

## ABSTRACT

**Patient Adherence to Medication in Elderly  
with Chronic Disease  
(Study Based on Adherence to Refills and Medication Scale in  
Posyandu Lansia “Lansia Mandiri” RW 02 Kelurahan Airlangga  
Kecamatan Gubeng Surabaya)**

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Medication adherence is a crucial component in treatment of chronic diseases to reduce complications in elderly. Elderly patients were highly vulnerable to suffer chronic diseases, because there are anatomical, physiological, and biochemical changes occur in the elderly. Elderly patients may have problems in memory, vision, and hearing that could contribute to medication non-adherence. The purpose of this study was to determine the adherence of oral medication in elderly patients with chronic diseases based on Adherence to Refills and Medication Scale (ARMS).

This study was a cross sectional study using purposive sampling. Data were obtained by survey method using ARMS. ARMS was a valid and reliable medication adherence scale. The value of the correlation between the questions was from 0.353 to 0.579 and was showed good internal consistency with  $\alpha$  value of 0.814.

This study included 52 respondents. The adherence measurement obtained with the ARMS resulted an elderly patients with low adherence (1.9%) and 51 elderly patients with moderate adherence (98.1%). Therefore, it is necessary to increase the role of the pharmacists in the pharmacy services by providing counseling, information and education that was appropriate and also supervise the use of drugs in order to reduce non-adherence in elderly patients with chronic diseases.

Keywords: adherence, oral medication, elderly, chronic diseases, ARMS