

RECOMMENDATIONS FOR HEALTHCARE PROVIDERS TO SUPPORT PATIENTS WITH MEDICATION SELF-MANAGEMENT PROBLEMS

Background

Patients often encounter difficulties in medication self-management, which can affect medication adherence and safe medication use [1-5]. Providing support to patients during the process of medication self-management, as a partner in care, is crucial to addressing medication management challenges and empowering patients in self-care activities. However, there is a lack of tools for healthcare providers to assist patients with medication self-management problems.

Aim(s)

To develop recommendations for healthcare providers to support patients with polypharmacy who experience problems with medication self-management.

Methods

A three-phase study was conducted. First, medication self-management problems were mapped. Second, a scoping review was carried out to compile a list of relevant interventions and actions for each respective problem. Third, a three-round modified e-Delphi study with experts was conducted to establish consensus on the relevance and clarity of the recommendations. The cut-off for consensus on the relevance and clarity of the recommendations was set at 80% agreement among the experts. The expert panel consisted of 23 healthcare professionals with specific expertise in medication management of patients with polypharmacy. Simultaneously with the second Delphi round, a panel of eight patients with polypharmacy evaluated the usefulness of recommendations. Results obtained from the patient panel were shared with the panel of healthcare providers in the third Delphi round. Descriptive statistics were used for data analysis.

Results

Twenty medication self-management problems were identified. Based on the scoping review, a list of 66 recommendations for healthcare providers supporting patients with identified medication self-management problems was compiled. In the Delphi study, the expert panel achieved consensus on the relevance and clarity of these recommendations, clustered according to the six phases of Bailey's medication self-management model.

Discussion

The recommendations presented in this study can serve as a valuable resource for healthcare providers in supporting patients who encounter problems with medication self-management, thereby enhancing patients' competences in medication self-management. However, it is important to use the guide with recommendations in an interdisciplinary context. In other words, individual healthcare providers can contribute to improving medication self-management by applying the recommendations within their areas of expertise, preferably after coordinating with the members of their team.

Implications and future perspectives

Future research should focus on the evaluation of the feasibility and user-friendliness of the guide by healthcare providers in clinical practice.

References

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