



Other Abstracts

Community Partnership Self-medication Programme

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Introduction:

Drug non-compliance is a health problem among elderly. The failure to take drugs on time in the dosage prescribed is dangerous and can cause many illness and unnecessary hospital readmissions. Lack of medication knowledge is often linked with drug non-compliance. Therefore, elderly patients know the reason for taking drug is important and necessary. WCHH outreach team and EHCCS (southern district) are co-operated to set up a pilot programme for self-medication in community from 1/12/2007 to 31/10/2008.

Purpose of the project:

1. To enhance clients / carers' medication knowledge.
2. To improve clients / carers' medication compliance.
3. To build up clients / carers' confidence to manage self-medication.

Material & Methods:

1. 30 clients of EHCCS team (Southern District) were recruited and divided into 3 groups: 1st group clients could manage drug independently; 2nd group clients needed carers to assist; and 3rd group clients were control group.
2. Initial assessment was conducted in 12/2008 to test clients and carers' drug knowledge and compliance.
3. Selected clients and carers were put into the programme for 3 months. Medication knowledge was educated and drug compliance were reinforced.
4. Evaluation was conducted in 4/2008 which was focused on pre and post medication knowledge and drug compliance among three groups .
5. Review of the programme was performed in 10/2008.

Results:

1. 26 clients completed the study and 4 were dropped out from the carers group (from 1/2008 to 4/2008).
2. Medication knowledge rate of clients groups increased from 87.5% to 100%; carers groups increased from 57.7% to 100% and control group were 100% achieved.
3. Three groups were achieved to 100% drug compliance rate.
4. All clients and carers showed to increase confidence to manage self-medication after this programme.
5. 100% medication knowledge and drug compliance rate of three groups were achieved in review period of 10/2008.

Conclusion:

Enhancing medication knowledge and drug compliance to the elderly in community are necessary, especially for the carers. As following drug compliance can maintain good health and reduce the incident of dosage errors, drug interactions and hospital readmissions. Thus, our outreach team would continue drug counseling during home visit.