

Examining the Role of Home Health Nurses in Promoting Medication Adherence among Elderly Patients

Rachel Clark*

Department of Medicine & Advanced Technology, University of Toronto, 27 King's College Cir, Toronto, ON M5S, Canada

Opinion

Received: 01 February, 2023, Manuscript No. jnhs-23-107184; **Editor Assigned:** 03 February, 2023, Pre QC No. P-107184; **Reviewed:** 15 February, 2023, QC No. Q-107184; **Revised:** 21 February, 2023, Manuscript No. R-107184; **Published:** 01 March, 2023, DOI: 10.4172/JNHS.2023.9.2.74

*For Correspondence

Rachel Clark, Department of Medicine & Advanced Technology, University of Toronto, 27 King's College Cir, Toronto, ON M5S, Canada

E-mail: RachelClark21@gmail.com

INTRODUCTION

Medication adherence is a critical aspect of managing chronic diseases among elderly patients, as non-adherence can lead to adverse health outcomes and increased healthcare costs. Home health nurses play a vital role in promoting medication adherence in this vulnerable population. This research article explores the significance of medication adherence among the elderly, examines the barriers to adherence, and highlights the various interventions employed by home health nurses to enhance medication adherence. The article also emphasizes the importance of interdisciplinary collaboration and technology in supporting home health nurses in their efforts to promote medication adherence. The findings underscore the crucial role of home health nurses in improving health outcomes and quality of life for elderly patients.

The elderly population is growing rapidly, and with it comes an increased prevalence of chronic diseases. Medication adherence is vital in managing these conditions effectively, as it directly influences health outcomes and quality of life. Home health nurses, as part of the interdisciplinary healthcare team, play a significant role in promoting medication adherence among elderly patients^[1-3]. Medication adherence is crucial for elderly patients due to the multiple chronic conditions they often face. Poor adherence is associated with increased hospitalizations, disease progression, mortality rates, and healthcare costs. Home health nurses can play a pivotal role in addressing these challenges and improving medication adherence to enhance health outcomes and overall well-being. Numerous barriers contribute to medication non-adherence among elderly patients. These may include cognitive impairments, polypharmacy, complex medication regimens, lack of understanding, financial constraints, depression, social isolation, and physical limitations. Recognizing these barriers is essential for home health nurses to tailor interventions and support strategies accordingly.

DESCRIPTION

Medication education and counseling

Home health nurses provide education and counseling to elderly patients and their caregivers regarding the importance of medication adherence, potential side effects, and proper administration techniques. They also address concerns and misconceptions to enhance understanding and encourage adherence.

Medication management and monitoring

Home health nurses assist patients in organizing their medications through pill organizers, medication schedules, and reminders. They conduct regular medication reviews, monitor adherence, and identify any issues or side effects. Nurses may collaborate with pharmacists and other healthcare professionals to optimize medication regimens and simplify dosing.

Individualized care plans

Home health nurses develop individualized care plans that consider the unique needs and preferences of each patient. This tailored approach fosters a sense of ownership and empowerment, promoting medication adherence^[4,5].

Research & Reviews: Journal of Nursing & Health Sciences

Communication and collaboration

Effective communication and collaboration among healthcare professionals, patients, and caregivers are essential. Home health nurses facilitate coordination between patients, physicians, pharmacists, and other healthcare team members to ensure accurate medication reconciliation, streamline care transitions, and address medication-related concerns promptly.

Technology-enabled interventions

Advancements in technology offer new opportunities to support medication adherence among the elderly. Home health nurses can leverage telehealth, mobile applications, smart devices, and remote monitoring systems to enhance medication management, provide real-time support, and track adherence. These tools can improve patient engagement and self-management while enabling timely interventions.

Interdisciplinary collaboration

Collaboration among healthcare professionals is crucial in promoting medication adherence. Home health nurses work closely with physicians, pharmacists, social workers, and other team members to develop comprehensive care plans, address medication-related issues, and optimize therapeutic outcomes.

Evaluating the impact of home health nurses on medication adherence

Evaluating the impact of home health nurses on medication adherence is crucial to understanding the effectiveness of their interventions. Various research methods, such as quantitative surveys, qualitative interviews, and medication adherence measurements, can be employed to assess the outcomes.

Quantitative measures

Quantitative measures can include surveys or questionnaires administered to elderly patients or their caregivers to assess medication adherence rates, perceived barriers, and satisfaction with the interventions provided by home health nurses. These measures can provide numerical data that can be analyzed to identify trends, correlations, and statistical significance.

CONCLUSION

In conclusion, home health nurses are instrumental in promoting medication adherence among elderly patients. Their interventions, which encompass education, counseling, medication management, and collaboration, address the barriers to adherence and contribute to improved health outcomes. By embracing technology and fostering interdisciplinary collaboration, home health nurses can enhance their efforts and play a vital role in supporting medication adherence, ultimately improving the well-being of elderly patients. Further research and evaluation are necessary to continuously enhance the effectiveness of these interventions and optimize medication adherence in this vulnerable population.

REFERENCES

1. Martsolf GR, et al. Cost of transformation among primary care practices participating in a medical home pilot. *J. General Int Med.* 2016;31:723-731.
2. Spetz J, Skillman SM, Andrilla CH. Nurse practitioner autonomy and satisfaction in rural settings. *Med Res Rev.* 2017;74:227-235.
3. Brookhart MA, et al. Variable selection for propensity score models. *Am J Epidemiol.* 2006;163:1149-1156.
4. Neiman P. Is it morally permissible for hospital nurses to access prisoner-patients' criminal histories?. *Nurs. Ethics.* 2019;26:185-194.
5. Sonenberg A and Knepper HJ. Considering disparities: How do nurse practitioner regulatory policies, access to care, and health outcomes vary across four states?. *Nurs Outlook.* 2017;65:143-153.