Medication Management in Permanent Supportive Housing

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Homeless Healthcare Los Angeles

- Nonprofit organization in Los Angeles, CA
- Services: Needle exchange, behavioral health, housing, encampment outreach, skid rover pet program, access to basic supplies, training, and education.
- **Mission:** To reduce harm associated with substance abuse, help individuals with clean needles, provide health services, and decrease homelessness (HHCLA, 2022).

Identified Needs

- Development of a Medication management program for permanent supportive housing.
- Aging in place program.
- Interprofessional collaboration.

Literature Review

Decreased Medication Adherence Leads to Adverse Effects

- Decreased adherence to prescribed medication may cause illness, hospitalizations, and poor health outcomes (Schwartz et al., 2017).
- Medication compliance is not required in permanent supportive housing but is vital for self-care skills and housing retention (Gutman, 2017).

Effectiveness of OT in Medication Management

- Medication management is an instrumental activity of daily living that occupational therapists may assist in by providing evidence-based care (American Occupational Therapy Association, 2017).

Medication Regimens and Routines

- Linking medication regimens with routines improves daily habits (Sanders & Van Oss, 2013).

Learning Objectives

1. Develop and implement a medication management program to improve skills for individuals living with chronic illness in permanent supportive housing (PSH).
2. Generate educational resources for clients and staff members
3. Evaluate and analyze group outcomes.
4. Provide an in-service presentation on the role of occupational therapy in medication management.

Program Description & Implementation

Program: Positive Health Habits

- Medication management group sessions for previously homeless individuals.
- Covered topics such as self-advocacy, communication with medical providers, mental health, routine building, cognitive strategies, tech apps, and skills to support health management.
- Offered once a week for five weeks at Dahlia PSH.

Research and education courses → Interprofessional collaboration → Develop group, screening tool, and materials → Implement group, provide resources, and assess clients

Evaluation and Outcomes

Figure 1.

Pre-Post Positive Health Habits Survey

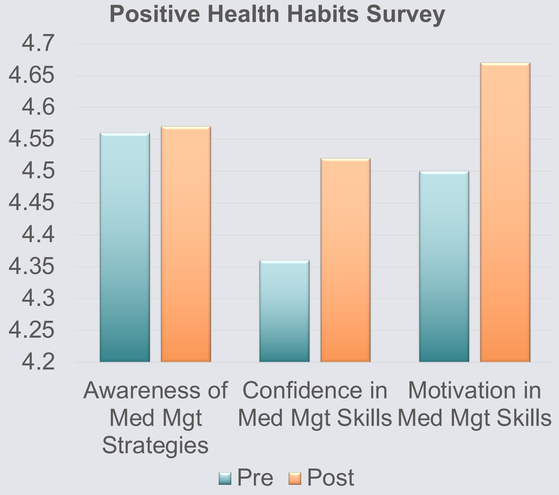

Figure 2.

Group Comments

Design:

- Mixed methodology
- One permanent supportive housing apartment building in Los Angeles, CA

Sampling Technique:

- Convenience sampling

Sample Size:

- 41 participants
- 33 participants completed program surveys

Data Collection:

- Pre-Post Client survey
- Unstructured Interviews

- **Themes**: Clients self reported clear information, learned about different medication management tools, enjoyed health discussions.
- **Outcome**: There was an increase in awareness, confidence, and motivation for medication management post-group.

Discussion

- By promoting interventions for adults living in PSH and highlighting the success of medication management programs in underserved communities, this capstone project makes a significant contribution to the field of occupational therapy.
- Limitations: Small sample size, length of study.

Conclusion

- Program results demonstrate that attending occupational therapy groups can increase clients' awareness, confidence, and motivation to utilize medication management strategies.
- Occupational therapy medication management groups are influential in an environment where clients have just initiated reintegration back into the community.

Acknowledgements

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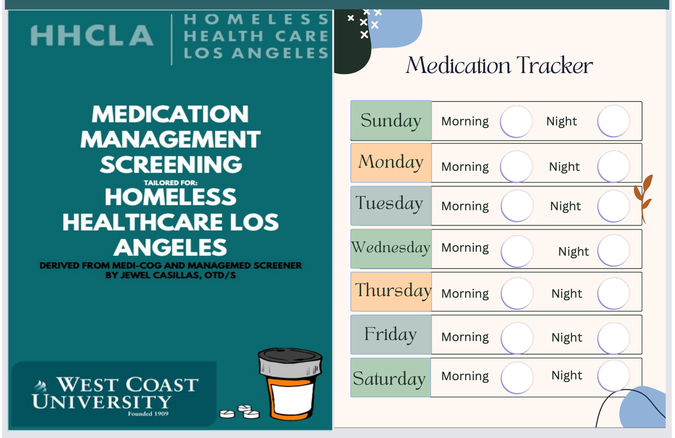
Deliverables and References



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References: Scan Me