Abstract ID: 293

Barriers To Medication Adherence In Older Women With CHD

Author Information:

Authors List:
Presenting Author: Leanne Lefler
Additional Author: Donna West
Additional Author: Amy Franks

Presenting Author: Leanne L. Lefler
Address: 4301 W. Markham, #529
Little Rock, AR 72034
US
Ph: 501-296-1939
Fax:
Email: L.Lefler@uams.edu
Institution: University of Arkansas for Medical Sciences

Additional Author: Donna West
Address: 4301 W. Markham, #522
Little Rock, AR 72205
US
Ph: 501-686-7610
Fax:
Email: westdonnas@uams.edu
Institution: University of Arkansas for Medical Sciences

Additional Author: Amy M Franks
Address: 5301 W. Markham, #522
Little Rock, AR 72205
US
Ph: 501-686-7610
Fax:
Email: FranksAmy@uams.edu
Institution: U of Arkansas for Medical Sciences

Abstract Information

Presentation Preference: SNRS Podium Presentation
Willing To Submit Poster? Yes
Abstract Categories: Interest Group: Aging/Gerontology
Thematic Areas: Interdisciplinary Research

Introduction:
Medications are efficacious in reducing morbidity and mortality for coronary heart disease (CHD) patients; however, the rate of non-adherence to medication approaches 50%. Purposes of this study are to describe the biophysiological, psychosocial, and economic barriers to medication adherence in older women with CHD.

Method(s):
We recruited hospitalized women with a diagnosis of CHD if they were >62 years old with a telephone and English speaking. We designed a mixed-method study using a semi-structured computer assisted telephone interview guide to elicit a holistic description of older women’s medication-taking experiences 3 months after hospital discharge. Medical record reviews were conducted for medical history.

Results:
32 women completed data collection (59.4% Caucasian, 75% widowed or divorced). Mean number of medications at discharge was 10.72 (± 3.14); with 5.97 (± 1.56)
specifically cardiac medications. 65.6% scored at least 80% adherent to medication therapy, with the others indicating less adherence and self-modified their therapy. Perceived Barriers: 1) Biophysiological: 53.1% of the women suffered from medication side effects. 2) Psychosocial: 43.8% had problems with medication scheduling. 71.9% indicated ongoing worry and concern about their medications. 81.3% indicated knowledge and/or understanding barriers such as trouble remembering medication names (56.3%), medication changes (43.8%), or confusion (37.5%), and had difficult remembering what their medications were used for (31.3%). 3) Economic: All reported they had difficulty paying for medications and had access problems to obtaining their medications. 71.9% said they had to do without in order to purchase their medications, and 21.9% said they did not fill all medications because of cost. Regression analysis revealed physiological and psychological barriers are significant in predicting medication adherence.

Discussion:

Results indicate older women with CHD have multiple barriers to medication adherence. This study indicates tailored interventions to improve medication therapy management in older women with CHD are needed.

Research Completed: Yes
Abstract History: NA
Financial Disclosure: Have a financial arrangement or affiliation with commercial companies whose products may be mentioned in this material? No
FDA Disclosure: Cleared: Yes
Non-Exclusive License: Accepted Terms: Yes
Submitted By: L.Lefler@uams.edu