ABSTRACT

Patient Adherence to Oral Medication in Older Adults with Chronic Disease
(Study Based on Adherence to Refills and Medication Scale in Posyandu Lansia RW 01 Kelurahan Airlangga Kecamatan Gubeng Surabaya)

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Prevalence of chronic disease, especially in elderly patient is the higher among the world and will increase in the future. Adherence to medication is needed to prevent any complication as required by health care providers. The aim of this study is to identify the medication adherence in older adults with chronic disease based on Adherence to Refills and Medication Scale (ARMS).

This is a cross-sectional study with purposive sampling as sampling technique. ARMS is standard instrument and it can measure medication adherence to any chronic disease and literacy skills. ARMS had been checked for validity and reliability.

A number of 41 respondents had been selected following inclusion criteria. The ARMS results showed that 29,3% (12) respondents had a high adherence and 70,7% (29) respondent had medium adherence, and none respondent had low adherence.

It can be conclude that medication adherence in older adults with chronic disease in posyandu lansia Kelurahan Gubeng Kecamatan Airlangga Surabaya had medium adherence.

Keyword: adherence, elderly, oral medication, chronic disease, ARMS