



Targeted Education Increases Medication Compliance in Older Adults



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Background

Patient health outcomes are top priority in nursing care. Studies have shown that decreased medication compliance within the older adult patient population directly effect health outcomes.

PICOT Question

In older adult patients, how does an availability of educational support measures compared with a lack of educational support measures affect medication compliance in the home setting from the time of discharge until the follow-up appointment?



Literature Review

Databases Search in CINAHL, Pubmed, Google Scholar; *Key Terms:* Medication compliance, medication adherence, older adults, elderly, geriatric, medication education, discharge education; *Article Selection Criteria:* Peer-reviewed journals published between 2013-2018

Synthesis

- Lack of medication compliance is common among older people (ages 65+)¹⁻⁷
- Lack of understanding of medications is the primary barrier to medication compliance among older patients and leads to decreased medication compliance.^{1, 2, 4, 5, 7-9}
- Health complications arise when there is non-compliance with medication regimens.^{1, 2, 6, 7}
- Increased medication compliances leads to improved patient outcomes.^{5-8, 10}
- Education is crucial to promoting medication compliance among older adults.^{2, 4, 7, 8}
- Follow-up educational support measures improve medication compliance.^{4, 7-10}
- Increased family involvement improves medication compliance.^{7, 9-11}

Medication Compliance & Education

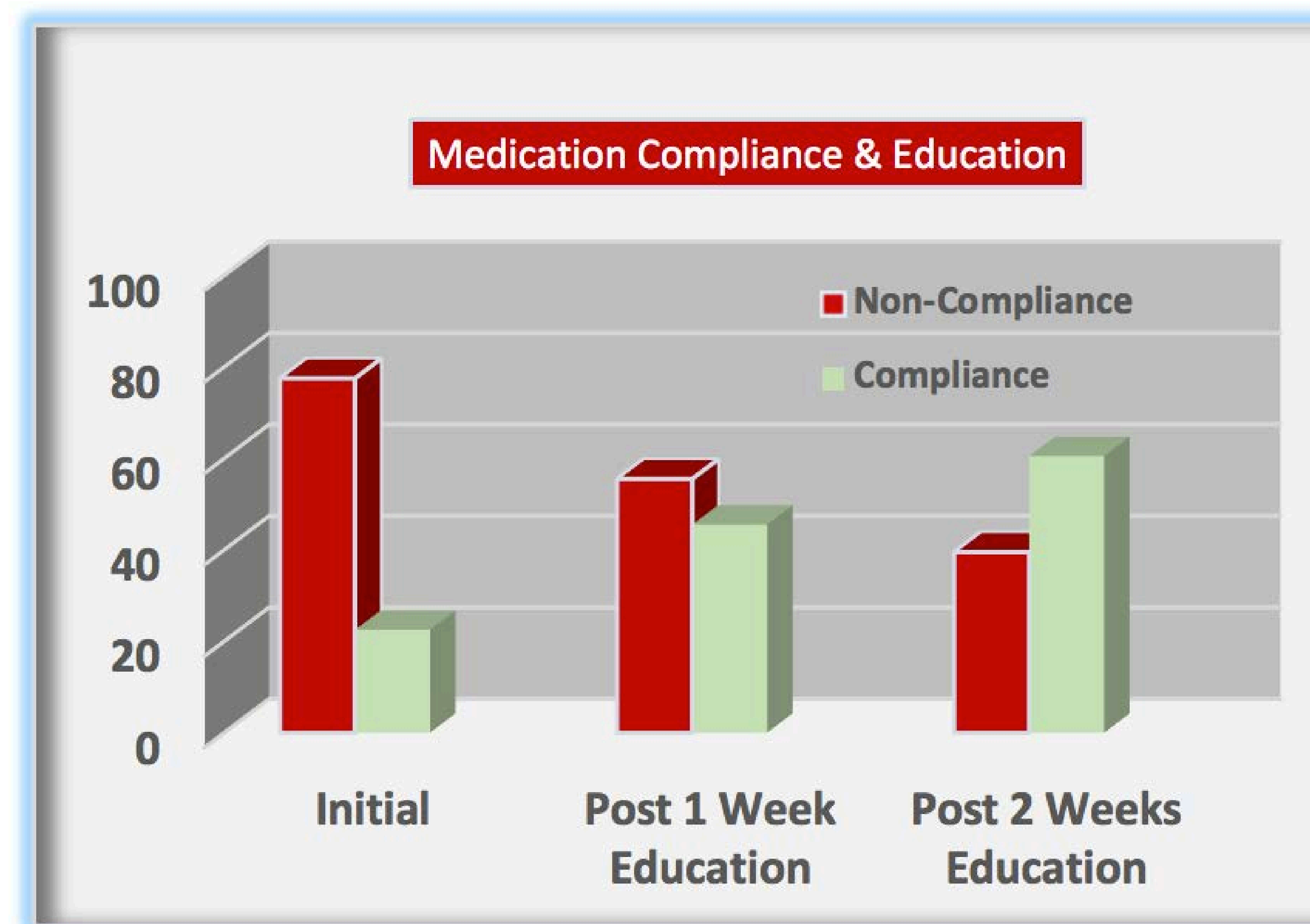


Figure 1 Effects of medication education on medication compliance. Sample of 200 geriatric patients over two weeks ⁸.

Decision to Change

- Focused education through:
 - face-to-face counseling⁵
 - follow-up phone calls⁵
- Involve pt's support system in the POC & education
- Medication counseling session time of discharge⁵
- Consequence-focused medication counseling⁶
- Reinforcement of med counseling with each F/U visit

Evaluation

- ↑ Family/ caregiver support in plan of care
- ↑ Understanding of medication
- ↑ Medication compliance
- ↓ Medication related complications
- ↑ Patient health outcomes

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