CHI Learning & Development (CHILD) System



Project Title

Enhancing Active Ageing Centre's Capabilities to Support Seniors with Medication Management as A Community Through Persona Creation & Resource Building

Project Lead and Members

<u>Project members</u>: Yap Li Wen, Tan Yeu Shiuan, Gabriel Kwek Wu-Xin, Pek Rui En Rachel, Wong Jiahui Gracia, Lim Pei Si Beverly, Chua Shi Jia, Lau Hui Ru, Teo Zhe Yu Isabel, Cody Chew Kai Ngee, Christin Chan Qi Fang, Cheryl Pua, Yap Yeow Tiong, So Man Shan, Michelle Hew, Rayna Suan, Dr. Ong Guan Hong, Zhang Yan

Organisation(s) Involved

AWWA

Healthcare Family Group(s) Involved in this Project

Allied Health

Applicable Specialty or Discipline

Occupational therapists

Aims

- 1. Gain insights on the profile and needs of community-dwelling seniors with chronic diseases in the area of medication management.
- 2. Develop resources for AAC to identify and support seniors with medication management needs.

Background

See poster appended/ below

Methods

See poster appended/below



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Results

See poster appended/below

Conclusion

See poster appended/below

Project Category

Care Continuum

Social Care, Palliative Care

Keywords

Poor Adherence to Medications, Suboptimal Chronic Disease Management, Health Within Communities, Medication Management Capabilities

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CHALK 2023 Poster #2

ENHANCING ACTIVE AGEING CENTRE'S CAPABILITIES TO SUPPORT SENIORS WITH MEDICATION MANAGEMENT AS A COMMUNITY THROUGH PERSONA CREATION & RESOURCE BUILDING

Project Team Members:

Yap Li Wen (AWWA Outsource Service, AWWA Rehab & Day Care Centre) | Tan Yeu Shiuan (AWWA Outsource Service) | Gabriel Kwek Wu-Xin (AWWA Outsource Service, SIT) | Pek Rui En Rachel (SIT) | Wong Jiahui Gracia (SIT) | Lim Pei Si Beverly (AWWA Outsource Service) | Chua Shi Jia (AWWA Outsource Service, AWWA Dementia Day Care Centre) | Lau Hui Ru (AWWA Outsource Service) | Teo Zhe Yu Isabel (AWWA Outsource Service) | Cody Chew Kai Ngee (AWWA Outsource Service) | Christin Chan Qi Fang (AWWA Outsource Service) | Cheryl Pua (AWWA CREST) | Yap Yeow Tiong (AWWA Active Ageing Centre) | So Man Shan (AWWA Active Ageing Centre) | Michelle Hew (AWWA Active Ageing Centre) | Rayna Suan (AWWA Active Ageing Centre) |

Dr. Ong Guan Hong (PanCare Medical Clinic (Ang Mo Kio)) | Zhang Yan (AWWA Centre-Based Nursing, Senior Community Home)







Background

Significant proportion of local seniors with chronic diseases have poor adherence to medications¹. This contributes to suboptimal chronic disease management, increased risk of adverse health outcomes and unnecessary healthcare utilisation and costs². Active Ageing Centres (AACs) are well-positioned to support seniors to manage their health within their communities

Project Objectives

- Gain insights on the profile and needs of community-dwelling seniors with chronic diseases in the area of medication management
- Develop resources for AAC to identify and support seniors with medication management needs

Project Details

This project is a collaboration between various AWWA services (i.e. AAC, Outsource Service, Community Resource, Engagement and Support Team (CREST), Centre-Based Nursing (CBN)), Singapore Institute of Technology (SIT) and PanCare Medical Clinic (Ang Mo Kio).

Participant Recruitment

Seniors were recruited from:

- a. AWWA AAC/CREST if found with any of the following risk factors for poor medication adherence³:
 - Stays alone
 - Has issue/s with short-term memory/medication management/mobility/health
 - Has known/suspected psychiatric condition/s
 - Has unstable medical condition/s
- b. AWWA CBN

Data Collection

The OT team (Occupational Therapists and 2 SIT Year 4 Occupational Therapy students) conducted the following for each senior:

- a. Short Portable Mental Status Questionnaire (SPMSQ)⁴ to screen for cognitive impairment,
- b. Brief Health Literacy Screening Tool (BRIEF)⁵ to determine health literacy level,
- c. In-Home Medication Management Performance Evaluation⁶ to identify risk factors for medication mismanagement, consolidate medications taken, and assess one's ability to self-administer medications.

A nurse and General Practitioner were consulted for medication supply and administration.

Data Analysis

Data were synthesised to derive key characteristics of seniors with chronic diseases and varying medication management capabilities.

Project Outcomes

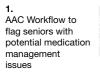
• A total of 18 seniors (12 Females, 6 Males) were assessed:

Age	Referred to Occupational Therapist	Cognitive Impairment	Health Literacy	Prescribed Medications
Mean: 80 Min: 67 Max: 93	4 (22%)	Nil: 6 (33%) Mild: 8 (45%) Moderate: 4 (22%)	Limited: 17 (94%) Marginal: 1 (6%)	Mean: 10.5 Min: 1 Max: 18
Common Medication Management Issues		Naming purpose of medications Reading labels Checking expiry dates		

 3 personas were built based on cognition, health beliefs, and medication management capabilities:

	Coping Chanti	Inconsistent Ibrahim	Forgetful Fang Li
Cognition	Normal mild cognitive impairment	Mild moderate cognitive impairment	Mild - moderate cognitive impairment Fair - poor insight
Health Beliefs	"It is important to take medications in the correct way."	"It is important to take all my medications."	"It is okay to miss one or two doses of medication."
Medication Management Capabilities	Independent with/without pillbox	Manages with weekly pillbox used not in accordance to days of the week Misses doses at times if routine/ medication changes	Frequently misses doses, sometimes for days Has difficulties monitoring if medication has been taken

• The OT team developed:





the

2. AAC Medication Management Screener



Toolkit to support seniors with cognitive, dexterity or vision impairments limiting medication management

3.



Scan to see the sample of the Toolkit

Conclusion

- Medication management is an integral element of health management, particularly for seniors.
- AACs can provide pivotal support to seniors to age well by proactively screening for medication management difficulties and working with community partners to provide the necessary support in a timely manner.

Future Plans

- From November 2023 to April 2024, AAC staff is piloting the workflow and Medication Management Screener with residents during routine check-ins.
- The OT team will continue to work with AAC to review the utility and feasibility of these newly developed resources.

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