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Effects of Case Manager-delivered Post-discharge Home Visit on Medication Adherence and Self-rated Health among Community-dwelling Elderly

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Introduction

Medication non-adherence is commonly seen among elderly patients after hospital discharge. Ensuring elderly patients taking an updated drug regimen and adherence to it are duties of case managers in health care system. This study hypothesized that medication adherence and self-rated health among community-dwelling elderly would be improved after post-discharge home visits by case-managers. Case managers with different clinical background use different approaches to deal with issue of medication nonadherence. It is worth to have a common pathway in order to communicate. The findings of the study would help to understand medication adherence interventions in improving medication adherence and to improve quality of care.

Objectives

(1) to examine whether the study group demonstrate better medication adherence after post-discharge home visits by case managers (2) to examine whether the study group demonstrate better self-rated health after post-discharge home visits by case managers

Methodology

This was a quasi-experimental single group pretest and posttest study carried out from July 2015 to December 2015 in an Integrated Discharge Support Programme of a regional hospital in Hong Kong. The study group received post-discharge home visits for at least eight weeks' time. Data collection was done by filling questionnaire by case managers via face-to-face interview at elders' homes during the first and last home visit. Drug Regimen Unassisted Grading Scale (DRUGS) was used in assessing medication adherence and the General Self-rated Health Scale (GSRH) was adopted to assess health-related quality of life of participants.

Result

There were 24 participants with mean age of 76.71 (SD=8.16) in this study. The mean AMT score was 9.08 (SD=1.01) and the mean SBI score was 19.71 (SD= 0.69). The mean drug adherence score was increased to 98.57% (SD=5.06) from 89.29% (SD=11.26). A Wilcoxon Signed Ranks Test was used to test significance of pre- and post-drug adherence after post-discharge home visits delivered by case managers. The result showed that there was significant difference (Z=-2.83, p=0.005) between pre- and post-drug adherence. The median score for General Self-rated Health Score was improved from fair to good after post-discharge home visits. A Wilcoxon Signed Ranks Test showed that post-discharge home visits by case managers did elicit a statistically significant change in perceived health status (Z=-3.40, p=0.001). Post-discharge home visits by case managers demonstrated positive effects in promoting adherence to long term medication and general self-rated health among community-dwelling elderly after hospital discharge in current study.