

A systematic meta-ethnography of the barriers and facilitators of adherence to treatment interventions for COPD amongst individuals from minority ethnic communities

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Background and objective: Numerous studies have documented the low adherence rate to treatment interventions for Chronic Obstructive Pulmonary Disease (COPD) amongst minority ethnic communities. This systematic meta-ethnographic review was performed to identify barriers and facilitators of adherence to treatment interventions (e.g., smoking cessation and pulmonary rehabilitation) of COPD in minority ethnic communities.

Method: This systematic meta-ethnographic review followed the approach by Noblit and Hare. [1] Systematic searches were performed across six databases MEDLINE (OVID), EMBASE (OVID), CINAHL (EBSCO), PsycINFO (OVID), Web of Science, and Scopus from their inception until November 2023. Quality appraisal of included studies was conducted using Critical Appraisal Skills Programme (CASP) tools. [2] The protocol for the review was published in an online repository (PROSPERO CRD42023476187).

Results: Out of 1,329 identified citations, seven qualitative studies were included in this meta-ethnography. Using reciprocal translation, four overarching themes were developed to represent the barriers and facilitators of adherence to treatment interventions of COPD amongst minority ethnic communities: 1) positive and negative experiences affecting a person's motivation towards their care, 2) patient attitude and beliefs, 3) being able to access and attend care, and 4) the influence of communication and culture on a person's care.

Conclusion: This review highlighted the barriers and facilitators of adherence to treatment interventions for COPD amongst individuals from minority ethnic communities. The key barriers include language difficulties and the inability to comprehend and communicate effectively with healthcare professionals. This demonstrates the need for further research on the impact of linguistic and cultural characteristics on adherence to treatment interventions for COPD. Addressing ethnicity-specific barriers could inform the development of tailored protocols and strategies for optimising adherence among minority ethnic communities.

Barriers and facilitators of adherence to treatment interventions for COPD amongst individuals from minority ethnic communities: a systematic meta-ethnography

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Positive and negative experiences affecting a person's motivation for their care

- The influence of healthcare professionals.
- Social support from family, friends, and peers.
- The impact of underlying health conditions.
- Restrictions and regulations in the place they live.

- Looking to improve their own health.
- Personal beliefs and drive.
- Trusting healthcare provider.
- Patient perception of smoking and pulmonary rehabilitation programme.

Patients' attitudes and beliefs

Being able to access and attend care

- Flexibility of attending the services.
- Transport and travel to pulmonary rehabilitation programme.
- Opportunities for using digital technology or tele-services for care continuity.

- Language and interpretation to enable conversation and understanding.
- Feeling of belonging within a community.
- Appreciating and representing cultures.

The influence of communication and culture on person's care

Figure 1: Developed themes and sub-themes for barriers and facilitators of adherence to treatment interventions for COPD amongst individuals from minority ethnic communities.

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