**DGIM Project Summary**

**Name of Project:** Medication management in multimorbid older adults (TidesWell): patient interviews and clinician focus groups

**Investigator(s). (Include phone numbers and email address, indicate PI and primary contact)**

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**Research question(s):** To understand the attitudes and opinions of multimorbid older adults and their providers about medication-related problems and potential strategies to address these problems.

*Note: this application to DGIM relates only to the part of our proposal that concerns provider attitudes. We request permission to conduct a focus group with DGIM faculty. In this focus group, we will ask DGIM physicians about their experience and attitudes around medication-related problems for older adults, and solicit their feedback about an intervention idea we are developing to help address these problems.*

**Brief Background/Significance:** A number of interventions have been developed to improve various aspects of medication use in older adults with multimorbidity. Yet, the effectiveness of these interventions to improve outcomes that really matter to patients has been limited. One promising approach to overcome limitations of prior interventions involves talking with older patients to understand what is most important and bothersome to them about their medications, and helping them fix those issues which are most concerning to them. Despite the promise of this approach, there has been remarkably little research has been done to test medication interventions based on this concept. There is thus a tremendous need to develop and evaluate patient-centric medication management interventions, given their promise for improving the outcomes that matter most to patients.

As preparation for a future intervention in this area, we endeavor to conduct interviews with older adults with multimorbidity and focus groups with physicians who care for these patients. This application to DGIM relates to our request to do a focus group with DGIM faculty. Through this work we seek to understand their attitudes and opinions about medication-related problems, and to obtain their feedback and insights about how to develop a patient-centered intervention that can address these problems.

**Inclusion/exclusion criteria (list):** Physicians who currently see patients in UCSF Health System primary care clinics, and >=10% of their UCSF primary care practice over the past year has involved care of adults age 65 and older with 3 or more chronic conditions (by respondent’s best guess).
There are no exclusion criteria other than inability to provide informed consent and participate in a focus group.

**Method of contact/recruitment (be specific)** Email from investigators to DGIM clinicians, and if needed brief presentation at a DGIM faculty meeting.

**Benefits/burden for participants (clearly identify potential for harm)** See below. This request only relates to a focus group for DGIM clinicians.

**Any benefits or burden to DGIM practitioners?** We seek DGIM clinicians to participate in a 90 minute focus group. Benefits include a $100 compensation for their time and the ability to participate in an interesting discussion. Burdens include the time commitment (90 minutes) and the potential loss of privacy if information discussed in the focus group is shared with others. To mitigate loss of privacy, we will ask all focus group participants to not disclose the discussion to others. Also, the nature of topics to be discussed is not particularly sensitive.

**Timeline for recruitment (projected start and stop dates):** October 2016 – January 2017

**Funding source:** Tideswell at UCSF

**Potential for DGIM collaborators? (We encourage DGIM resident and fellow involvement in particular)** If people in DGIM are interested in collaborating on this research we would be delighted to talk with them.

**Do you agree to notify us when recruitment is completed?** Yes

**Date form completed:** 10/11/16