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Understanding Medication Adherence Challenges in The Elderly: A Research Study

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ABSTRACT:

Introduction: Geriatrics aged > 50 years frequently have numerous persistent illnesses like diabetes mellitus, hypertension, asthma, COPD, Psoriasis, osteoarthritis, dermatophytosis and others requiring various medicines. Nonetheless, even medications with well-documented benefits are frequently not taken as endorsed, for various reasons. A large portion of the human and financial expenses related with non-adherence can be tried not to by further improve medication adherence.

Aim: To assess the degree of medicine compliance in older patients with chronic disease and to examine the elements affecting medication compliance.

Materials and Methods: The study subjects were assessed by eight item structured questionnaires as per modified Morisky Medication Adherence Scale(MMAS).

Results: A total of 160 subjects of geriatric age group with chronic illnesses were assessed for the level of compliance for long term medications. The compliance level was assessed by way of interview using an eight item structured pretested questionnaire as per modified MMAS. The level of compliance was good in 33.7%, medium in 49.3 % and low in 16.8% of the subjects.

Conclusion: Many factors are associated with medication adherence and related health outcomes in older adults. As this age bunch encounters different co-morbidities, they will frequently have different medications. So fundamental thought is critical to make them handle the significance of taking medications

Key Words: Adherence, Elderly, Reasons

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