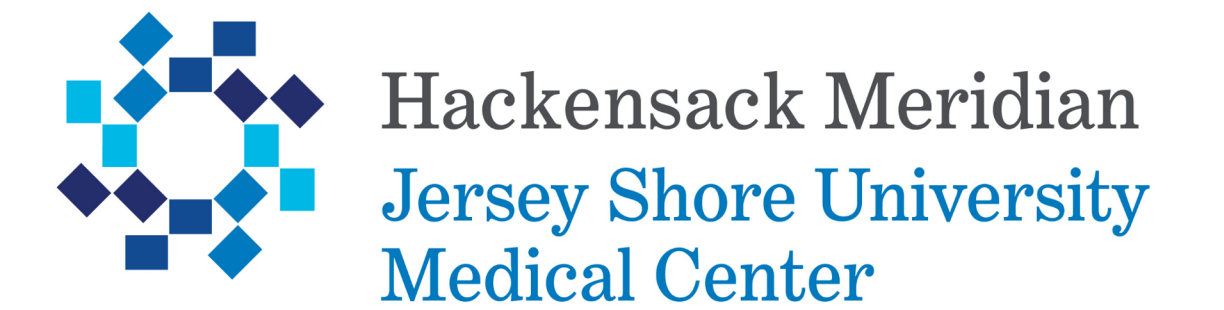


# Barriers to Adherence to Overactive Bladder Treatment for Hispanic Women

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## Objectives

- Adherence rates to overactive bladder (OAB) treatments are low among the general population
- Hispanic women are under-represented in the OAB literature.
- The aim of this study is to analyze nonadherence to OAB therapy among Hispanic and non-Hispanic women, and identify potential barriers to treatment that may reduce disparities in care.

## Methods

- All patients > 18 years of age that received treatment for OAB between 2018 and 2022 were included in this retrospective study.
- Race and ethnicity were self-reported by the patient and documented in the electronic medical record.
- Nonadherence was defined as the failure to initiate therapy within 1 year.
- This study was powered to detect a 50% difference in treatment nonadherence.
- Comparisons were made using Fisher exact test and Chi2 test as appropriate for nominal variables, and Mann-Whitney test for continuous variables.

## Patient Characteristics

	Hispanic (n=126)	Non-Hispanic (n=115)	p-value
<b>Age</b>	59.8 +/- 13.6	68.7 +/- 13.6	<0.01*
<b>BMI</b>	29.3 +/- 6.0	29.0 +/- 6.7	0.70
<b>Parity</b>	2 [2-3]	2 [2-3]	0.41
<b>Insurance (%)</b>			0.09
Public	41.9	45.2	
Private	54.03	54.8	
None	4.03	0	
<b>Language (%)</b>			<0.01*
English	84.1	100	
Spanish	15.9	0	
<b>Duration of Symptoms (years)</b>	3.6 +/- 5.4	3.4 +/- 4.0	0.75
<b>Stress Incontinence (%)</b>	61.0	50.4	0.10
<b>OAB Symptoms (%)</b>	89.5	93.0	0.46
<b>Pelvic Organ Prolapse Stage (%)</b>			0.03*
0	23.4	17.9	
1	12.6	27.7	
2	31.5	33.0	
3	29.7	17.9	
4	2.7	3.6	

## Treatment Patterns

	Hispanic (n=126)	Non-Hispanic (n=115)	p-value
<b>Therapy Type Offered (%)</b>			0.17
1 <sup>st</sup> Line	36.9	33.0	
2 <sup>nd</sup> Line	25.4	36.5	
3 <sup>rd</sup> Line	37.7	30.4	
<b>Number of Treatments Completed</b>	1 [1-2]	1 [1-2]	0.93
<b>Treatment Nonadherence (%)</b>	44.0	20.9	<0.0001*

## Results

- The two groups were similar regarding BMI, parity, and insurance type.
- There was no difference in treatment patterns.
- Nonadherence was more frequent among Hispanic women compared to non-Hispanic women (44.0% vs 20.9%, p<0.0001).
- After adjusting for age, BMI, language, parity, insurance, and treatment offered, Hispanic women were at 2.54-fold increased risk for nonadherence to OAB therapy (95% confidence interval: 1.30-4.97, p=0.007).
- Younger age (p=0.05), higher parity (p=0.02) and being underinsured (p=0.05) were associated with nonadherence to OAB therapy for Hispanic women.

## Conclusions

- Nonadherence to OAB therapy was more frequent among Hispanic women despite no difference in treatment patterns.
- Younger age, higher parity and lack of insurance may be barriers to OAB treatment in the Hispanic population.
- These non-modifiable clinical correlates may indicate the need for more focused counseling for those with these risk factors.