








Addressing Adherence Barriers With Your Patients

Barriers	What You Hear	Best Practices
 <p>Lifestyle</p> <ul style="list-style-type: none"> • May find it hard to take multiple medications • May simply forget due to busy schedules 	<p><i>"I'm so busy, I just can't fit taking medicine into my daily life."</i></p> <p><i>"I just forget."</i></p>	<ul style="list-style-type: none"> • Create a treatment plan with information on how, when, and why each medicine is taken • Encourage the use of reminders—like a weekly pill box
 <p>Attitudes and Beliefs</p> <ul style="list-style-type: none"> • Often misunderstand condition or deny having it • May not see treatment as necessary (especially if asymptomatic) • May have low expectations about treatment 	<p><i>"I just don't think I need to take medicine."</i></p> <p><i>"I feel fine."</i></p> <p><i>"They can't cure my condition, so why do I need to take medicine every day?"</i></p>	<ul style="list-style-type: none"> • Remind patients they have a lifelong condition that requires their involvement • Use health coaching techniques (eg, reflective listening) to encourage change • Suggest incremental rewards for following the plan
 <p>Social and Economic</p> <ul style="list-style-type: none"> • May lack adequate home or community support • May lack insurance or economic ability • Medication restrictions or copay may create barriers 	<p><i>"I feel like I'm handling this all alone."</i></p> <p><i>"I lost my medical insurance."</i></p> <p><i>"I can't get to the drugstore or my doctor's office because I don't have a car."</i></p>	<ul style="list-style-type: none"> • Refer patient to community support group or educational program • Ask patient to bring family member to next office visit • Enlist the help of providers or assistance programs to evaluate other means to access medicines
 <p>Healthcare Team-Related</p> <ul style="list-style-type: none"> • Little time during regular office visits to provide information • Information may not be provided in a way patient can understand • Relationship with patient may not promote understanding and self-management 	<p><i>"I don't understand what my doctor tells me."</i></p> <p><i>"I have trouble asking my doctor questions."</i></p> <p><i>"I can't get an appointment at a time that is convenient for me."</i></p>	<ul style="list-style-type: none"> • Encourage patient to ask questions • Encourage staff member, such as a nurse or physician assistant, to discuss medication-related concerns • Encourage patient to speak with local pharmacist about medication-related concerns
 <p>Treatment-Related</p> <ul style="list-style-type: none"> • Complex medication regimens (multiple medications and doses) may be hard to follow • May be discouraged if they don't feel better "right away" • May be concerned about side effects 	<p><i>"I don't like the side effects."</i></p> <p><i>"I stopped taking my medicine because I didn't feel any better."</i></p> <p><i>"The medicine makes me gain weight."</i></p>	<ul style="list-style-type: none"> • Reduce treatment complexity if possible (eg, fewer doses) • Help patient understand the condition and why medication is prescribed • Discuss treatment goals in relation to potential side effects