

Engagement of Older People and Caregivers as Partners in Medication Optimization Patient-Centered Outcomes Research

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Background

- The cumulative effects of health determinants are more prevalent as individuals age and endure multiple chronic conditions needing multiple medications.
- Additional evidence is needed to improve approaches for addressing the unfortunate and unintended consequences of medication use in caring for older adults and supporting caregivers.
- Patient-centered outcomes research (PCOR) engages these individuals as research partners and is the backbone to this work.

Objectives

Develop a co-designed medication-related research agenda through engagement of caregivers/families, healthcare providers and researchers.

Methods

- Older adults, caregivers, clinicians, and researchers from the ECMN engaged in interactive "Listening Sessions" on PCOR to collate and prioritize medication-related PCOR themes of significance to older adults.
- Members of the ECMN were recruited to complete a survey to address gaps in co-designing research with older adults.
- The survey had **11 questions** regarding priorities for medication related PCOR topics along with demographic information.
- Duplicates were removed from the dataset, and the respondents were split into two groups: Older Adult/Caregiver or Clinician/Researcher. This allowed us to compare the responses from the lens of individuals who have differing experiences with the healthcare system.
- A chi-square test was performed to compare responses between the groups.

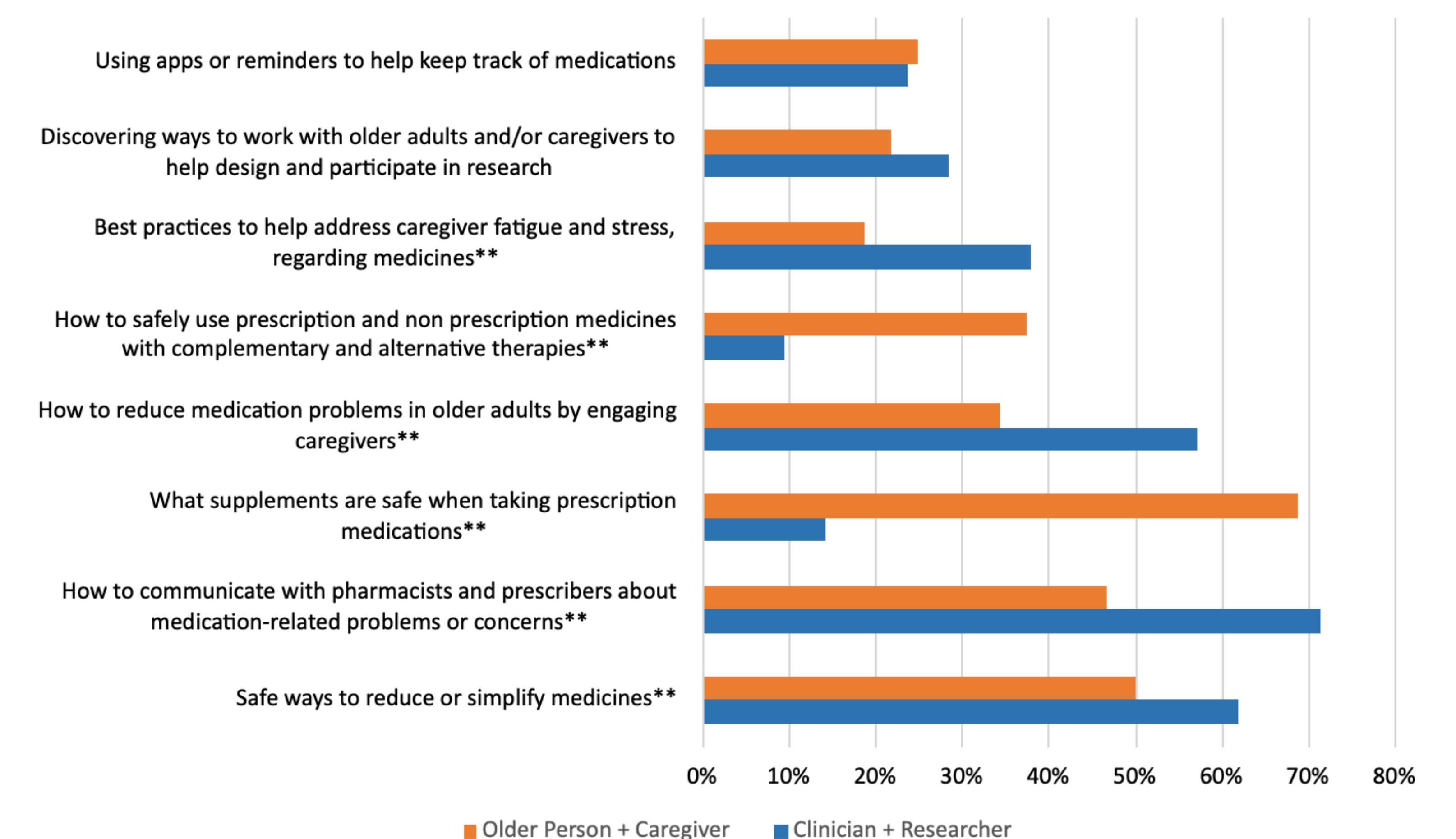
Results

Medication Related Research Agenda

- Total of **53 completed survey respondents** out of 110 network members (48% response rate).

Demographic	N	%	Older Person + Caregiver (n=32)	Clinician + Researcher (n=21)
Gender				
Male	13	24.53%	4	9
Female	40	75.47%	28	12
Race/Ethnicity				
Asian	4	7.55%	3	1
Black or African American	19	35.85%	16	3
Hispanic or Latino/a	0	0.0%	0	0
Native Hawaiian/Pacific Islander	1	1.89%	1	0
Middle Eastern/North African	1	1.89%	0	1
White	27	50.94%	12	15
Prefer not to say	1	1.89%	0	0
Age In Years				
≤ 44 years	11	20.75%	1	10
45-64 years	14	26.42%	5	9
65-74 years	9	16.98%	7	2
75-84 years	16	30.19%	16	0
≥85 years	2	3.77%	2	0
Prefer not to say	1	1.89%	1	0
Stakeholder Groups				
Older Person	29	54.72%		
Caregiver/Family of older adult	11	20.75%		
Clinician	17	32.08%		
Researcher	9	16.98%		
Education				
Grade or Elementary	0	0.0%	0	0
High school graduate or GED	3	5.66%	3	0
Post HS training (vocational)	0	0.0%	0	0
Some College	3	5.66%	3	0
College Graduate	11	20.75%	10	1
Postgraduate	36	67.92%	16	20

Top Topics Recommended for Future Research Efforts*



* Respondents selected 8 out of 9 possible topics

** Statistically significant with p-values less than 0.05

Top 3 medication related topics respondents picked:

- Safe ways to reduce or simplify medicines (62.2%).
- How to communicate with pharmacists and prescribers about medication-related problems or concerns (59.5%).
- Information about what supplements are safe when taking prescription medications (52.8%).

Conclusions

- Both groups selected "safe ways to reduce or simplify medicines", strengthening the importance of work to address medication burden and polypharmacy.
- The priorities placed on information about, and the safe use of complementary and alternative medications differ between the two groups surveyed.
- Foundational step forward in producing a co-designed medication-related research agenda with older adults, caregivers, healthcare providers and researchers.

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ECMN Community Interviews

