able to commit fully to treatment
- **Location:** rural / poverty-stricken / long-distance from Unit



Substance Abuse

- Increased use of alcohol and drug use.
- Increased missed doses and appointments.
- Incentives and Enablers
- Legal action



Substance Abuse

- **Competing priority:** results in increased missed doses, increased risk for development of resistance
- **Fear of increased judgement**
- **Increased prevalence of Adverse Medication Effects:** hepatotoxicity prevalence is increased in persons with regular abuse of alcohol and/or other illicit substances
- **Fear of Legal repercussions:** may be in and out of correctional facilities, may fear “getting caught” by coming into a state/government building



TB is a Unique and Painful Experience

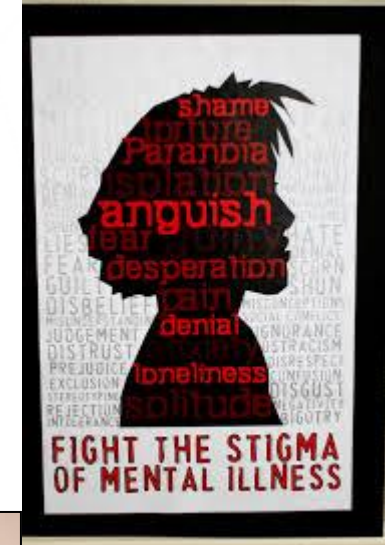
- Research has shown that people affected by TB are more likely to develop mental and psychological problems than people not affected by the disease
- Patients believe that TB is always an interruption in life
 - Physically, psychologically, economically and socially
- After the initial shock from diagnosis there is a period of denial followed by Resignation and depression



Relationships Between Mental Disorders and TB are Complex

Mental disorders are associated with

- High risk of TB acquisition and transmission
- Poor adherence to anti-TB treatment
- Diagnosis of TB increases the risk of
 - Mental illness



Mental Health

- People with various degrees of mental health issues are greatly underserved in the United States
- Resources may not be available for people living with mental illness
 - May not have money for medications to treat mental illness
 - May not have health insurance to be able to afford to seek treatment for diagnosis
 - Patient may not wish to treat mental health diagnosis



Homelessness

- **No address:** DOT can be very difficult
 - communication and consistency are key to success
- **Limited Transportation:** public transport, no car, no money for bus or gas
- **Need for treatment overshadowed by the stress of trying to survive**



Education/Literacy Level

- **Reading level**
- **Educational level**
- **Know your audience**
 - What do they need?
 - What will help them understand the education that you're providing to them?
- Provide a wide range of educational material and illustrative information



Incentives

- **Incentives**: motivate patients
- **Makes treatment worthwhile to the patient**
 - Tailored to individual's needs
 - Meaningful to patient
 - Immediate gratification
- **Examples:**
 - Gift cards for DOT
 - Clothing
 - Food



Enablers

- Interventions to assist the patient in completing therapy
- Slightly different than incentives: Enables people to seek treatment while still maintaining their lifestyle
- Examples:
 - Bus passes
 - Utility bill/rent payment
 - Childcare
 - Healthcare referrals



Case Management Strategies

- Identify barriers to treatment and competing priorities
- Develop an individualized care plan with strategies to address barriers
- Make necessary referrals for substance abuse and counseling as needed
- Communication is key to adherence



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