

# Identifying Barriers and Improving Adherence with the Use of Injectable GLP-1 Receptor Agonists

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## Abstract

**Introduction:** The emergence of GLP-1 receptor agonists has revolutionized the management of type 2 diabetes mellitus (T2DM) and obesity, providing substantial benefits in glycemic control and weight reduction. However, adherence to these injectable therapies remains a challenge due to various factors, including medication shortages, cost, and side effects. This study aimed to identify key adherence barriers and develop strategies to improve patient compliance.

**Methods:** A survey-based study was conducted at the SSM Health Outpatient Pharmacy at St. Louis University Hospital. Researchers identified 190 patients who had previously filled GLP-1 receptor agonist prescriptions and invited them to participate in phone interviews. The survey collected data on patient demographics, medication access, adherence challenges, and insurance coverage. Responses were manually recorded and analyzed to determine common obstacles to medication adherence.

**Results:** Among the 63 survey respondents, 71% had T2DM, and 87% had insurance coverage for their medications. Despite coverage, 62% of participants experienced difficulty obtaining their prescriptions, while 38% reported no adherence barriers. Cost concerns (19%) and side effects (16%) were the most frequently cited adherence challenges, contributing to medication discontinuation in 35% of respondents.

**Implications:** This study emphasizes the critical role of pharmacists in mitigating adherence barriers through direct patient communication and proactive intervention strategies. Personalized pharmacist outreach fosters trust and engagement, potentially leading to improved medication adherence.

**Conclusion and Future Directions:** Future research should expand the sample size and explore multi-site studies to further evaluate adherence trends. Additionally, pharmacist-led counseling, financial assistance programs, and automated medication reminders could enhance adherence rates. By addressing these barriers, healthcare providers can optimize patient outcomes and ensure sustained use of GLP-1 receptor agonists.