Increasing Home Dialysis among Spanish-Speaking Mexican American Patients: Challenges & Opportunities

Karen-Marie Eaton, BS*; Danelle Radney, MBA*; Steven M. Brunelli, MD, MSCE1; Unini Odama, MD, MPH, MBE; Francesca Tentori, MD, MS

*DaVita Clinical Research, Minneapolis, Minnesota, USA; DaVita Inc., Denver, Colorado, USA

Introduction

Home dialysis offers end-stage kidney disease (ESKD) patients an alternative treatment to in-center hemodialysis (ICHD) and may offer clinical, economic, and quality of life advantages.1

• Hispanic individuals have over twice the incidence of kidney failure compared to non-Hispanic White individuals, yet they are less likely to be treated with home dialysis.2,4

• As of 2020 in the United States only 11.8% of Hispanic individuals who started dialysis received it at home, compared to 14.7% of non-Hispanic White individuals.2

• According to the U.S. Census Bureau, in 2019, 61.5% of all Hispanics indicated they were of Mexican origin.5

Objective

Since home dialysis use is lower in Mexican American patients, in this study we sought to understand experiences and uncover facilitators and barriers to home dialysis from the perspective of patients and care partners.

Methods

• Participants included Mexican American patients receiving dialysis, both in-center and home, at a dialysis organization, and their care partners.

• 28 participants were recruited (17 patients [11 ICHD and 6 home dialysis (HD)] and 11 care partners).

• The locations (Houston, Los Angeles, and Phoenix) were chosen in December 2022.

• Focus group questions centered around key factors influencing dialysis modality choices. Focus groups were conducted in Spanish language, translated in real time by a certified interpreter, and transcribed in English.

• Responses to questions were analyzed using inductive thematic analysis.

Results

Study Participant Characteristics

<table>
<thead>
<tr>
<th>Location</th>
<th>N-60+</th>
<th>N-51-64</th>
<th>N-≤50</th>
<th>Female, n</th>
</tr>
</thead>
<tbody>
<tr>
<td>Houston</td>
<td>4</td>
<td>8</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Los Angeles</td>
<td>4</td>
<td>8</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Phoenix</td>
<td>0</td>
<td>4</td>
<td>5</td>
<td>1</td>
</tr>
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</table>

Study Participants’ Experience with Education

<table>
<thead>
<tr>
<th>Education</th>
<th>Patients</th>
</tr>
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<tbody>
<tr>
<td>Faith: God is the only one that’s been with me. It doesn’t matter what, time, what moment. God is always with you. (Home patient, Phoenix)</td>
<td></td>
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<tr>
<td>“You don’t see our pain” (Care Partner, Los Angeles)</td>
<td></td>
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<tr>
<td>My wife, my children… (Home patient, Los Angeles)</td>
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</tr>
</tbody>
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In Their Own Words - Quotes from Study Participants

Diagnosis Acceptance

“[Hispanics] are burros [stubborn]. That’s not going to happen to me.” (ICHD patient, Phoenix)

Why this is happening? I still don’t understand why. Why do I have this disease. (Home patient, Los Angeles)

I don’t accept it. I have to accept it, because I do it every day. […] It’s difficult for me in the fact that I don’t accept it. (Home patient, Los Angeles)

Family Support

“I did not understand a lot of things. But I think it was my fault. I didn’t ask the questions. Because, I trusted the doctor and what they told me. I blindly trusted what he told me.” (ICHD patient, Los Angeles)

Faith

“God is the only one that’s been with me. It doesn’t matter what, time, what moment. God is always with you.” (Home patient, Phoenix)

Trust

“Don’t you see our pain?” (Care Partner, Los Angeles)

“I did not understand a lot of things. But I think it was my fault. I didn’t ask the questions. Because, I trusted the doctor and what they told me. I blindly trusted what he told me.” (ICHD patient, Los Angeles)

Conclusions

Opportunities exist to build on the strong patient preference for physician-led health information, and to focus on decreasing literacy and language barriers in the Mexican American dialysis population.

Acknowledgments

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References


Conclusions

Facilitators & Barriers to Home Dialysis Modality Selection

• Physician guidance is the most important factor in the initial modality decision for the Mexican American patients and care partners. Trust in a physician’s recommendation is largely unquestioned.

• Patients and care partners want earlier and more detailed education about home modalities, in English and Spanish, to help make their initial modality decision.

• After starting dialysis, most patients and care partners were aware of the benefits of home dialysis; however, broader themes point to fundamental cultural barriers.

• Other significant barriers included the fear of being solely responsible for a complex procedure and loss of social interaction.