

Appendix: Interview Guide and Results

Original translation:

“Muchas personas necesitan más medicinas, además de la metformina, en algún momento en el futuro.”

Possible alternate:

“Muchas personas probablemente necesitarán una segunda medicina, además de la metformina, en algún momento en el futuro.”

Discussion:

The concepts we explored surround adding “probablemente” to the original statement to indicate that additional medication “may” be needed.

Also, we wanted to assure that “mas medicina” made it clear that we are not just suggesting more medication is needed. We want to know if respondents interpret “mas” as being more of the same, as opposed to an extra/additional medication, which is what we wish to communicate.

All respondents agreed the alternate was a better way of communicating the concepts of additional vs. more medication.

Recommendation:

Use the alternate translation

“Muchas personas probablemente necesitarán una segunda medicina, además de la metformina, en algún momento en el futuro.”

Original translation:

“Una de las principales causas para que su azúcar en la sangre esté fuera de margen podría ser problemas con una hormona llamada "insulina". La insulina es lo que ayuda a bajar su nivel de azúcar en la sangre.”

Possible alternate:

“Una de las principales causas para que su azúcar en la sangre esté fuera de margen podría ser debido a problemas con una hormona llamada "insulina". La insulina es lo que ayuda a bajar su nivel de azúcar en la sangre.”

Discussion

We tested language to determine if the original translation is in line with how people talk about problems with blood sugar being out of range.

Also, it was suggested by a clinician reviewer that we replace “Y una de las principales causas” with “Y una de las causas principales”. In every day speech, which sounds better to the patients?

Eight (8) stated that “podria ser debido problemas” was preferable to “podria ser problemas”.

One (1) respondent stated that “tos ay es debido a problemas” was her preferred way of stating this (“it is due to problems”). One (1) respondent stated that “es debido a problemas” was her preferred way of stating this (“it is due to problems”).

Seven (7) stated “casusas principales” was more in line with the concepts discussed.

Two (2) preferred “principales causes:

Recommendation:

Use the alternate translation, but replace “las principales causas”, with las “causas principales”

“Una de las causas principales para que su azúcar en la sangre esté fuera de margen podría ser debido a problemas con una hormona llamada "insulina". La insulina es lo que ayuda a bajar su nivel de azúcar en la sangre.”

Original translation:

“ Y hacen un buen trabajo en bajar sus niveles de azúcar en la sangre.”

Possible alternate:

“Y actúan/funcionan muy bien bajando sus niveles de azúcar en la sangre.”

Discussion:

We tested two concepts here.

The first, is if a Latino is talking about something “working” well, is the literal translation “trabajan” the right verb to describe if something is working? Does this have implications of “labor” or a “job”? Our advisors have proposed replacing trabajan with “actúan” or “funcione” to act or function. What verb works best in normal day to day speech?.

Six (6) respondents preferred the original translation using “trabajo”.

Three preferred “actúan” to “trabajo”, but one was a Castillian Spanish speaker.

It was expressed by one respondent (Argentina) that compared with an alternate statement proposed by our clinician advisors (“Y actúan muy bien bajando sus niveles de azúcar en la sangre”) the original translation was more to the point and uncomplicated. Two respondents (Puerto Rico) did not state preference for the original translation. One respondent (Puerto Rico) stated the original translation was

awkward. Her preferred translation was “Y funciona bien en bajar los niveles de sangre”.

It is important to note that the original translation used *trabajan* throughout the script. The suggestion to replace this throughout with *actúan* or “funcione” was suggested by a clinician advisor. Based upon respondent feedback, we may want to reject any changes and maintain *trabajan*.

All respondents expressed that between “un bien” and “muy bien” in this context “un buen” is preferred when expressing that a medication is working well.

Recommendation:

Keep the original translation and consider keeping *trabajan* throughout the script where used.

“ Y hacen un buen trabajo en bajar sus niveles de azúcar en la sangre.”

Original Translation:

“Otro posible efecto secundario de las sulfonilureas es el aumento de peso. ¿Cuánto peso se sube?”

Possible alternate:

“Otro posible efecto secundario de las sulfonilureas es el aumento de peso. ¿Cuánto aumentan las personas?”

Discussion:

Here we wanted to understand how people talk about gaining weight. Which of the two options is better when asking this question? Is there another way of saying this or is one of these acceptable?

Nearly all (7) respondents struggled with the original translation when presented.

Most felt that “subir” was not appropriate in this sentence. Only one respondent (Guatemala, female) preferred the original translation as written.

One preferred the alternate translation.

Three (3) preferred rewording the original “Cuanto peso se sube” and replacing it with “Cuanto aumenta el peso?”

Recommendation:

Replace the original wording with:

“Otro posible efecto secundario de las sulfonilureas es el aumento de peso. ¿Cuanto aumenta el peso?”

Original translation:

“Algunas de las medicinas en este grupo podrían no ser buenas para usted en este caso.”

Possible alternate:

“Algunas de las medicinas en este grupo podrían no ser apropiadas para usted en este caso.”

Discussion:

These two sentences are trying to convey that a medicine may not be right for someone. We don't want to convey that this means that by not being right, a medicine is “bad”. It is our sense that the second of the two translations is better at getting at this concept as it implies that something may not be appropriate. We asked our patients if this is correct, or if there is a better way of getting at this concept in terms a patient would use.

None preferred the original translation. All expressed that the term “apropiadas” conveyed “not being right” as opposed to not being good (conversely, bad)

Recommendation:

Use the alternate translation:

“Algunas de las medicinas en este grupo podrían no ser apropiadas para Usted en este caso.”

Original translation (referring to pancreatitis)

Solo que con las medicinas DPP-4 existe una probabilidad un poco más elevada (pero bastante pequeña) de contraerla.

Possible alternate:

Solo que con las medicinas DPP-4 existe una probabilidad podría haber pequeño aumento en riesgo de pancreatitis

Discussion:

The concept we tested is to communicate is that in addition to any risk of pancreatitis that people may have because they have diabetes, using DPP-4 drugs slightly increases risk of pancreatitis even more. What do the patients recommend about how to say that?

Eight respondents expressed that a small chance of increased risk was a preferable way to express this concept. One (Puerto Rico, female), had no issue with the original translation.

Recommendation:

Use the alternate translation

Solo que con las medicinas DPP-4 existe una probabilidad de que pueda haber pequeño aumento en el riesgo de pancreatitis.

Original translation:

“Esto puede ser de ayuda para personas que tienen problemas con "resistencia a la insulina". (Recuerde, eso es cuando el cuerpo no usa bien la insulina y es una de las principales causas de la diabetes.)”

Possible alternate:

“Esto puede ayudar a personas con “resistencia a la insulina.”(Recuerde, eso es cuando el cuerpo no usa bien la insulina y es una de las principales causas de la diabetes.)”

Discussion:

This is two ways of saying the same thing. Here we tested, is one better than the other? The second option removes the word “problemas. Does this change the meaning for our audience? Do people know the term “reistencia a la insulina” is a problem if we don’t specifically say so?

Eight (8) of 9 preferred preferred the alternate translation without the word “problemas” specifying insulin resistance as a problem. All were familiar with the term “resistencia a al (la) insulina”. This is a common expression and respondents were comfortable with the concept as a problematic medical condition without stating “problemas”.

One respondent suggested modifying the verbiage in the parens to read “(Recuerde, eso es cuando el cuerpo no utiliza bien la insulina y es una de las principales causas de la diabetes.)”

Recommendation:

Use the alternate translation.

“Esto puede ayudar a personas con “resistencia a la insulina.”(Recuerde, eso es cuando el cuerpo no utiliza bien la insulina y es una de las principales causas de la diabetes.)”

Original translation:

“Y, una vez más, como la mayoría de las medicinas para la diabetes, necesita tomar estas medicinas a la misma hora todos los días. Usted y su médico pueden discutir la mejor hora para usted.”

Possible alternate:

“Y, una vez más, como la mayoría de las medicinas para la diabetes, necesita tomar estas medicinas a la misma hora todos los días. Usted y su médico pueden decidir la mejor hora para usted.”

Discussion:

The first option uses the verb discutir. Some people interpret this to mean “argue” or “quarrel”. Here we tested if the second option makes more sense, or if there is yet a better way of saying this to maintain the sense of mutual decision making and respectful communication.

100% of respondents agreed to replace discutir with decider.

Recommendation:

Accept the alternate translation

Original translation:

Otro efecto secundario es que pueden causar una mayor probabilidad de huesos rotos. Así que no son una buena opción para mujeres con riesgo de osteoporosis (que es cuando los huesos se rompen fácilmente).

Possible alternate:

Otro efecto secundario es que puedan causar una mayor probabilidad de fracturas de huesos. Así que no son una buena opción para mujeres con riesgo de osteoporosis (que es cuando los huesos fracturan fácilmente).

Discussion:

Here we tried to learn how people talk about broken bones as a side effect of medicine. Is one option better than the other? Are there better words to use here?

All 9 respondents expressed that “fracturas” is a more commonly used word to describe broken bones. One respondent suggested that roto has connotations of a violent origin of the fracture such as an accident. One respondent commented that it may be appropriate to say one gets weaker bones (huesos débiles).

Recommendation:

Accept alternate translation

Otro efecto secundario es que puedan causar una mayor probabilidad de fracturas de huesos. Así que no son una buena opción para mujeres con riesgo de osteoporosis (que es cuando los huesos fracturan fácilmente).

Original translation:

También son pastillas, las cuales la gente normalmente toma a la misma hora, una vez al día.

Possible alternate:

También son pastillas, las cuales las personas normalmente toman a la misma hora, una vez al día.

Discussion:

Here we tested if “gente” versus “personas” is used in normal speech when talking about people in general.

Eight (8) of 9 respondents stated they use las personas in everyday language.

One, (female, Puerto Rico) stated she would use “gente”

Recommendation:

Use the alternate:

También son pastillas, las cuales las personas normalmente toman a la misma hora, una vez al día.

Original translation:

Existe una probabilidad levemente mayor de contraer infecciones del tracto urinario (o ITU, la cual se siente como si necesitara orinar todo el tiempo y con frecuencia arde al orinar).

Possible alternate:

Existe una probabilidad levemente mayor de contraer infecciones de las vías urinarias (o ITU, la cual se siente como si necesitara orinar todo el tiempo y con frecuencia arde al orinar).

Discussion:

Here we tested what words people use to describe urinary tract infections. Is one better than the other? Are there more common words used in every day speech?

Six (6) of 8 stated that infecciones del tracto urinario, was the preferred term.

One respondent (female, Guatamala) who preferred las vias urinarias stated she liked the term better because it sounded more professional. However she agreed that one versus the other is not more commonly used.

One respondent offered the insight that Latinos who also speak English will related to the noun "tracto". In the Spanish language with no English influence "tracto" is not recognized. Neither Guatemalan respondents favored "tracto" over "vias"

Recommendation:

SEE ORIGNIAL TRANSLATION ABOVE

Existe una probabilidad levemente mayor de contraer infecciones de las vías urinarias (o ITU, la cual se siente como si necesitara orinar todo el tiempo y con frecuencia arde al orinar).

Original translation:

Sé que auto inyectarse puede sonar doloroso, y puede que tome acostumbrarse. Y algunas personas pueden sentirse decepcionadas, frustradas o incluso asustadas cuando piensan acerca de comenzar una medicina como esta.

Possible alternate:

Sé que auto inyectarse puede sonar doloroso, y puede que le cueste acostumbrarse. Y algunas personas pueden sentirse decepcionadas, frustradas o incluso asustadas cuando piensan acerca de comenzar una medicina como esta.

Discussion

Here we tested how the “le cueste” addition changes this sentence? We want to imply that using insulin takes some getting used to. But we don’t want to imply that it is a “hard time” getting use to it. We don’t want this to sound negative. What do our patients recommend?

Here there was disagreement on how respondents felt about this statement.

Six (6) of 9 preferred the alternate translation. The three that did not agree provided the following feedback.

One respondent felt (Nicaragua, female) stated introducing “cuesta” sounded too negative.

One respondent stated (Argentina, female) questioned introducing “doloroso” at all? “Why introduce pain as a thought?”

One respondent (Mexico, male), stated that he could support the original statement if the translation was “tome tiempo” (takes time), instead of “tome acostumbrarse” (takes getting used to).

One respondent (Ecuador, male) stated that auto inyectarse sounded like we were referring to a machine that can be used to inject the medicine. He suggested “inyectarse la medicina” if we are talking about one having to shoot oneself.

Recommendation

Use alternate translation

Sé que auto inyectarse puede sonar doloroso, y puede que le cueste acostumbrarse. Y algunas personas pueden sentirse decepcionadas, frustradas o incluso asustadas cuando están considerando comenzar una medicina como esta.

Original translation:

Es el tratamiento más potente y efectivo para lograr controlar su azúcar en la sangre y traer los números dentro de su meta.

Suggested alternate:

Es el tratamiento más potente y efectivo para lograr controlar su azúcar en la sangre y alcanzar los valores dentro de su meta.

Discussion:

These are two ways of saying the same thing regarding lowering blood sugar to a target. Do our patients think one way is better than another? Are there better ways of saying this?

100% of respondents did not agree with the original translation.

All respondents preferred los valores to los numeros.

Three (3) respondents expressed that the word “alcanzar” should be specifically included to communicate that this is “reaching” a goal.

One respondent (Puerto Rico, female) stated that “controlar” should be changed to “el control” to convey “to achieve control” as opposed to “controlling”. She also did not like two infinitives back to back. She stated she would like to see the concept of “reaching normal goals” incorporated. However, control for a type 2 diabetic does not necessarily mean normal HBA1C, so we will not incorporate this feedback at this time.

Recommendation:

Use the alternate translation.

Es el tratamiento más potente y efectivo para lograr controlar su azúcar en la sangre y alcanzar los valores dentro de su meta.

Original translation:

Pero, para que esta medicina actúe, tiene que entrar al torrente sanguíneo. Si las toma como pastilla, el ácido de su estómago las descompone y no funcionarían.

Suggested alternate:

Pero, para que esta medicina funcione, tiene que entrar al torrente sanguíneo. Si las toma como pastilla, el ácido de su estómago las descompone y no funcionarían.

Discussion:

This is recap of the discussion about actúe vs. funcione. Which makes more sense in everyday speech?

Seven (7) of 9 preferred funcione versus actue in this context.

Only one of the respondents (male, Castilian Spanish speaker) expressed a preference for “torrente sanguíneo”. Bloodstream is not a term used in every day speech. Respondents expressing a preferred option suggested “entrar en la sangre”.

Recommendation:

Use this verbiage:

Pero, para que esta medicina funcione, tiene que entrar en la sangre. Si las toma como pastilla, el ácido de su estómago las descompone y no funcionarían.

Consider using funcione throughout the script where actue is considered.

Original translation:

OK

Suggested alternate translation:

Bien.

Discussion:

We use OK and Bien interchangeably. Which is best?

100% of respondents stated bien was appropriate, spoken and written.

Six (6) of 9 stated OK was acceptable if spoken.

Most felt that if people had been immersed long enough "OK" may have become a part of the vernacular. However, newer immigrants with less English influence may not understand "OK"

Recommendation:

Replace "OK" with "bien" throughout.