



Engaging Your Patients to Improve Medication Adherence

Each year medication nonadherence contributes to¹⁻³:

- Repeat office visits
- Unneeded medication changes
- Unexplained treatment failure in your practice

What Can You Do?

- Healthcare professionals can wield significant influence on adherence in two critical ways:
 - Engaging the patient
 - Forming collaborative relationships
- Each patient is unique, so the approach should be individualized
 - Assessing adherence barriers is key and helps identify patient needs based on data, not perceptions

But Isn't It up to the Patient?

"The common belief that patients are solely responsible for taking their treatment is misleading and most often reflects a misunderstanding of how other factors affect people's behavior and capacity to adhere to their treatment."²

– World Health Organization

ASK® (Adherence Starts with Knowledge) is designed to effectively and efficiently help you identify and address barriers to medication adherence.

Simple Steps to Improving Adherence

- Determine patient barriers to adherence using ASK-20SM
- Collaborate with your patients about medication decisions
- Educate patients about their disease and treatment
- Support patient empowerment
- Encourage patients to go to www.takingmeds.com

Don't wait for your patient to talk about adherence – ASK them today!

References: 1. Dailey G, Kim MS, Lian JF. Patient compliance and persistence with antihyperglycemic drug regimens: evaluation of a medicaid patient population with type 2 diabetes mellitus. *Clin Ther.* 2001;23(8):1311-1320. 2. World Health Organization. *Adherence to Long-term Therapies: Evidence for Action.* Geneva, Switzerland: World Health Organization; 2003. 3. Cramer JA. A systematic review of adherence with medications for diabetes. *Diabetes Care.* 2004;27(5):1218-1224.