

Poster Session III
Poster # 2

Age, Gender, Social Support, Medication Adherence, And Health-Related Quality Of Life Of Older Adults With Heart Failur

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Purpose: The purpose was to examine interrelationships among medication adherence and health-related quality of life (HRQOL) and certain predictors of medication adherence and HRQOL.

Theoretical Framework: The Wilson and Cleary model was used, which proposes causal relationships with HRQOL as the outcome. **Methods:** This study was a secondary analysis of cross-sectional data of 171 university-affiliated older heart failure (HF) clinic patients who were prescribed ACE inhibitors and used electronic event medication monitoring by Medication Event Monitoring System (MEMS). The variables were age, gender, social support measured by Interpersonal Support Evaluation List (appraisal [AS], tangible [TS], self-esteem [SS], belonging [BS] support), medication adherence measured by MEMS (days adherence and on-time adherence), and HRQOL measured by Short Form-36 (physical [PCS] and mental [MCS] component scores). Linear regression analyses were used to test predictors. Interaction terms were created to test two-way interactions. Sequential (hierarchical) regression analysis was used to examine the interactions. The significance level was set at $p < .05$.

Results: SS predicts days adherence ($p = .025$). The interaction of age and gender predicts on-time adherence ($p = .035$). TS ($p = .001$), SS ($p < .001$), BS ($p = .022$), and days adherence ($p = .020$) predict PCS. Age ($p = .039$), gender ($p = .003$), AS ($p < .001$), TS ($p < .001$), SS ($p < .001$), BS ($p < .001$), the interaction of gender and BS ($p = .019$), and the interaction of age and on-time adherence ($p = .043$) predict MCS.

Conclusions and Implications: Those with increased SS have higher days adherence. Older females have better on-time adherence. Those with increased TS, SS, BS, and days adherence have higher PCS. Older age; females; increased AS, TS, SS, and BS; females with BS; and older adults with on-time adherence have higher MCS. Healthcare professionals should consider age, gender, and social support when evaluating medication adherence and HRQOL in HF.