

ABSTRACT

Medication Management Profile of the Elderly (Study in Panti Werdha Usia Surabaya) Muhliseh

Background: Decreasing physical abilities and cognitive faced by the elderly, potentially raise disease and health impairment. Thus, elderly usually need to use more than one medication, numbers of them use more. Thus, the elderly are vulnerable to Drug Therapy Problems (DTPs). Living in nursing home with the presence of caregivers does not guarantee the absence of DTPs.

Aims: To investigate medication management for the elderly in nursing home, including medication procurement, medication use, medication storage, and medication disposal.

Method: This was a cross sectional descriptive study. Data was collected by interviewing respondents using a list of questions as a direction to fill in the questionnaire. Pilot study was conducted before the real data collection.

Result: Respondents were 19 elderly and 2 caregivers in Panti Werdha Usia. The most health problem experience by elderly was pain (21.0%). Most elderly (21%) had 4 health problems and most of them (10.5%) consumed 7 medicines everyday. There were 74.7% evidences of proper medicines use according to indication, time of use, and dosages. There were more inappropriate medication found in self-administered medication rather than by caregivers (4.2% by caregivers and 22.1% by self-administered). The medicines managed by caregivers were kept until expired, then destroyed before disposal. However, there were elderly who stored the medicines until the expire date exceeded.

Conclusion: Medication management in Panti Werdha Usia Surabaya can still be optimized. It is important that pharmacists visit the nursing home to ensure the medication management process.

Keywords: *elderly, nursing home, medication management*