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Use of Medication Management Strategies to Increase Medication Compliance in Person's Who Have Suffered a Stroke

Mason Pace, OTS; Rebecca King, OTD, OTR

BACKGROUND

Strokes are the second leading cause of death and disability worldwide affecting multiple lives everyday. Research reports that there is an increased need for caregiver assistance to remain compliant with medications in the stroke population (Katan & Luft, 2018). Research shows that there is a lack of programs to teach medication management techniques for persons diagnosed with a stroke. The programs in existence have been proven to be beneficial and improve a person's overall independence in medication adherence decreasing the need for caregiver assistance (Katan & Luft, 2018).

PROBLEM

Persons who have suffered a stroke are requiring an increased need for caregiver assistance to remain compliant with medications due to lack of knowledge and educational programs available to teach medication management strategies.

PURPOSE

Develop and implement a program that increases the medication compliance in persons who have suffered a stroke using medication management techniques. This will decrease the need for caregiver assistance to engage in the occupation of health management.

METHODS

1. Conduct a needs assessment with pre-questionnaires and medication adherence rating scale (MARS)
2. Conducted short quizzes in between each phase and at the end of the program to verify comprehension of medication management techniques being taught

Topics Covered:

1. Program goals
2. Assessment tools to be used
3. Exercises for increased hand strength/finger dexterity
4. Theoretical frameworks to guide intervention with site supervisor
5. Assistive technology for increased medication adherence

Pre/Post Questionnaire:

1. Do you forget to take their medications routinely, and if so, why?
2. Do you understand your medication's prefixes, suffixes, directions, and abbreviations on the medication bottles?
3. Do you experience any weakness in your hands?
4. Do you experience any difficulty opening pill bottles or utilizing fine motor movements to grip medications?

PROGRAM

TREATMENT TEMPLATE COMPONENTS

General Program Goals:

1. Conduct needs assessment for participants medication adherence
2. Increase participant's knowledge of medication management techniques to increase independence in medication compliance
3. Increase fine motor skills and hand strength to complete medication compliance independently
4. Develop and implement program to increase independence in medication compliance for persons who have suffered a stroke
5. Supply clinic with medication adherence program for future use

Interventions:

1. Education on common medication prefixes, suffixes, and abbreviations (directions) for persons who have suffered a stroke
2. Education on assistive devices for increased medication compliance
3. Create vision boards for reminders to take medications
4. Hand strengthening exercises
5. Simulation activities for increased fine motor skills (marble grab)

Theoretical Frameworks:

1. The Person Environment Occupation Model (PEO)

Conclusions / Future Directions

In conclusion, this program demonstrated improvements with effectiveness of medication management and need for caregiver assistance. Program manual was provided to the therapists and clinic for continuance of program in the future. Recommendations include awareness of patient's progression with current treatments and treatment plans. The program's recommended length is between six to eight weeks to experience best possible outcomes.

References

Katan, M., & Luft, A. (2018). Global burden of stroke. *Seminars in Neurology*, 38(2), 208–211. <https://doi.org/10.1055/s-0038-1649503>

Sirisha, S., Jala, S., Vooturi, S., Yada, P. K., & Kaul, S. (2021). Awareness, recognition, and response to stroke among the general public - An observational study. *Journal of Neurosciences in Rural Practice*, 12(4), 704–710. <https://doi.org/10.1055/s-0041-1735822>

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