Pretest for the development of a novel medication adherence assessment tool focusing on the autonomy of the elderly (1st report) -Factors affecting the total score of adherence assessment tools

Kanako Sakane[1], Yuta Kobayashi[1], Mayumi Miyamoto[1], Miki Fukuma[1], Yuko Tsumoto[1], Hiromi Uchida[2]

[1]Dept. Nursing., Fac. Med., Shimane Univ., [2]Tenri Health Care Univ.

Purpose

This study aims to obtain suggestions on factors affecting the total score of evaluation tools based on the results of pretests for the development of a medication adherence assessment tools focusing on the autonomy of the elderly.

Methods

A survey using an anonymous self-administered questionnaire was conducted on 30 nurses working at acute hospitals and home-visit nursing stations. Recalling a case of elderly patients aged 65–74 having difficulties in self-management of medications, and another case in which self-management was successful, the subjects were asked to answer the same questions. The survey comprised the personal attributes of the recalled patient and 91 questions regarding autonomous adherence. A t-test or one-way analysis of variance for total scores and background factors was performed.

Results

Based on the responses of 19 nurses (recovery rate, 63.3%), we obtained data for a total of 38 cases (19 in the difficult group and 19 in the appropriate group). The total medication adherence score significantly reduced with the cognitive function of the elderly. However, it was not associated with gender, age, number and types of medications and doses taken per day, medication management method, and the use of psychiatric and external medications.

Conclusion

Cognitive function was shown to influence medication adherence. Hence, its utility as a scale to measure management ability based on patient autonomy was shown. Further evaluation of reliability and validity as a medication adherence assessment tool through an expanded survey is needed.