

Daily routine as a potential intervention mechanism for improved medication taking

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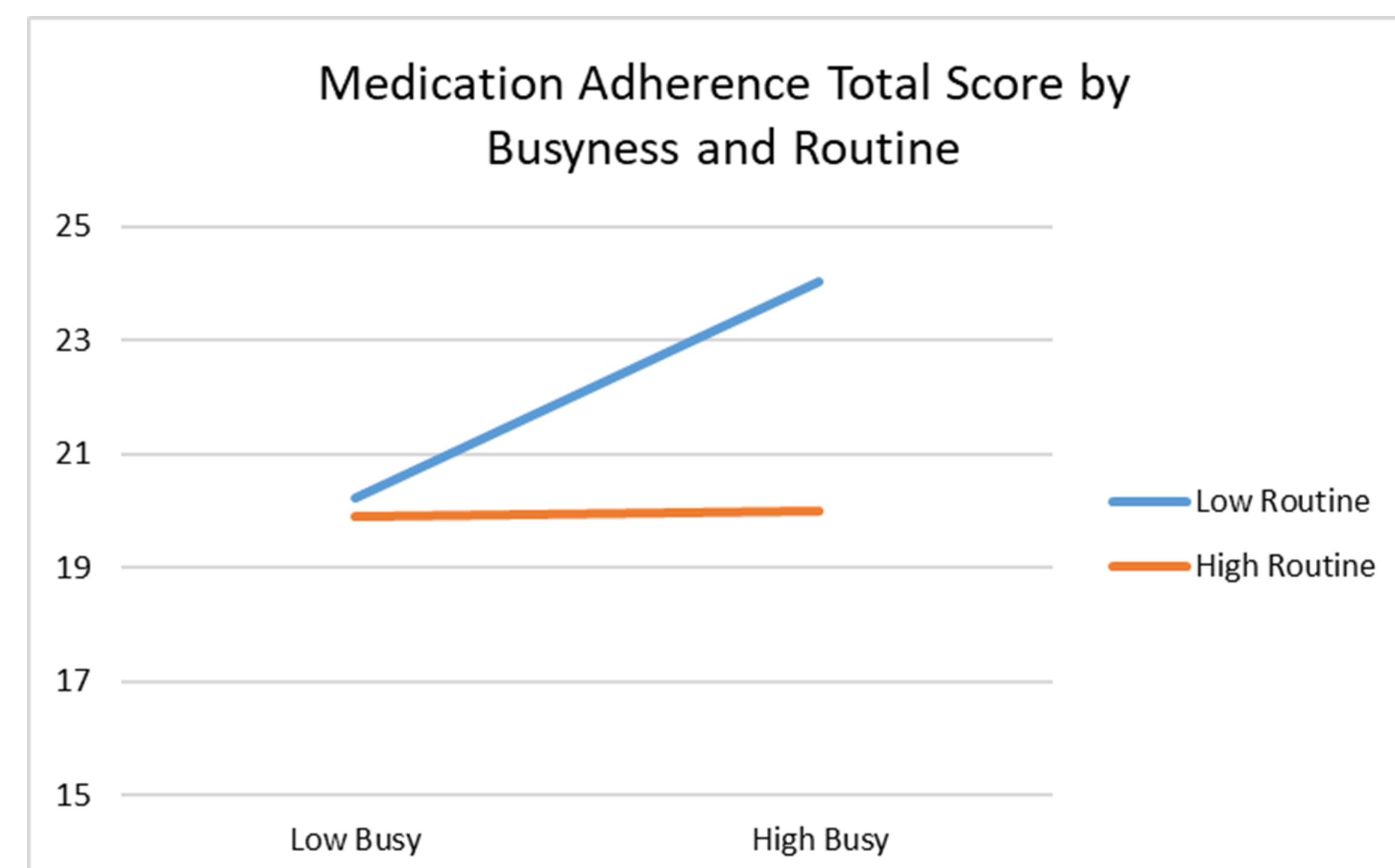
INTRO

- Less than 50% of older adults take their medication as prescribed
- Busyness (density of activities) and routine (patterns of organizing time) make up the structure of daily life and likely impact medication-taking behaviors

METHODS

- N =405 older adults with adequate cognitive capacity
- Data from an ongoing cognitive aging cohort study of older adults in Chicago
- We grouped daily routine and busyness into tertiles (low, moderate, and high)
- We used multivariable models to assess the effect of busyness and routine tertiles on medication adherence; we included a busyness x routine interaction term in our final model

RESULTS



Among busy older adults, having a stable daily routine is related to better medication taking behaviors



DISCUSSION

- This research demonstrates the potential of routine as a modifiable factor in improving medication taking behaviors in busy older adults.
- Daily routines add predictability and facilitate health behaviors

Participant characteristics and daily routine and busyness (n=405)

Characteristic	n (%)	Routine		Busyness	
		Mean (SD)	p value	Mean (SD)	p value
Age			0.25		<0.001
60-64	44 (10.9)	13.0 (2.5)		18.8 (5.7)	
65-74	239 (59.0)	13.5 (3.1)		17.0 (4.9)	
75+	122 (30.1)	13.8 (2.9)		15.6 (4.2)	
Biological sex			0.47		0.004
Male	114 (28.2)	13.7 (2.9)		15.7 (4.7)	
Female	291 (71.8)	13.4 (3.0)		17.2 (4.9)	
Income			<0.001		0.32
<\$10,000	38 (9.5)	11.1 (3.1)		16.8 (4.9)	
\$10,000 – \$24,999	76 (19.0)	13.1 (3.1)		15.9 (5.0)	
\$25,000 – \$49,999	90 (22.4)	13.4 (2.9)		17.0 (4.6)	
>\$50,000	197 (49.1)	14.2 (2.6)		17.1 (4.9)	
Race			<0.001		0.31
White	229 (56.7)	14.0 (2.8)		16.5 (4.9)	
Black	153 (37.9)	12.6 (3.0)		17.0 (4.9)	
Other	22 (5.4)	14.5 (2.9)		18.0 (4.9)	
Prescription Medications			0.07		0.78
0 – 1	77 (19.0)	14.0 (2.6)		17.0 (4.8)	
2 – 4	157 (38.8)	13.7 (2.8)		16.6 (4.6)	
5+	171 (42.2)	13.1 (3.2)		16.9 (5.2)	
Health Literacy			<0.001		0.09
Adequate	290 (71.6)	13.8 (2.8)		17.1 (4.9)	
Limited	115 (28.4)	12.7 (3.2)		16.1 (4.8)	
MMSE			0.02		0.34
No Impairment	380 (94.1)	13.6 (2.9)		16.9 (4.9)	
Mild Impairment	24 (5.9)	12.2 (3.8)		15.9 (5.3)	

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