

Older Adult Medication Compliance: Integrated Review of Randomized Controlled Trials

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Objective: To examine interventions and outcomes of medication compliance studies in older adults.

Methods: An integrated review of randomized controlled trials was completed. **Results:** Thirty-one of 57 studies reported significantly greater medication compliance in treatment subjects versus control subjects. Interventions included counseling, education, self-medication programs, cues and organizers, and decreasing dosing frequency. Decreasing dosing frequency and self-medication pro-

grams were successful, although not frequently evaluated. **Conclusions:** Future studies should address methodologic flaws (eg, small sample sizes, measurement validity issues), test theory-based interventions delivered by diverse providers, evaluate intervention dose, and examine persistence of compliance behavior changes.

Key words: integrated review, medication compliance, interventions, elderly, randomized controlled trials

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