

SELF-REPORTED MEDICATION ADHERENCE IN OLDER PATIENTS



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Conclusions

This study has confirmed that older patients tend to take multiple medications in a day. Even though our expectation was that more drugs would affect medication adherence, the correlation was not statistically significant. Since forgetfulness is the most common cause of non-adherence, community pharmacists should remind patients more about the proper medication use.

Introduction

According to the Health Statistical Yearbook of the Republic of Serbia, during 2019, almost 20.6% of the population was over 65 years. The number of comorbidities increases with advanced age, and consequently also numbers of medicines taken by geriatric patients. The aim of this study was to assess the subjectively reported medicines adherence in patients older than 65.

Methods

This research analyzed Serbian data collected as part of the EuroAgeism ESR7 project using EuroAgeism ESR7 international study protocols for comprehensive geriatric assessment of older adults in pharmacy practices. The Serbian sample included 450 patients over 65 years. Patients were recruited in community pharmacies in cities located in geographically different regions: Belgrade, Subotica and Nis (150 patients from each city), from May to December 2019. The self-reported medication adherence was estimated as a percentage value of the adherence to individual medications reported by the patient (from 0% as non/adherent to 100% as fully adherent). Ethical approvals were obtained from all community pharmacies and study was conducted according to all ethical principles.

Results

Most of patients were female (59.1%) and was old in average 73.0 years (Range:65-93). The average number of prescribed medications was 5.0 (Range:1-14, Med=5) and the most prevalent were cardiovascular diseases (89.1%). The average value of self-reported medication adherence was 92.4% (SD=13.4). Correlation between number of medicines and value of adherence was positive, but not statistically significant ($p=0.06$, $p>0.05$) (Figure 1). The most common reason for non-adherence was forgetfulness and the least common the lack of trust in medications (Table 1).

Figure 1. Correlation between value of patients medication adherence and number of medicines used

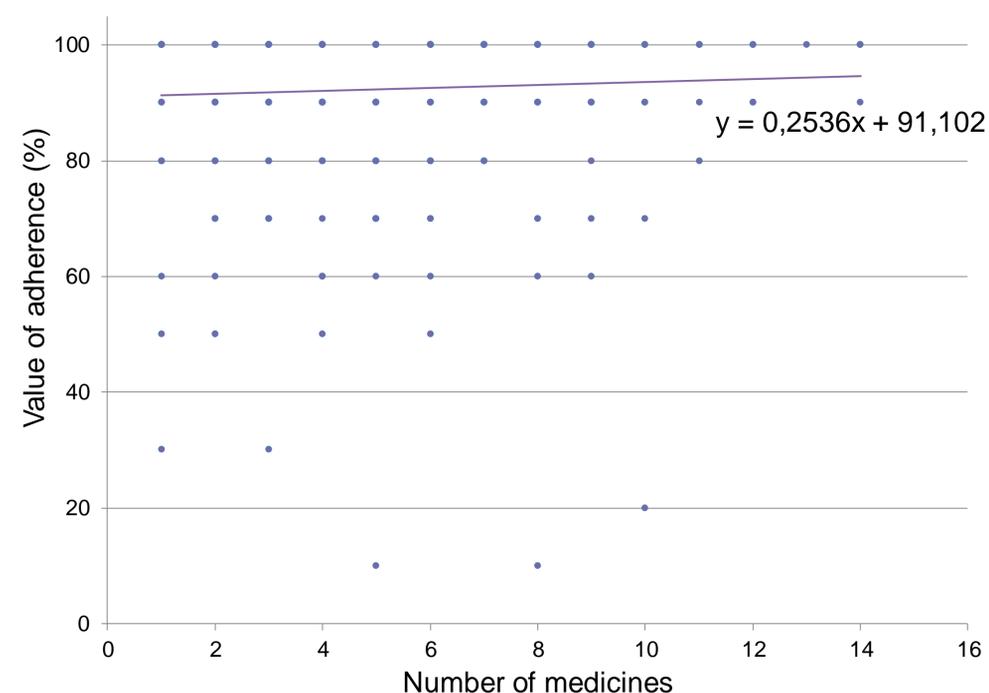


Table 1. Patients' reasons of non-adherence (*N = 172)

The most common reasons for non-adherence	N* (%)
Forgetfulness	96 (55.8)
Fear of side effects/addiction because of taking too many medications	19 (11.0)
High price	15 (8.7)
Complexity of medication regimen	15 (8.7)
Lack of trust in medications	10 (5.8)

References:

- [1] Health Statistical Yearbook of the Republic of Serbia (2019), Institute of Public Health of Serbia „Dr Milan Jovanovic Batut“
[2] Sabaté, E. (2003). Adherence to Long-Term Therapies: Evidence for Action. Geneva: World Health Organization.



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