

TEACHING NURSE PRACTITIONER STUDENTS ABOUT POLYPHARMACY THROUGH A LIVED EXPERIENCE

JENNIFER KIM, DNP, GNP-BC, GS-C, FNAP, FAANP; TAYLOR BOLL, MSHRE, SHRM-CP; KANAH LEWALLEN, DNP, AGPCNP-BC, GNP-BC

BACKGROUND

Polypharmacy affects 40-50% of older adults in the U.S., and is associated with geriatric syndromes, a higher risk of medication non-adherence, and adverse drug events.^{1,2} Medication non-adherence is a common frustrating issue for clinicians while, simultaneously, patients often find medication regimens to be complicated and confusing. This may contribute to medication non-adherence, which may further lead to adverse drug events and negative health outcomes. The more medications a patient is taking, the higher the risk for non-adherence.

OBJECTIVES

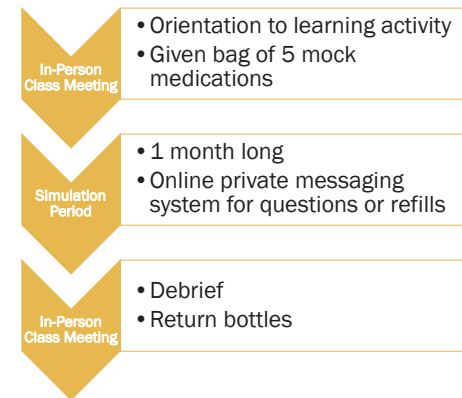
- Educate adult-gerontology primary care nurse practitioner (AGPCNP) students about common barriers and enablers to medication adherence in patients with polypharmacy.
- Increase AGPCNP student awareness of the burdens

RELATIONSHIP TO AGPCNP EDUCATION COMPETENCIES

- Graduates of AGPCNP programs must have an advanced understanding of barriers and enablers to medication adherence to improve chronic care management and health outcomes for older adult patients (*AACN Essentials VIII & IX*).
- AGPCNP curricula must include learning activities that support student understanding and practice of patient-centered care that acknowledges culture, values, beliefs, socioeconomic means, and cognitive abilities (*AGPCNP Independent Practice Competencies 3a, 3d, 3e, & 4*).

ACTIVITY DESIGN

- Purposeful selection of medications
 - alendronate
 - levothyroxine
 - metoprolol
 - polyethylene glycol
 - warfarin
- Anonymous
- Ungraded

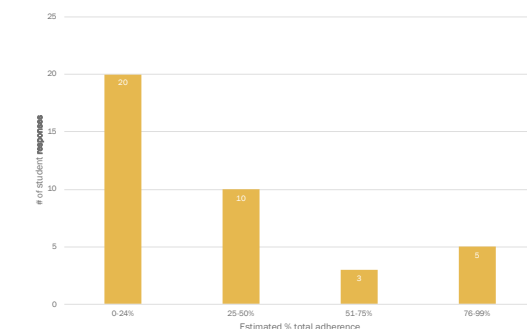


RESULTS

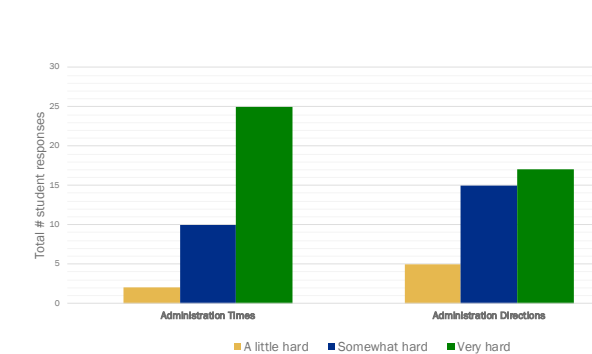
“WHAT ONE WORD DESCRIBES YOUR SIMULATION EXPERIENCE?”



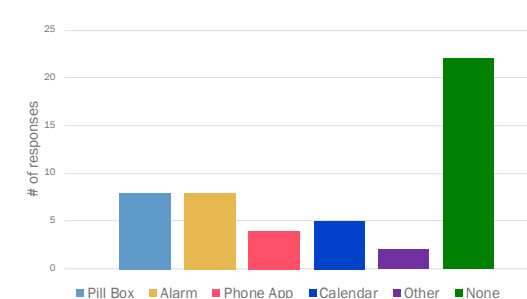
STUDENT'S ESTIMATED ADHERENCE TO MEDICATION REGIMEN (N=38)



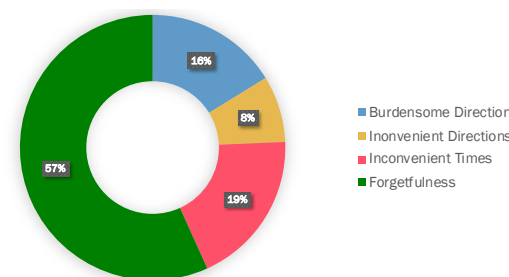
REPORTED MEDICATION ADHERENCE CHALLENGES (N=38)



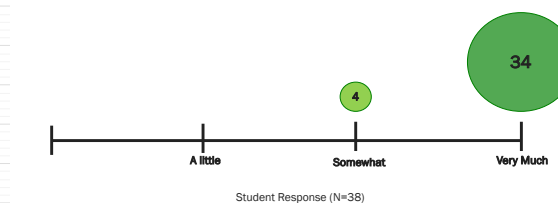
Reported Medication Adherence Methods Used (N=47)



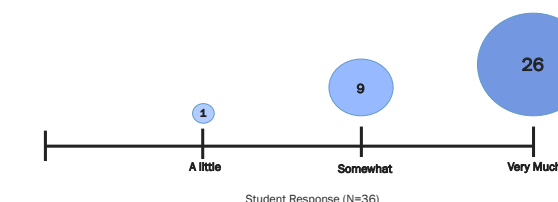
“WHAT WAS YOUR BIGGEST BARRIER TO ADHERENCE?”



“HAS THIS ACTIVITY INCREASED YOUR AWARENESS OF THE CHALLENGES PATIENTS EXPERIENCE WHEN MANAGING MEDICATIONS?”



“HAS THIS ACTIVITY INCREASED YOUR AWARENESS OF WAYS TO HELP PATIENTS IMPROVE MEDICATION ADHERENCE?”



CONCLUSIONS

- ↑ Knowledge about challenges of medication adherence.
- ↑ Awareness of ways to mitigate medication adherence challenges
- ↑ Student knowledge of polypharmacy burdens

NEXT STEPS

- Continue to implement in curriculum
- Consider modifying future iterations to improve student prescribing knowledge for underrepresented older

REFERENCES

¹ Saraf, A.A., Petersen, A.W., Simmons, S.F., Schnelle, J.F., Bell, S.P., Kripalani, S., et al. (2016). Medications associated with geriatric syndromes and their prevalence in older hospitalized adults discharged to skilled nursing facilities. *Journal of Hospital Medicine*, 11(10): 694-700.

² Kane, R.L., Shamiyan, T., Talley, K., & Pacala, J. (2012). The association between geriatric syndromes and survival. *Journal of the American Geriatric Society*, 60: 896-904.

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