Barriers to Chronic Disease Management in Trinidad and Tobago

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OBJECTIVE

Identify obstacles to managing hypertension and diabetes in underserved communities and primary care clinics.

METHODS

Researchers interviewed 30 patients and 15 frontline providers in Trinidad and analysed the interviews thematically.

RESULTS

Eight barriers emerged, including medication shortages, complex regimens, side effects, distrust and service inefficiencies.

CONCLUSION

The authors proposed community health workers, mobile services, simpler treatment regimens and culturally tailored education.