

**Title: Cohort Study of Medication Adherence among Older Adults**

**Grant Number: R01 AG022536**

**Time Period: 2005-2009**

**Direct Costs: \$1.55M**

**Principal Investigator: M. A. Krousel-Wood, MD, MSPH**

**Collaborating Investigators: Richard N. Re, MD, Edward D. Frohlich, MD, Paul Muntner, PhD – Tulane, Larry Webber, PhD – Tulane, Don Morisky, ScD - UCLA**

Dr. Marie A. "Tonette" Krousel-Wood, principal investigator, was recently awarded a \$1.55M RO1 grant in direct costs from the National Institutes of Health for 2005-2009 to conduct a prospective cohort study among aging adults ( $\geq 65$  years) with essential hypertension (HTN) in a managed care setting is to investigate the multiple factors that influence anti-hypertensive medication adherence.

Hypertension is often an asymptomatic chronic medical condition which calls for persistent adherence to medication regimes to reduce the risks of stroke, cardiovascular and renal disease. Despite the availability of effective medical therapy for hypertension, only 31% of persons with HTN have controlled blood pressure. One key factor contributing to poor blood pressure control is patient non-adherence to prescribed therapy. With adherence rates for medications estimated at about 50%, there is a continued lack of understanding of why adherence rates are low.

Dr. Krousel-Wood and her collaborators from Ochsner (Drs. Richard Re and Edward Frohlich), Tulane (Drs. Paul Muntner and Larry Webber) and UCLA (Dr. Don Morisky) will assess psycho-social, behavioral, quality of life, sexual function, medication class, and clinical factors measured at baseline on subsequent change in anti-hypertension medication adherence over 2 years of follow-up. In addition, health care system issues (perception of one's primary care provider, copayments and benefits, satisfaction with access, and communication), use of prescribed, over-the-counter, and unconventional medications and lifestyle modifications on anti-hypertensive medication adherence and change in adherence will be evaluated. Lastly, the relationship of anti-hypertensive medication adherence at baseline with future outcomes including blood pressure control, cardiovascular disease incidence and all-cause mortality, quality of life, and utilization will be evaluated.

Results of this study will lay the groundwork for developing interventions to improve medication adherence and clinical outcomes in older adults with hypertension and will increase our understanding of factors contributing to therapeutic outcomes in the use of medications by these patients.



*M. A. Krousel-Wood, MD, MSPH  
Director, Center for Health Research*

## 2005 OCHSNER RESIDENT WRITING AWARDS

The following awards were presented at Ochsner's Housestaff Commencement on June 16, 2005:

### **Edward D. Frohlich, MD Research Award:**

Jason Mitchell, MD

*Title: Pressure-derived Renal Fractional Flow Reserve Predicts Blood Pressure Improvement After Renal Stent Placement*

### **Dean H. Echols Award:**

Britt Tonnessen, MD

*Title: Mid and Long-term Device Migration After Endovascular Abdominal Aortic Aneurysm Repair: A Comparison of AneuRx and Zenith Endografts*

### **Case Report Award:**

Jenkins B. Bush, MD

*Title: Cuboid Dislocation Associated with a Central Column Lisfranc Injury*