

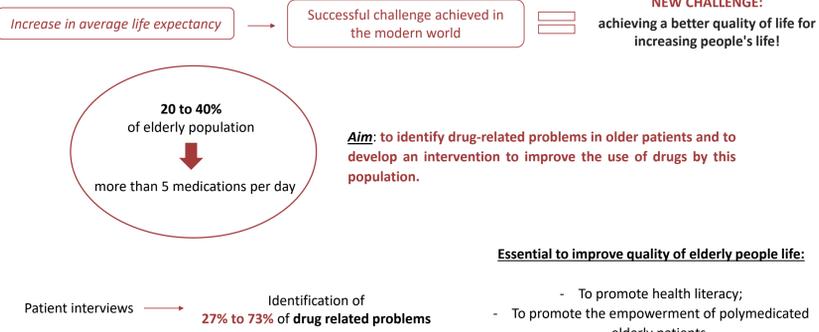
# Project MedElderly

## Development of an intervention to improve medication use in the elderly population of the central region of Portugal

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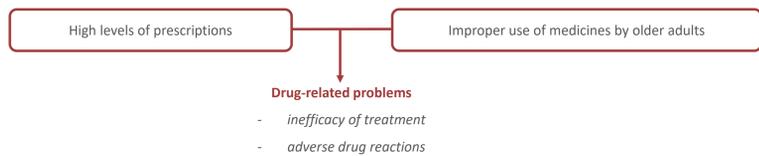
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### ABSTRACT



### INTRODUCTION

The geriatric population use, on average, 2 to 5 prescription drugs daily, and about 20 to 40%, use more than 5 medicines.

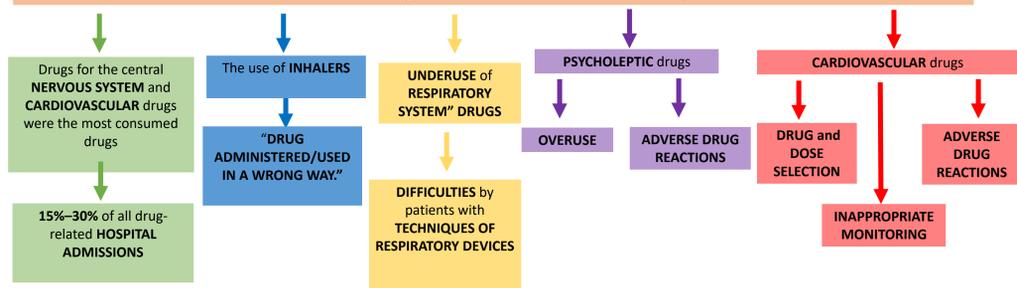


Older adults' attitudes, opinions, and concerns and how they manage their medicines, as well as health professional perception, can be crucial when it comes to designing strategies aimed at increasing our knowledge of routine medicine management and improving the quality of care and health outcomes.

### RESULTS

#### SYSTEMATIC REVIEW

13 studies addressing DRPs in HOME-DWELLING older patients

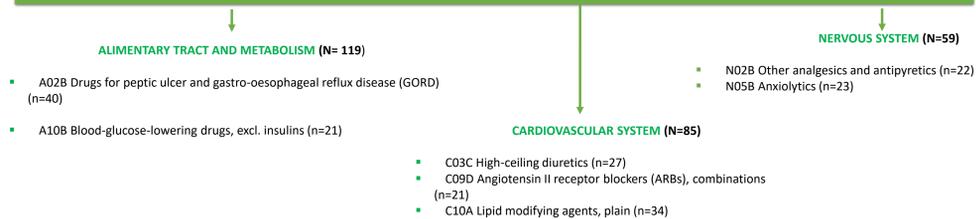


PATIENT INTERVIEWS are essential to the IDENTIFICATION of 27%–73% OF DRPs

#### VOICES OF POLYMEDICATED OLDER PATIENTS

- 13 PORTUGUESE PUBLIC HEALTH CENTERS falling under the central regional health administration
- 61 GERIATRIC PATIENTS, distributed across 13 focus group

#### MOST CONSUMED MEDICINES ACCORDING TO ANATOMICAL THERAPEUTIC CHEMICAL CLASSIFICATION



CATEGORY OF THEMES	CATEGORY OF SUBTHEMES	CODING CONCEPTS
DAILY MEDICINE ROUTINES	Identification of medicines	Identification of medicines
	Knowledge of medicines	Association between medicines and pathology
	Identification of difficulties	Handling ability
	Handling medicines and administration schedules	Storage
BARRIERS TO MEDICATION ADHERENCE	Strategies	Compliance
	Compliance	Medication errors
	Medication errors	Lack of knowledge
	Barriers to medication adherence	Self-medication
BELIEFS AND ATTITUDES REGARDING MEDICINES	Strategies to reduce drug-related problems	Importance of medicines
	Importance of medicines	Living with medicines
	Living with medicines	Fears
RELATIONSHIP WITH HEALTH PROFESSIONALS	Importance of health professionals	Importance of health professionals
	Communication	Communication
	Trust	Trust

### PERCEPTIONS OF HEALTH PROFESSIONALS

- 13 PORTUGUESE PUBLIC HEALTH CENTERS falling under the central regional health administration
- 94 HEALTH PROFESSIONAL (40 General practitioners, 20 Community pharmacists, and 34 nurses), distributed across 13 focus group

MAJOR THEMES FROM FOCUS GROUPS		
CATEGORY OF THEMES	CATEGORY OF SUBTHEMES	CODING CONCEPTS
Poor compliance and polypharmacy - a vicious cycle perpetuated by the behavior of older adults	Polypharmacy	Perception
	Socioeconomic factors	Familial context
		Economic factors
		Literacy
	Knowledge	Identification of medicines
		Duration of treatment
		Adverse effects
	Compliance	Priority
		Patients beliefs
		Difficulties
Organization of healthcare system	Patients-HP communication	Lack of communication
		TV supplements
	Influencers	Neighbors medication
	Herbal products	Interactions
Communication among health professional	Medicines managing	Handling
		Generic medicines
	Healthcare directives	Prescribing guidelines
	Clinical appointments	Patients empowerment
Strategies to prevent inappropriate polypharmacy	General practitioner's -Community pharmacists	Lack of time
		Trust/mistrust
	General practitioner's -Specialist physicians	Lack of communication
		Multiple prescribers
	managing	
	Generic medicines	
	Empowerment of patients	
	Support teams	

### Daily Medication Management and Adherence: A Cross-Sectional Study

- A questionnaire on ADHERENCE, MANAGING, AND BELIEFS OF MEDICINES was applied to 1089 polymedicated older patients, in primary care centers of the central region of Portugal.
- 47.7% were considered NONADHERENT

#### MEDICATION NONADHERENCE-RELATED FACTORS



### CONCLUSION

Older adults attach great value to their medicines, yet nevertheless have positive and negative perceptions and attitudes to polypharmacy.

Promoting the health literacy and empowerment of older patients and strengthening the doctor-patient relationship are both essential for dispelling false beliefs and enhancing health outcomes among polymedicated older patients.



### ACKNOWLEDGEMENTS

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