

Multimorbidity and Medications: Unheard Perspectives of Older Underrepresented Racial and Ethnic Minority Adults

Investigators

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Project Summary

Participants in clinical trials should reflect the individuals who may receive the therapeutic agent. Older adults self-described as Asian are amongst the lowest participants in clinical trials, yet are a rapidly growing population in the United States. Older adults commonly have multiple chronic conditions and may take multiple medications, but also have functional and cognitive limitations that are not characterized in electronic health care records. Hearing and vision disorders, mobility limitations, transportation issues, and financial constraints among other factors may present challenges for clinical trial enrollment. Older adults may also need assistance for daily activities or independent activities of daily living from formal or informal caregivers such as family members who also have an influence on perceptions of the burden of diseases, treatments, or trial participation. It is highly likely that there are cultural differences between adults of different racial or ethnic backgrounds that may also contribute to a lack of representation in the evaluation of new therapies. Their voices, concerns, desired outcomes, incentives, and barriers to participation are key to increasing their representation in new therapies. In this study, focus groups were conducted with adults older than 65 years old, self-identifying as Asian of Chinese descent, and taking more than five prescription medications daily recruited from community-based settings and academic health centers. The transcripts from the focus groups were analyzed to identify themes.

Populations Served: Asian

Goals/Aims:

- To elicit attitudes and knowledge about research and clinical trial evaluations of new therapies, and perceived barriers and facilitators to participation in older Asians (older than 65 years old) with multiple medical conditions and receiving polypharmacy.

Publications/Abstracts/Posters, etc.

- **Perspectives on Clinical Trial Participation from Underrepresented Older Asian Adults of Chinese Origin** (poster presentation), North American Primary Care Research Group Annual Meeting, San Francisco, California, November 2023.