A Medication Management Program for Community Dwelling Seniors
Margaret L. Beaman, PhD, RN, Marilyn Smith-Stoner, Michelle Brilee, RN, BSN

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.

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/ 24%
Depress
BMI - <25 = 17% >25 = 82%

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

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

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

Margaret Beaman , PhD, RN
314-799-2700 mbeaman@csusb.edu