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Investigation of efficacy of home visits that compliance drug treatment for elderly individuals with diabetes and hypertension

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This front-end measurement quasi-experimental study evaluated drug compliance and the effectiveness of home visits to increase drug compliance in elderly individuals with diabetes and hypertension. The study was conducted between September 2012 and March 2013 at the homes of elderly people followed at the Ankara Gülhane Military Medical Academy Geriatric Outpatients and living in the city center. The sample of the study consists of elderly individuals with diabetes and hypertension, followed up at the geriatric outpatients and meeting study inclusion criteria (n=45). Evaluation to determine the pre-implementation compliance of elderly people was performed at the beginning of the first home visit and the measurement to evaluate the effectiveness of the first home visit was performed prior to the second home visit. The data were collected with the data collection form prepared in accordance with the literature, a form to determine drug use status in the elderly, and the Medication Adherence Self-Efficacy Scale-Short Form. The data were analyzed by using the relevant tests in the SPSS 15.0 statistical software. The drug compliance of elderly individuals and their knowledge on the names of the drugs and what needs be considered related to drugs increased after the training at the first home visit. Therefore, training by a nurse at a home visit was found to be effective in increasing drug compliance of elderly people. According to these results, we suggest that home visits should be performed for the elderly to improve drug compliance, nurses should play an active role in these home visits and the necessary arrangements should be made within the current health care organization.

Biography

Özdemir Özlem has completed her PhD from Gülhane Military Medical Academy and Post-doctoral studies from Yıldırım Beyazıt University Department of Nursing. She has published 6 papers in reputed journals and serving as an Editorial Board Member of *Journal of Behavioral Health*.

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