

A Medication Management Program for Community Dwelling Seniors

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Abstract

The social worker identified elderly resident medication management problems in subsidized housing complex. Nursing faculty lead an inter-disciplinary team in the design and needs assessment phase. RN-BSN students interviewed 24 community dwelling elders over age 65. The pharmacists evaluated the medication problems, while the nursing team evaluated the self-care needs of the elders. Managing and getting affordable multiple medications was problematic. The pharmacist and social worker led the planning to deliver low cost medications. The nursing team developed the housing complex as a CHN clinical site. The students shared the recommendations with the elders and designed individualized medication regimens. The long-term outcomes include senior best medicine management and expansion of the interdisciplinary program to other housing projects.

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Purpose

Implement an inter-disciplinary evidence-based project to :

- 1) identify the community based elder medication management needs;
- 2) develop community partnerships among a nursing program, community-based social workers, pharmacists and elders.

Assessment Phase

Chronic Conditions 2-6

Arthritis	57%
HPT	52%
Cholesterol	47%
Diabetes	38%
Cardiac	38%
Anxiety/Depress	24%

BMI - <25 = 17% >25 = 82%

Medications 4-18/day

Regular	3-10
PRN	0-7
OTC	0-8

Medication Issues

Doctors = 1-5

Social – lives alone, family far, bus ride to drug store

Economic – Drug not covered by insurance, no generic

Physiological – Side effects
Multiple meds to track

Cultural – Minimal English

Safety – rarely share, but skip doses if side effects or to keep \$\$ down

Self-Care

10 self-care items

sum = 34%-89%

Self-care single item

Median = 9 of 10

Elder medication management is complex - requires professional collaboration
Elders generally positive in spite of health problems

Med Management Program

- 1) Nursing student visits to review medications
- 2) Periodic elder consultations with one RN volunteer
- 3) Pharmacy offers least expensive effective meds
- 4) Pharmacy delivery service

Two Year Outcomes,

Elders - increased satisfaction with home care and medication services in

Social Worker – fewer med related problem calls

Pharmacist – increase in drug orders & elder contacts

Nursing Faculty – excellent clinical site for home visits & continuity of care

Nursing Students – hand-offs from previous student a positive experience

Agency – School Partnership extended to other sites

In Progress - . Referral for services, such as podiatrists and nutritionists, for better management of chronic condition complications.