



Adherence and Polymedication in Older Adults

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Deadline for manuscript submissions:

closed (10 July 2023)

Message from the Guest Editor

The treatment of chronic disorders commonly includes the long-term use of pharmacotherapy and non-pharmacological therapy. However, their full benefits are often not realized because many patients either do not or cannot take medications as agreed with their physicians. This nonadherence is a major issue and is associated with increased morbidity, mortality, and immense costs for the healthcare system. In particular, in older adults, nonadherence contributes to adverse drug events, increased length of stay and readmissions to hospitals, and a lower quality of life. Therefore, increasing the effectiveness of adherence interventions may have a great impact on the health of the older population. Although many factors contributing to nonadherence were studied in different cohorts and settings, many open questions remain. Among others, we need more research about methodological aspects and more longitudinal studies addressing the dynamic nature of nonadherence.

- adherence
- self-management
- polymedication
- quality of life
- healthcare





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Message from the Editor-in-Chief

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