

# Nursing interventions to promote Adherence for older adults with Polypharmacy

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## Introduction

Polypharmacy is especially relevant among elderly:

- changes in the pharmacokinetics and pharmacodynamics<sup>1,2</sup>
- adverse outcomes:
  - falls, cognitive impairment, adverse drug reactions, increased healthcare costs, and mortality<sup>3,4</sup>

Poor drug adherence<sup>5</sup>:

- compromises treatment effect
- increased morbidity, mortality, and healthcare costs

Nurses have widespread contact with patients across the healthcare field → opportunity to improve adherence<sup>2</sup>



## Objective

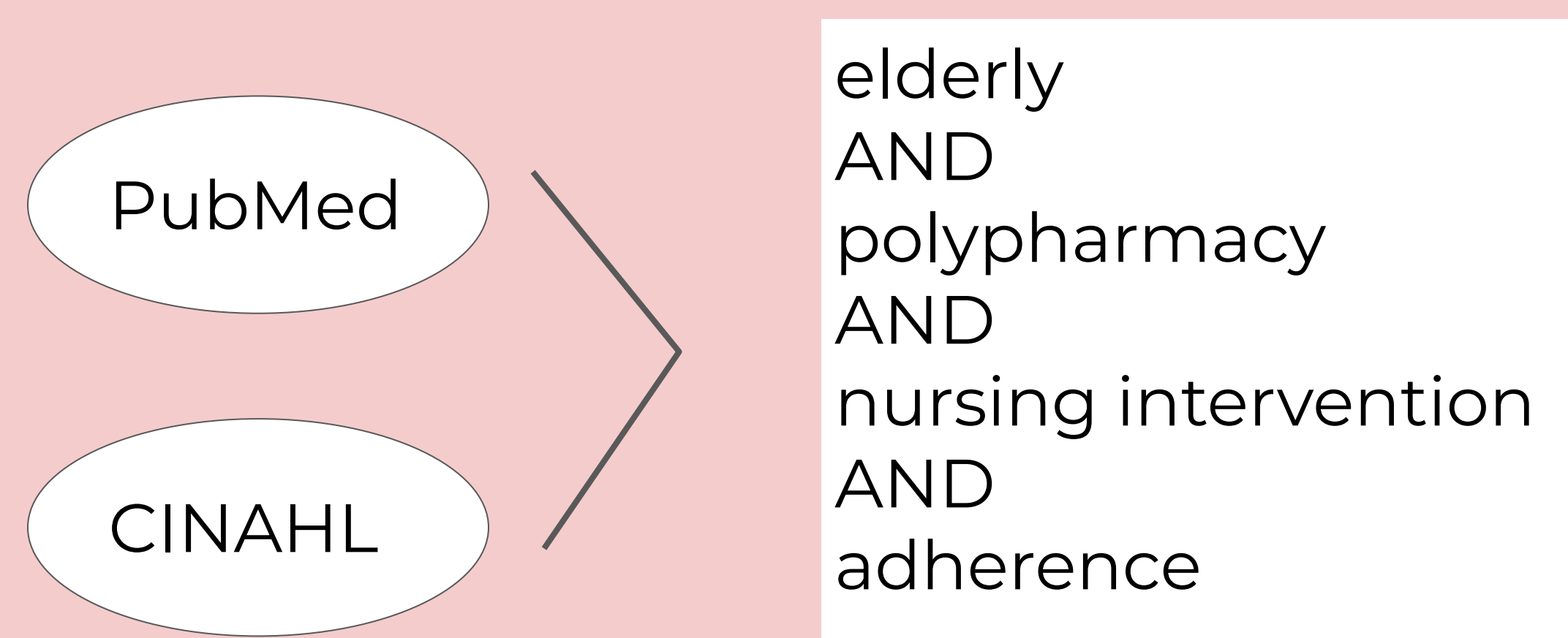
- identify interventions, feasible for nurses in daily practice, that help older adults follow their medication regimen.



## Methodology

The search question followed the Population, Intervention, Situation (PIS) structure

“elderly” and “polypharmacy” both refer to the population



MeSH terms and synonyms were connected in each block with “OR”

A total of 9 articles were included in the final review



## Results

Barriers to adherence

- lack of knowledge<sup>6-8</sup>
  - treatment, side effects, interactions, different brands
- high number of pills<sup>7,8</sup>
- frequency and dose errors<sup>7</sup>



Nursing interventions

- health education<sup>9</sup>
  - giving recommendations<sup>8</sup>
  - giving written information<sup>10</sup>
- continuous monitoring<sup>6</sup>
  - medication use
  - treatment awareness
  - regular follow ups<sup>12</sup>
- identifying risk<sup>7</sup>
  - nursing diagnosis

Collaborative interventions

- medication review<sup>11,12</sup>
- regular monitoring<sup>8,12</sup>
- interprofessional communication<sup>10-12</sup>



## Conclusions

Nurses are in an advantageous position to promote adherence, most effectively through health education, which improves health literacy and health outcomes. They are also able to make impactful contributions within the multidisciplinary team.

This study increases awareness of polypharmacy, the importance of adherence, and clarifies interventions, which can boost nurses' dedication to this issue and improve the situation.

## References



Universidad  
de Navarra

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