

POSTER

Late Breaker

M.Y. SHADE, N. MANLEY, J. BORON, K. KYPZYK, C. PULLEN. *Ease of use and perceived usefulness of medication reminder apps in aging adults. Gerontechnology 2018;17(Suppl):188s; <https://doi.org/10.4017/gt.2018.17.s.183.00>*

Purpose The purpose of this study is to explore the perceived ease of use and usefulness of a mobile medication reminder app for the self-management of medications in rural aging adults. **Methods** This feasibility study was conducted on $N=15$ adults 55 years of age and older recruited from two Midwest rural communities. Enrolled participants downloaded the Medisafe® app and were taught how to upload medication information and use the app features. Participants used the app independently for two weeks. $N=13$ participants returned to answer questionnaires and have logged data retrieved from the app. Subjective and objective data included perceived usefulness, problems, task time, and errors. Four-weeks later; participants were called to confirm the continued use of the app. Descriptive statistics was performed on the data. **Results & Discussion** Most participants did not have difficulty downloading the app and 9 uploaded medication information correctly. The average time it took to download the app was 3.3 (SD 3.4) minutes, and it took an average of 20 minutes (SD 12) to upload medications. Only 3 participants needed help uploading medication information. At the two-week follow-up, all participants reported feeling confident using the app. Of the participants, 12 reported no difficulties using the app. The app performed functions on demand and its use did not require excessive effort. During initiation of the app medication reminder alerts were set. Six of participants forgot to log medication taken at some point during use; the average adherence percentage rate was 92%. Several app features were not used by this sample such as the automatic refills or diary. The features perceived most useful were medication reminders and medication tracking. Of the participants, 8 reported the app helped improve the self-management of their medications and 8 participants continued to use the app 4 weeks later. Over half (8) of the participants recommended the app should include real time alerts for drug interactions or harmful medications. Based on the results, this sample of rural aging adults did not have difficulties using the basic features of the app. Medication reminder alerts were set, but some participants continued to miss logging medications. The adherence rates may be over or underestimated depending on the accuracy of logged medications. Adherence percentages seem to be specific for logging activity rather than taking the actual medication as intended. Overall the medication reminder app was perceived as useful. With transgenerational design and initial assistance, this population may benefit from using a variety of technologies or mobile apps to assist with the self-management of medications or even health symptoms.

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