

Review Article

Document Analysis of Issues Concerning Medication Management Among Senior Citizens in Community Dwelling

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Abstract: Population ageing is a worldwide phenomenon experienced by developed and developing countries including Malaysia. Higher rates of chronic diseases and the increasing availability of therapeutic agents has resulted in an increase in drug use among the elderly. Inappropriate medication management is higher among senior citizens of community dwelling as they live in an uncontrolled environment compared to those in hospitals or nursing homes. This study was designed to identify the relevant barriers in achieving effective medication management among older Malaysians of community dwelling. A document type of analysis is used where the documents in the form of analytical writing, journal keeping, policy report, or press release are used as a part of this study. Various documents have been selected from different databases, including Mendeley, Science Direct, Google and Google Scholar. The data extracted was analysed and synthesised to seek the pattern regarding the issues. Several themes emerged including patient factors associated with medication adherence, medication factors, healthcare provider factors, multi-disciplinary approach, healthcare system factors, psychological or support system, socioeconomic factors, system influenced medication adherence and medication management models for polymedicated home dwelling were identified in this study. The data highlighted barriers in achieving good medication management among older persons managing their own medications at home.

Keywords: Medication management, older persons, community dwelling, medication management, compliance, adherence, adverse drug event.

1. Introduction

Ageing can be defined as a biological, sociological, economical and chronological phenomenon. In line with the United Nations' and Ministry of Health's recommendation, "the elderly or ageing population" in Malaysia will be taken to mean people aged 60 years or old [1]. In Malaysia, it is estimated that by 2020 this group will contribute to 10% of the population of Malaysians or 3.4 million which by then Malaysia will be categorized as an aged nation according to United Nation projections [2]. In the United States, older persons are the leading consumers of medications, accounting for 34% of pharmacy expenditures. This is most likely due to the increasing level of chronic disease conditions with age, such that 85% of individuals in this age group have at least one chronic illness and one third have three or more medications [3]. Community-dwelling elderly, who lives outside of an institutional setting tend to have challenges with medication adherence. Estimates show that more than one out of every three persons among this population does not take their medications as prescribed [4]. Thus, this study aims to identify the relevant barriers in achieving effective medication management among older Malaysians of community dwelling.

2. Materials and Methods