

# Older Adult and Caregiver Needs for Patient-Centered Outcomes Research Training in Medication Optimization

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## Background

- Improved health outcomes and lower costs have been predicted for pharmacist-led patient-centered approaches to medication optimization
- One challenge in advancing care based on patient-centered research is how well research questions have matched the care needs of older adults and caregivers.
- A strategy to address this is to engage older adults and caregivers as equal partners in research.

## Objective

To survey older adults, caregivers, researchers, and pharmacists to better understand the needs for training on patient-centered outcomes research (PCOR) focusing on medication optimization in older adults.

## Methods

### Target Population

- Older adults, caregivers, researchers, and clinicians
- Recruited from the Elder Care Medicine Network (ECMN) (see map)

### Study Design

- Survey co-developed with 12-member Community Council
- Self-administered electronic survey sent to ECMN registrants

### Data Collection

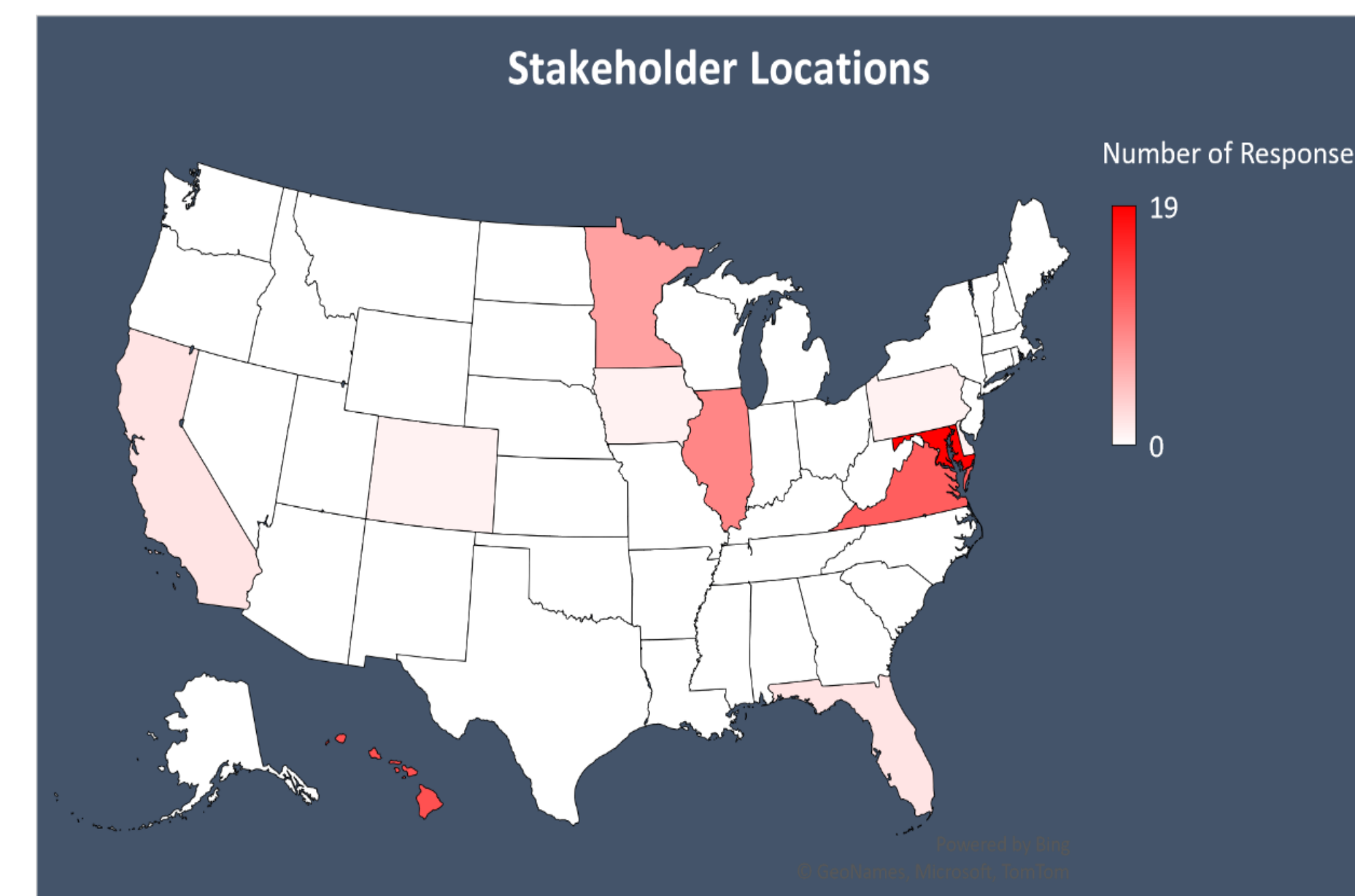
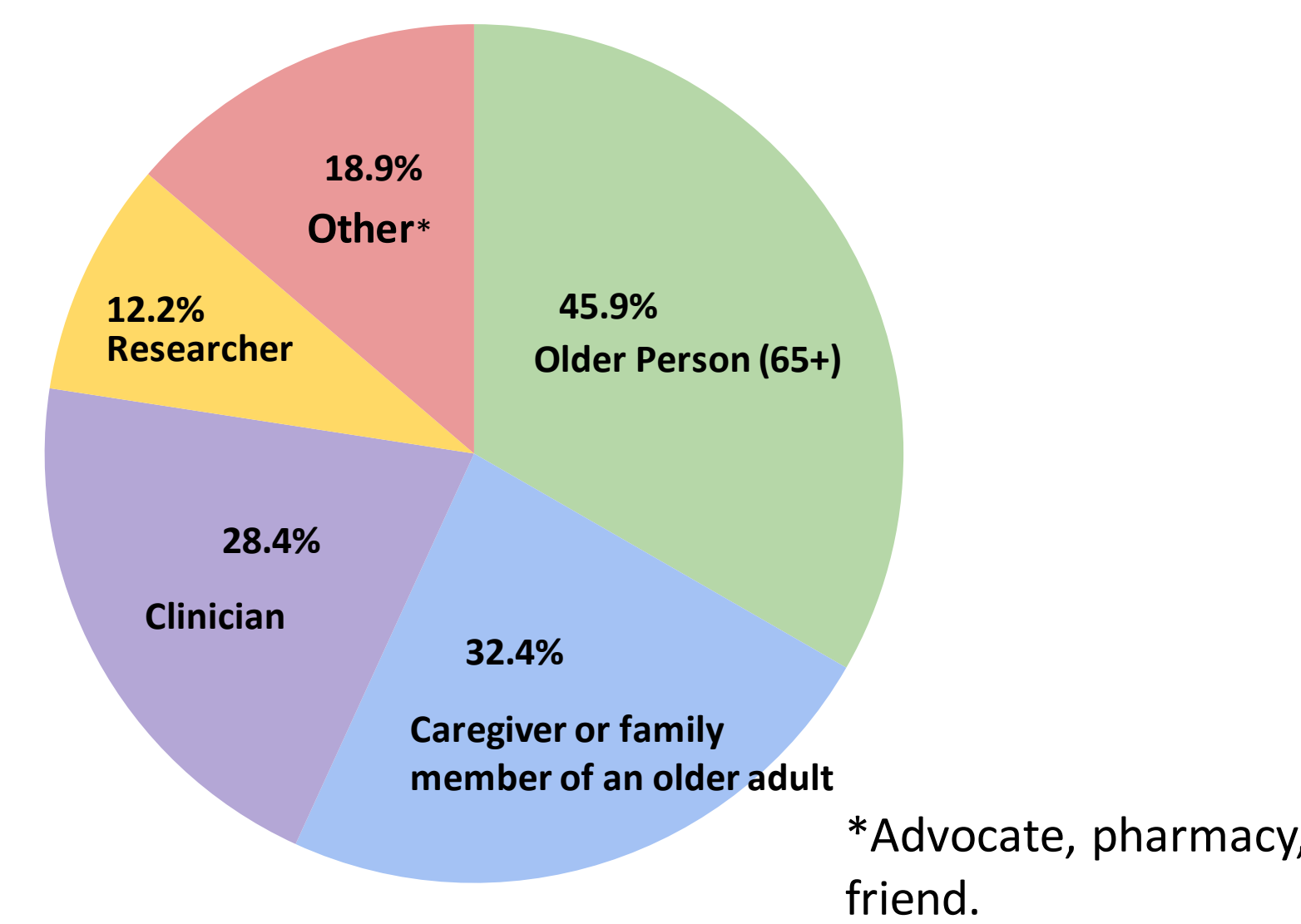
- Demographics (e.g., age, race/ethnicity)
- Geographical location
- Self-identified primary stakeholder group

### Analysis

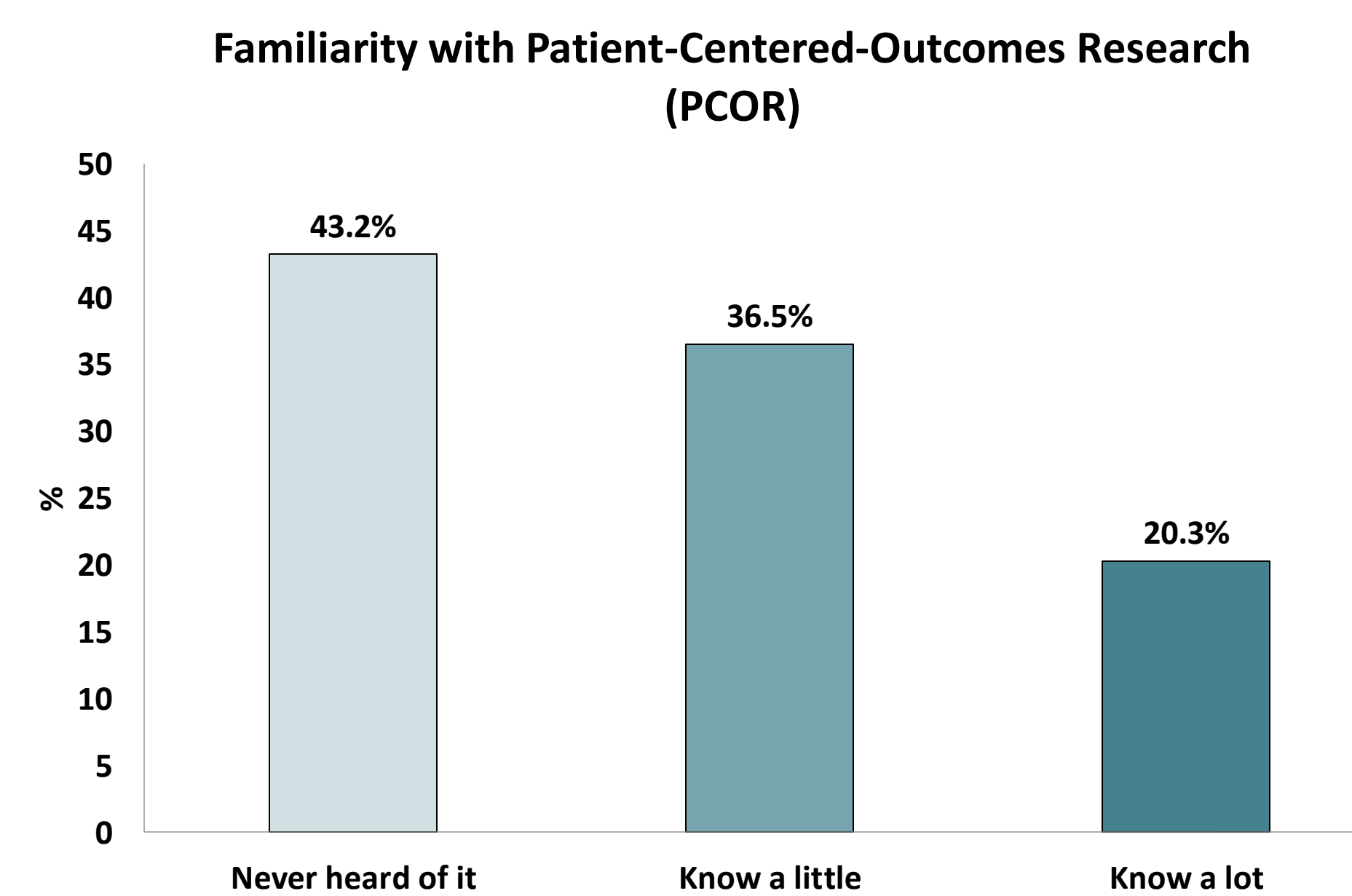
- Descriptive statistics for continuous and categorical responses
- Summary of free responses

## Results

Stakeholder Groups (n = 74)

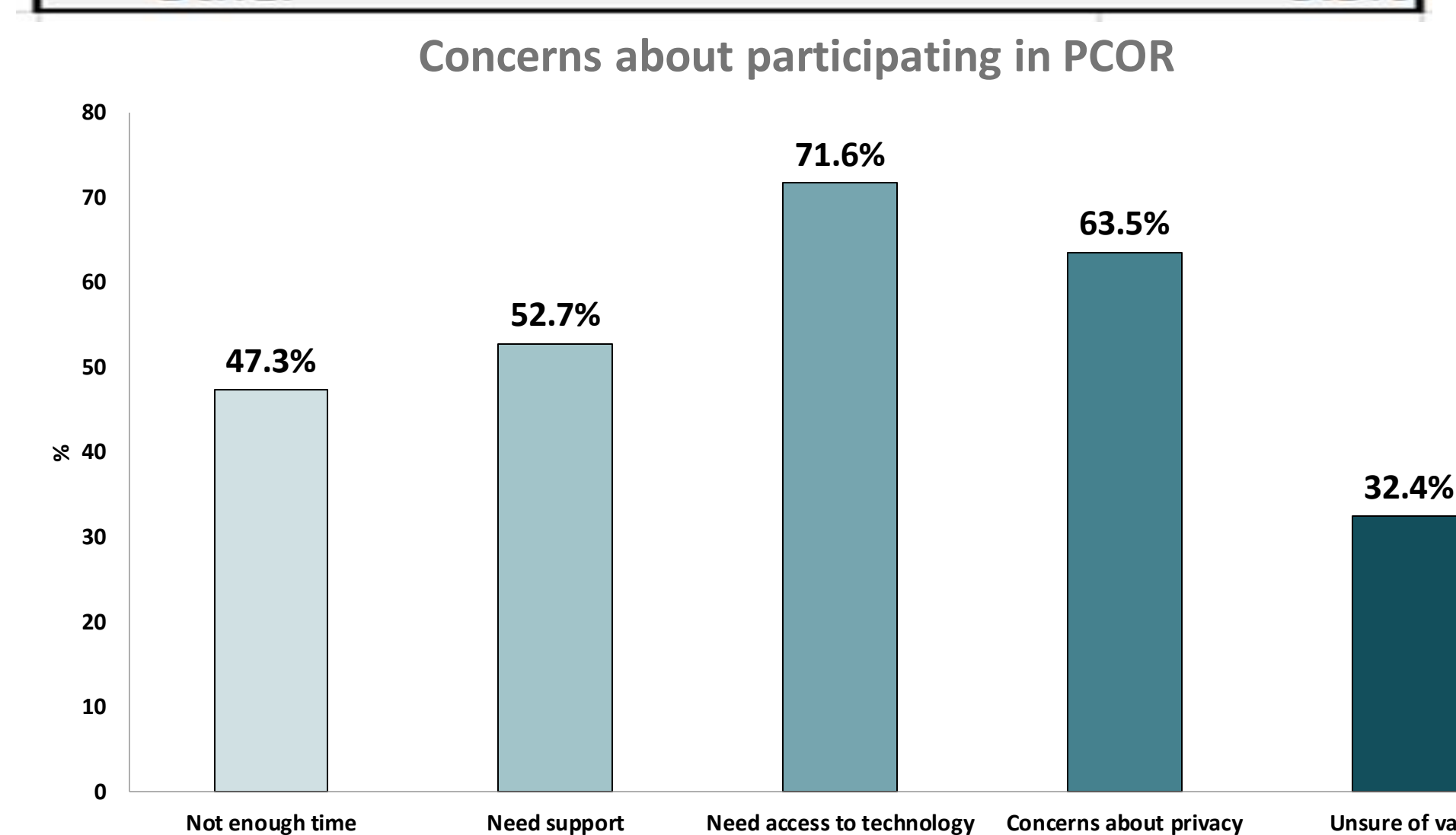


Description:	Percentage
<b>Age In Years</b>	
≤44 years	16.2%
45-64 years	28.4%
65-74 years	23.0%
75-84 years	1.4%
≥85 years	8.1%
Unanswered	8.1%
<b>Gender</b>	
Female	31.1%
Male	60.8%
Unanswered	8.1%
<b>Race/Ethnicity</b>	
American Indian or Alaska Native	0.0%
Asian	13.5%
Black or African American	21.6%
Hispanic or Latino/a	1.4%
Native Hawaiian/Pacific Islander	1.4%
Middle Eastern/North African	1.4%
White	55.4%
Prefer not to say	1.4%
Unanswered	8.1%
<b>Education</b>	
Grade or Elementary	1.4%
High school graduate or GED	4.1%
Post HS training other than college	0.0%
Some College	9.5%
College Graduate	17.6%
Postgraduate	58.1%
Other	9.5%



### Delivery Preferences

- 69% preferred participating at home via computer or phone compared to 20% in person
- Weekdays were preferred over weekends with over twice as many people selecting Monday-Friday
- 35% of respondents preferred to be contacted in the afternoon



### Important Topics for PCOR Discussion

Topic	%
Explain patient-centered outcomes research and PCOR	71.6
Share examples of how community members can participate on a research team	73
Hear from community members on how they felt the first time they participated on a research team	47.3
Talk about developing trust with the research team	55.4
Discuss how the community member can work with the research team to explain which questions people might be reluctant to share	73
Learn about common terms that the research team uses	67.6
Discuss how to help the people in my community understand what the research results mean to them	74.3
Other*	12.2

\*Role of family members and physicians in gatekeeping, benefits of PCOR, role of elder pharmacists.

## Discussion

- A gap exists in aligning the medication experiences of older adults and caregivers with age-friendly patient centered outcome measures.
- While stakeholders seek better understanding of health and to be informed of the ideas of peers, they also feel they will need technology support to be engaged.
- Responses are from geographically distinct and diverse stakeholders, which improves generalizability of the findings.
- Training needs to incorporate stakeholder preferences such as delivery and timing.
- The topics identified regarding PCOR are critical to creating a functional research team that can work with older adults and caregivers.

## Conclusions

- These research findings inform the training for older adults, caregivers, pharmacists, and researchers on PCOR
- These findings present a synergistic opportunity to collaborate with local HRSA Geriatric Workforce Enhancement Programs to address these needs as well as advance research focusing on medication optimization for older adults and caregivers.

## References

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