

# Occupational Therapy and Type 2 Diabetes

## Barriers and Perceived Benefit

PRESENTER: **Audrey  
Randall & Monique  
Victor**

### INTRO

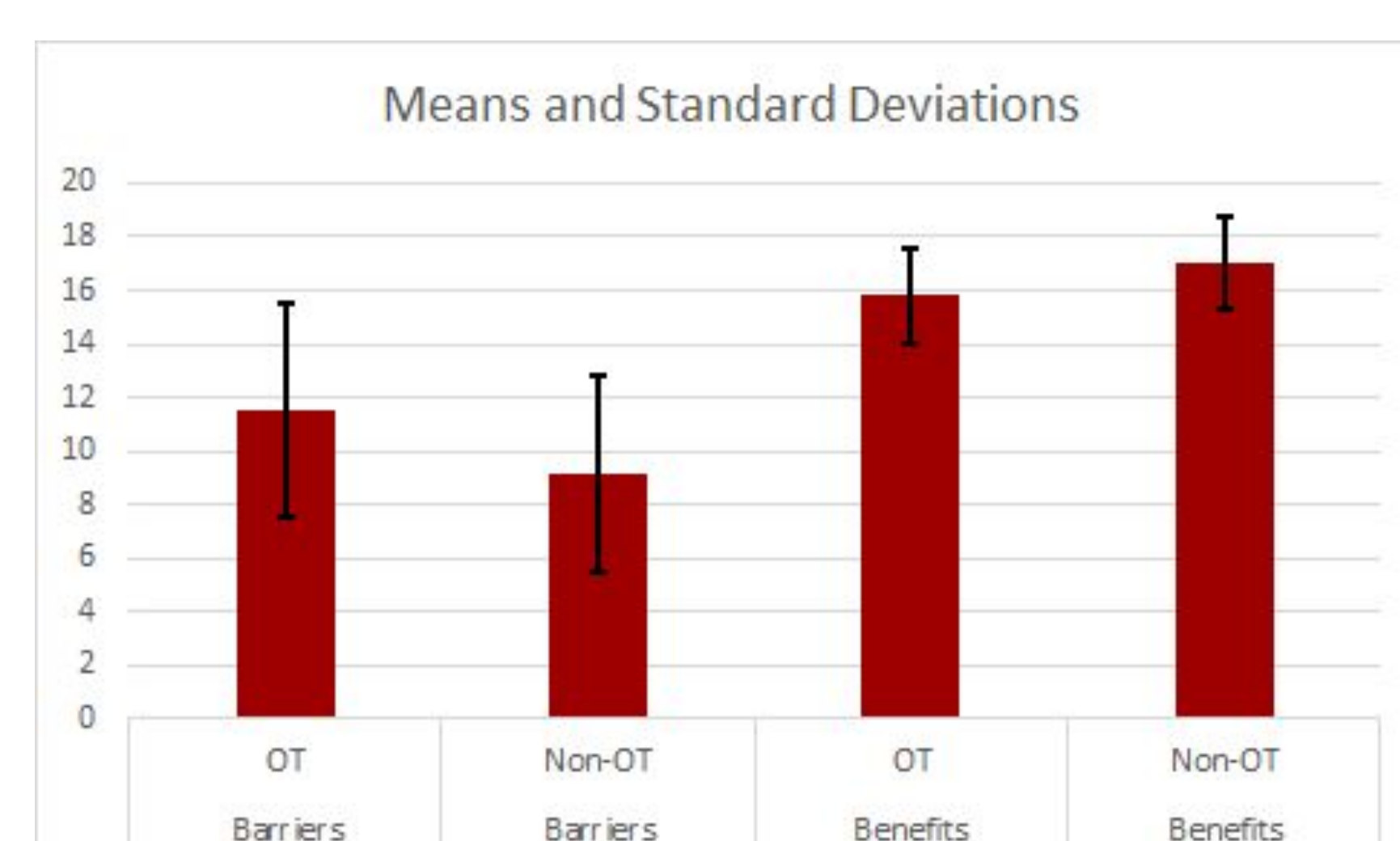
- T2D has been categorized as a public health emergency, which is complicated by barriers to necessary self-engagement physician care.
- OTs offer unique services by integrating many different elements of rehabilitation with an understanding of illness and psychosocial elements (Ellexon, 1985).

### METHODS

1. The methodology is an online questionnaire conducted through Prolific. Participants are patients with T2D consisting of two subsamples; those who have seen an OT (n = 15) and those who have not (n = 488).

### RESULTS

- OT alliance and barriers to treatment were positively associated;  $t(501) = -2.42, p = .016$
- OT alliance and benefit were negatively associated;  $t(501) = 2.73, p = .007$
- Avoidant coping and positive growth were both approaching significance ( $p = .11$ ), could be interesting in future studies



# Occupational Therapy patients with Type 2 Diabetes report less treatment benefit and more barriers to care, specifically barriers other than income

### Discussion

- Not significant – treatment adherence, well-being, anxiety, depression, coping strategies.
- Barriers may lead to seeing an OT, which explains: relationship contrasting prior findings. Majority sample – saw OT in past, not presently. Additionally, seeing OT – indicative: more symptoms/comorbidities
- correlation – benefit: patients who saw OT ≠ perceiving benefit
- growth reports: issues = treatment recommendations; ≠ patient outcomes
- Reported barriers – transportation accessibility, wait time, insurance, dislike treatment (possible cause = discrimination, etc.)
- Important implications: OT treatment – patients seek OT: likely referred, as already facing barriers. Some leave treatment & still see negative benefit
- Existing frameworks helpful: modeling future treatment – OTSDM improved blood glucose + HbA1C + included opportunity – family participate in program