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, dependance, 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