



Care partner attitudes towards using digital health tools for medication management and optimization in persons living with dementia



Katharina Tabea Jungo,^{1,2,3} Niteesh K. Choudhry,^{1,2} Edward Marcantonio,^{4,5} Gauri Bhatkhande,^{1,2} Katherine L. Crum,^{1,2} Nancy Haff,^{1,2} Kaitlin E. Hanken,^{1,2} Molly Blair,^{1,2} Julie C. Lauffenburger^{1,2}

¹ Division of Pharmacoepidemiology and Pharmacoeconomics, Department of Medicine, Brigham and Women's Hospital and Harvard Medical School, Boston, Massachusetts, USA | ² Center for Healthcare Delivery Sciences (C4HDS), Department of Medicine, Brigham and Women's Hospital and Harvard Medical School, Boston, Massachusetts, USA | ³ Institute of Primary Health Care (BIHAM), University of Bern, Bern, Switzerland | ⁴ Divisions of General Medicine and Gerontology, Department of Medicine, Beth Israel Deaconess Medical Center, Boston, Massachusetts, USA | ⁵ Harvard Medical School, Boston, Massachusetts, USA

BACKGROUND

- Care partners are critical to making treatment decisions, including medication management, in persons living with dementia (PLWD).
- Efforts to promote stopping or reducing high-risk medications have typically had insufficient care partner involvement.
- Objective:** To assess care partner perspectives about using digital health tools (e.g., portals, applications, and other online support tools) for enhancing care partner involvement in making medication-related decisions for PLWD.

METHODS

- Sample:** 259 care partners of PLWD ≥65 years of age using ≥1 high-risk medication (benzodiazepine, sedative hypnotic, or antipsychotic) identified in the electronic health records (EHR) of a large healthcare system in the Boston metropolitan area (Mass General Brigham).
- Data collection tool:** The survey was delivered through REDCap in Fall 2023 and contained 26 questions about sociodemographic characteristics of care partners and PLWD, the use of digital health tools to support medication management, and care partners' willingness to deprescribe medications. Survey questions were based on previously-validated questionnaires and most used a 5-point Likert scale for non-free text responses.
- Data collection:** Care partners were contacted by patient portal if they were a designated proxy for the patient, mail, and then phone for survey completion. Non-proxy care partners were contacted by mail and then by phone.
- Data analysis:** Descriptive statistics.

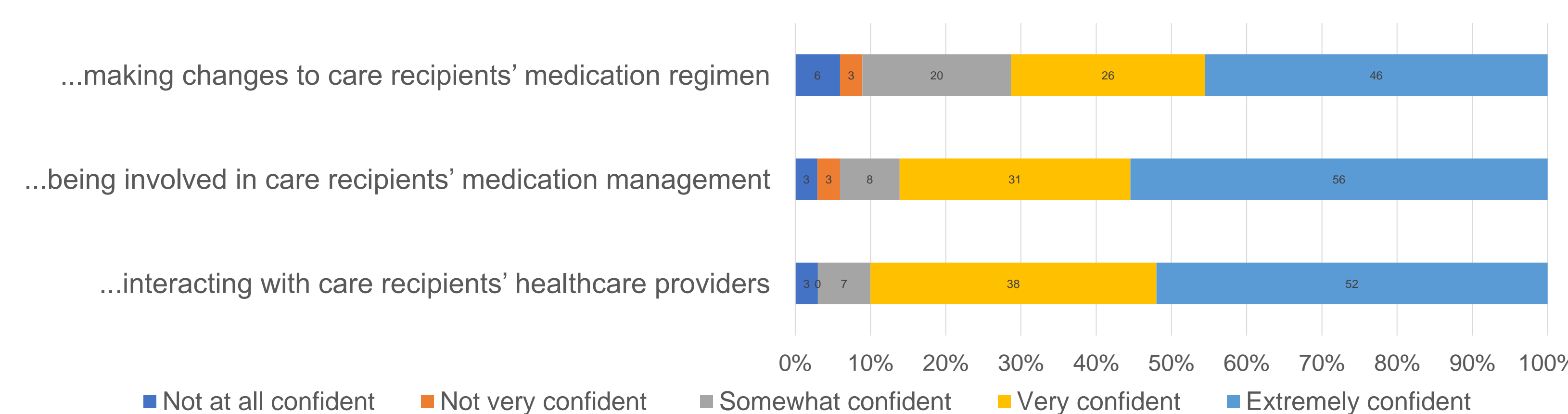
RESULTS

- 28% (74) care partners (mean age 72 ± 11 years and 62% (46) women) completed the survey.
- 77% (57) were the spouse/life partner and 22% (16) were the child of the PLWD.

- PLWD had a mean age of 80 ± 10 years and 48% (35) were female, with the following cognitive conditions reported by care partners: 22% (16) Alzheimer's disease, 23% (17) unspecified dementia, and 56% (41) other types of cognitive impairment or thinking problems.

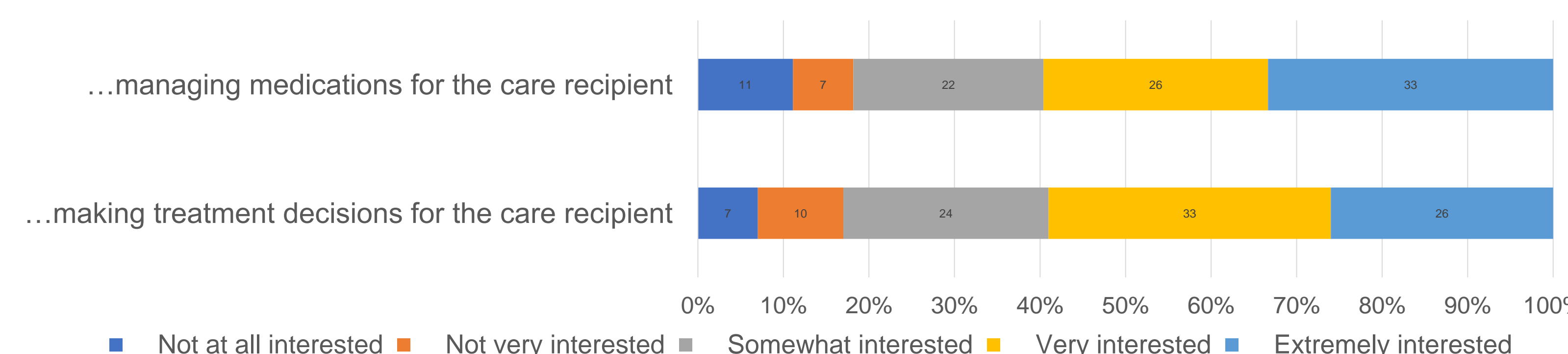
Care partners reported to be confident in making changes to the medication use of their care recipient

Care partners' confidence in:

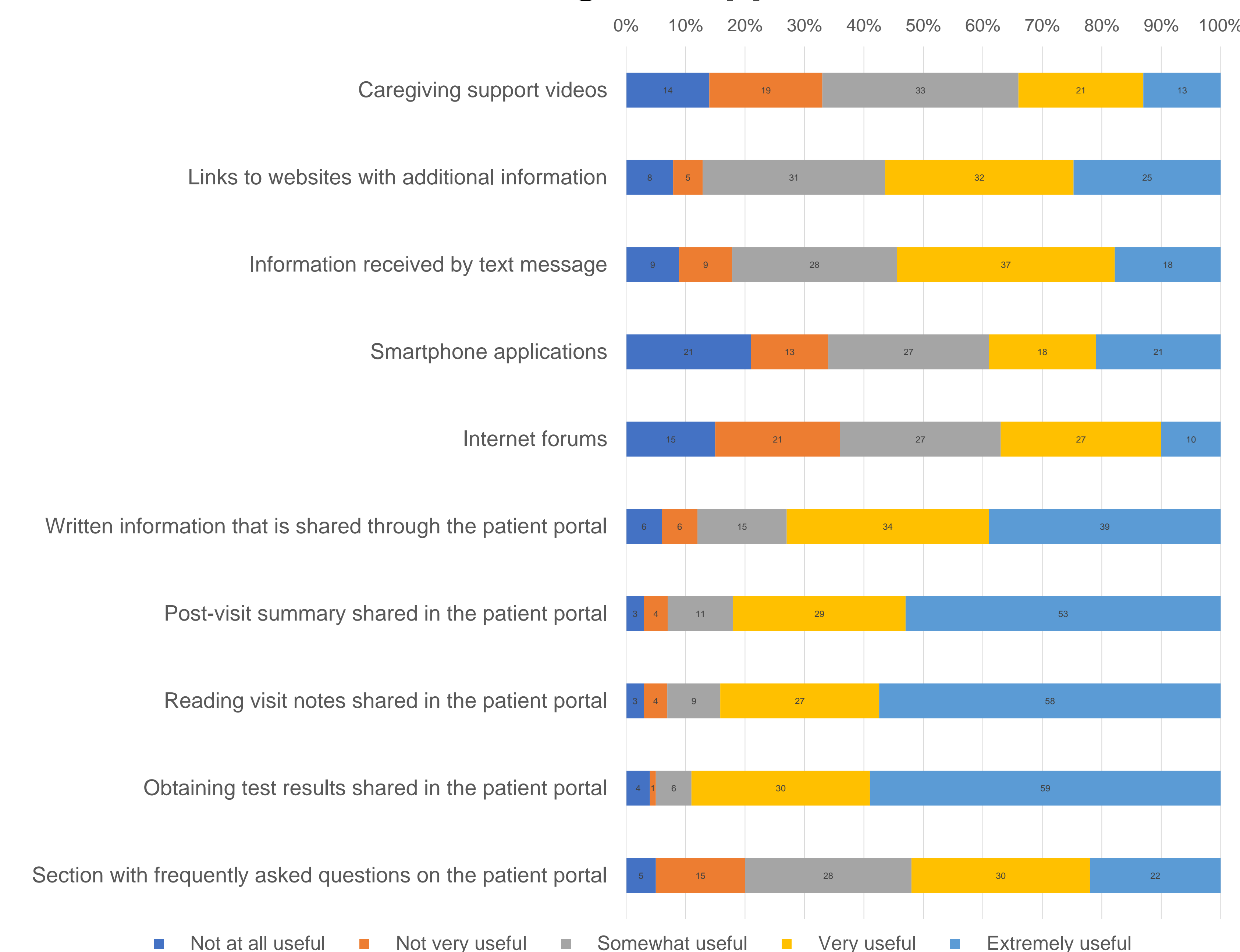


Care partners seem interested in using digital support tools for medication management and optimization

Care partners' interest in using digital tools for medication management and treatment decisions:



Care partner attitudes towards the usefulness of different digital support tools



More information on the outreach strategy is reported on the poster "Feasibility of identifying and engaging care partners for outreach interventions using electronic health record data"

SUMMARY & CONCLUSIONS

- We found a high confidence in care partners of PLWD to be involved in medication management and making medication-related decisions.
- Most care partners showed a great interest in using digital health tools for making treatment decisions and managing medication use.

FUNDING & DISCLOSURES

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Questions? Contact: kjungo@bwh.harvard.edu, @KatharinaJungo on X