



# Perceived Barriers to Healthcare among Spanish-Speaking Patients with Chronic Kidney Disease and Caregivers

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## INTRODUCTION

- Latinx individuals are at **higher** risk of developing Chronic Kidney Disease (CKD).
- They benefit from having a caregiver, with 17% of U.S. family caregivers being Latinx.
- Immigrant Latinx face **significant health care** challenges than those born in the US, especially those who are predominantly Spanish-speaking.

## AIM

The purpose of this study examine **healthcare barriers** among Spanish-speaking **Latinx immigrant** CKD patients and caregivers.

## METHOD

- Four Spanish-speaking Latinx individuals participated in this study (**three caregivers, and one patient, M<sub>age</sub> = 40.5, one male and three females**)
- Participants were asked to share five photos related to their CKD journey with the research team, and later, they were individually interviewed in Spanish through Zoom.
- Zoom transcripts were cleaned and then analyzed using thematic analysis.

## RESULTS

- Overall, limited access **to health care insurance, language differences, limited health literacy, and culture-specific practices** were the main barriers brought up the most between caregivers and patients.
- These themes reflected delays in treatment or dissatisfaction with the treatment received:

### Health care insurance

*"..You have to go now because if you don't, you can die in less than a week, you're bad."  
 "You don't qua-you can't have this treatment, go to your country."  
 "The thing is, you do it need, but if you don't have insurance, we can't serve you."*

### Language differences

*"There are patients who feel very bad, they talk to the technicians, they don't listen to them, they tell the social worker and neither do they. For the simple fact that since they do not understand them and they are not even able to provide them with a translator, they ignore Latino patients a lot."  
 "And then patients start telling me things. No, their children who are receiving Medicaid than this or that. I go and tell the social worker and the social worker is speechless because she says it's been 3 years here at the dialysis center and it's the first time I've heard this."*

### Limited health literacy

*"People do not want to leave the hospital, but how are you going to send me to die? No, I'm staying here in the hospital. Many people do not accept this hospice situation."  
 "..and I had never heard the word dialysis so I said, 'it's something that's going to go away, right' I never thought I would go through everything that happened."  
 "This doctor is crazy, I mean, I didn't feel bad enough for him to say I was going to die."*

### Cultural-specific practices

*"..But he says that he feels good, that he is calm that he feels good, that there is no need."  
 "I had many urinary tract infections. I had a lot of bruises. The food made me sick, it gave me a lot of headaches- but typical Latin- a pill for this. Another pill-"*

## CONCLUSION

- These findings provide an understanding of what CKD Spanish-speaking, Latinx patients, and their caregivers experience in the U.S.
- These challenges are important to be addressed in order to **improve health outcomes of patients and caregivers.**



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