



Medication Adherence

Importance of Medication Adherence

- It is estimated that 33-69% of medicine-related hospital admissions are due to poor adherence
- Early nonadherence in patients with schizophrenia results in increased hospitalizations with longer lengths of stay and an increase risk of relapse
- In a recent study, missing as few as 1-10 days of medication nearly doubled the risk of hospitalization
- Chronic disease states require a high level of adherence to achieve desired results
- Diabetic patients who are non-adherent are 2.5 times more likely to be hospitalized than those who are adherent >80% of the time
- Research indicates to achieve complete HIV viral suppression >95% adherence is necessary

Possible Sources of Non-Adherence

- Confusion about dosing schedule or inconvenient dosing schedule
- Health condition misunderstood
- Interruptions or changes regarding daily routine
- Intellectual limitations or memory issues
- Language barriers
- Transportation issues
- Belief that the drug is not needed because they are feeling well
- Lack of acceptance of illness
- Medication concerns (side effects, dependence, asymptomatic condition)
- Lack of adequate support (at home or in the community)

Quick Tips for Assessing Adherence

- **Ask open-ended questions**
 - It's very easy to miss a dose, about how many doses do you think you might miss per week?
 - What is your understanding of the purpose of the medications?
 - How do you remember to take all of your medications?
 - How many medications are you currently taking?

Case Management Tips

- **SIMPLE**
 - **S**-Simplify the regimen
 - **I**-Impart knowledge
 - **M**-Modify patient beliefs and behavior
 - **P**-Provide communication and trust
 - **L**-Leave the bias
 - **E**-Evaluate the Adherence