



Adherence and ASK-20SM: Information for Healthcare Professionals

Medication adherence is one of the most important and challenging issues facing healthcare professionals and their patients today.

Nonadherence reduces treatment success

Asthma:

- Approximately 50% of patients with asthma fail to take their controller medication as prescribed¹
- Nonadherence contributes to¹⁻³:
 - Asthma exacerbations
 - Emergency department visits
 - Hospitalizations

Diabetes:

- Nonadherence to oral diabetes medications ranges from 7% to 64%⁴
- Nonadherence can lead to unnecessary treatment changes and an increase in emergency medical events⁴⁻⁷

Nonadherence is a costly problem

- At least 50% of patients do not benefit optimally from their medication, and nonadherence plays a significant role.⁸
- Each year, medication nonadherence leads to:
 - 33% to 69% of medication-related hospital admissions⁹
 - 23% of all nursing home admissions^{10,11}
 - \$100 billion in direct and indirect costs^{10,11}
 - Increased use of expensive, specialized medical resources¹²
 - Unneeded medication changes^{4,5}
 - Unexplained treatment failures¹²
 - Repeat office visits¹¹⁻¹⁵

What is ASK-20SM

ASK-20SM is a validated self-administered survey containing 20 questions that can identify specific, actionable barriers to medication adherence across a spectrum of chronic diseases.^{16,17}

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So What Can You Do?

Patients who perceive their condition as “a serious health problem” are more likely to adhere to prescribed medication regimens.

- Talk to your patients about medication adherence so that you can identify and address potential barriers
- Look at ways to reduce the complexity of medication regimens
- Set expectations:
 - Help patients understand their condition and provide easy-to-understand education
 - Help patients understand why they are prescribed a medication
- Repeat instructions:
 - Be brief
 - Provide the most important information first
- Offer educational tools—**ASK Online**

ASK Online provides a quick way to identify patient barriers and understand what may be getting in the way of patients taking their medications. For additional information go to: www.takingmeds.com

