

Occupational Experiences of Medication Management Among Adults Living With Multiple Chronic Conditions

Amy Lorino, OTD, MS, OTR/L, Pamela Talero

Binghamton University, Harris, NY, USA

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Primary Author and Speaker: Amy Lorino, AMY12777@GMAIL.COM

PURPOSE: Adults with multiple chronic conditions (MCCs) often face difficulties with medication management affecting their experiences of well-being and illness. The aim of the study was to identify and describe the occupational experiences of medication management and their impact on well-being and illness in adults living with MCCs.

DESIGN: This qualitative descriptive study used document analysis methods.

METHOD: 134 illness narrative blog posts authored by 52 adults aged 18 and older with MCCs were included. Content and thematic analysis of their textual content was based on the Pan Occupational Paradigm.

RESULTS: Medication management is enacted through the dimensions of doing, belonging, becoming, being, and knowing, in an inter-connected, non-linear manner, with a more significant impact on illness than well-being due to the complexities associated with medication management for MCCs.

CONCLUSION: Occupational therapy practices for medication management should consider all occupational dimensions and their impact on health rather than focusing primarily on the performance of medication tasks and routines.

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