

Title: Examining common barriers to communication and goal setting between physicians and patients with diabetes.

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Research Project Description

Communication between the doctor and patient has been linked to health outcomes, where a greater trust in the physician leads to improved health outcomes. Collaborative goal setting is a means by which to increase a patient's involvement in their treatment, while also fostering a greater level of trust in the physician. However, barriers still exist in the clinical encounter that prevent patients from becoming active participants. This study focuses on examining patient perspectives surrounding the goal setting process among patients with type II diabetes and explore trends or themes that exist during four focus groups. Data collection for this study has concluded, and the four focus group sessions have been transcribed. The role of the medical student will be to conduct a literature review regarding the types of communication barriers commonly found among patients with type II diabetes as it relates to goal setting. After identifying potential barriers, the student will then work with another coder (as well as under the direction of the faculty member) to examine each of the focus group transcripts and establish common impediments to communication with their physician and the goal setting process. Training and support will be provided to help prepare the student for the literature review and the coding process. By the end of the mentorship, the goal is to have a publication and/or a poster presentation that the student can present at a UF conference or outside entity. Funding for this project came from the Agency for Healthcare Research Quality as an R36.

Relevant publications

Morris HL, Carlyle KE, Lafata JE. (2016). Adding the patient's voice to our understanding of collaborative goal setting: How do patients with diabetes define collaborative goal setting?. *Chronic illness*.

Morris HL, Dumenci L, Lafata JE. (2016). Development and validation of an instrument to measure collaborative goal setting in the care of patients with diabetes. *British Medical Journal*.

Lafata JE, Morris HL, Dobie E, Heisler M, Werner RM, Dumenci L. (2013). Patient-reported use of collaborative goal setting and glycemic control among patients with diabetes. *Patient education and counseling*, 92(1): 94-99.