

Elder Care Medicine Network

What Matters to Patients about Medications?

A Discussion with Elders, Caregivers, and Clinicians
to Guide Research Questions

Our Network's Goal

To train community members in PCOR (research with patients' voices guiding what needs to be studied) in the subject of 'medication optimization' by building and engaging a network.



Purpose of this Session



- ✓ Identify new approaches to understanding what is important to older adults in successfully managing their medications.
- ✓ Design a national research agenda to achieve this goal.

Learning Objectives

At session conclusion, participants will:

- a. Define “patient-centered outcomes research”- PCOR
- b. Describe the benefits and challenges of patients, caregivers, clinicians and researchers working together on a research team
- c. Produce research questions that address the patient/caregiver perspective on the best use of medicines in older adults



Introductions

Please share:

1) Name

2) Favorite place you have traveled

Discussion #1

What is research?

- Gathering information to find answers to questions
- In health care, research is designed to discover new information or better understand how to care for people.

What is *Patient-centered* Research?

- Patient's health care questions and desired needs (e.g., health outcomes) inform and drive the research agenda
- Patients are part of the research team
 - Patients co-develop the research plan as part of the research team
- Focus on research that is meaningful and health outcomes that matter to patients



Can you think of an example where community-centered goals have yielded results?

Discussion #2:
Please share an
experience or
personal story about
managing
medications for
someone you care for.

Challenges?

Successes?



Discussion #3: Being part of a Research team and LOCAL INVOLVEMENT.

What would make you feel welcomed working with a research team?

Could you share any concerns re participation in research projects (that you have faced, or think that you might face)?



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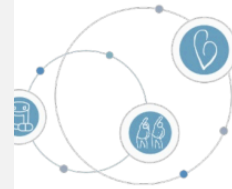
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<https://www.surveymonkey.com/r/pcor221113>



Thank you for participating

Newsletter snapshot



ELDER CARE MEDICINE NETWORK

The [Peter Lamy Center on Drug Therapy and Aging](#) at the University of Maryland, Baltimore is part of a national group working to build [The Elder Care Medicine Network](#), a project funded by a grant from the Eugene Washington PCORI Engagement Awards program, an initiative of the Patient-Centered Outcomes Research Institute (PCORI). The Elder Care Medicine Network brings together patients, caregivers, researchers, and pharmacists to discuss "Patient Centered Outcomes Research" (PCOR) on the best use of medicines for seniors (also known as kūpuna in Hawaii). We offer many ways to work with us across the United States, including but not limited to:

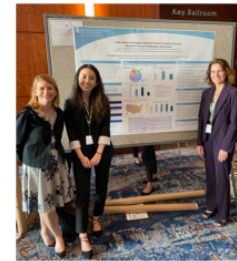
- Surveys
- Focus groups
- Continuing education
- Conversations about health
- Co-designing educational materials and research questions

Our team knows it is critical to have our stories shared to raise awareness for medicine related topics and issues that are important to you. The goal is for our work to improve the lives of older adults by addressing medicine related concerns through research, education, and advocacy.

REGIONAL UPDATES

Mid-Atlantic Region

The MidAtlantic Region continues to engage in the community on themes of medicine use and safety through educational programs and health fairs. One of our community council members, Rudi Lamy, authored two new posts for



the [Caregiver Blog](#), published on the Lamy Center web page. We are excited to offer programs on Fall Prevention as we kick off the National Falls Prevention week.

Midwest Region

The Midwest region/team-lead also provides an additional resource on medication related self-management. Please feel free to check out the interview/article [here](#).

Hawai'i Region

Fourth year pharmacy Student, May Ann Vicente Huggins, will be traveling to small rural island of Molokai, where a member of the Hawai'i Region Council Student involvement in the Network will facilitate enhancement of interview questions, and the learning part of the project. The team has prepared a list of interview questions to ask fellow Hawai'i Community members about their us medicines, and what's most meaningful to them. We eagerly await the result engagement. And will share them in our next newsletter.



WAYS TO GET INVOLVED

Over the next 2 months, we will be providing discussion sessions talking about medicines and PCORI both in person and online. If interested, please send an email to lamycenter@rx.umaryland.edu.

QUESTIONS?

If you have any questions, please reach out to Dr. Nicole Brandt at (410) 706 or lamycenter@rx.umaryland.edu who is coordinating efforts of the Elder Care Medicine Network. More information can be found at our [website](#).

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Resources

Medication management video helps understand how effective management of your medications can make a difference. At: <https://mngwep.nexusipe.org/toolkits/effective-medication>

Myths:

- *Journal of Patient Experience* in 2020 titled, “Patient Stories can make a Difference in Patient-Centered Research Design by Novak, et al. At: <https://journals.sagepub.com/doi/full/10.1177/2374373520958340>

Patient Medication Journey:

- Institute for Healthcare Improvements definition of Medication Optimization describes “*an approach to **medication management** that focuses on all aspects of the patient’s journey from **initiation of treatment** (or decisions to forego treatment), to **follow-up**, to **ongoing review and support** of their medication treatment plan.*”
<http://www.ihl.org/communities/blogs/from-song-to-symphony-managing-medication-optimization>

Shared decision-making in treatment decisions AND in PCOR:

- Example of a community member working with research partners and academicians to successfully help improve care: <https://www.medicaidinnovation.org/about-us/bio/gail-graham>