

Collaborative Care for Medication Adherence

Normalize Non-Adherence & Ask Permission

Many people have trouble taking their medications all the time. To create a medication plan that is safe and effective for you, it is important to know how you are taking your medications. Can we take the next few minutes to talk about that?

Assess Adherence

1. In the past 7 days (including last weekend), on how many days have you missed taking any of your doses?
OR
During the past month approximately what percentage of your medication have you taken?
2. Have you decided to stop or start any medications on your own?

Clarify as needed:

For example: 0% means you took no medication, 50% means you took half your medication, 100% means you took every dose of your medication.

< 80% Adherence

80 – 100% Adherence

Affirm Positive Behavior

Good for you! Taking your medications regularly is one of the best ways to manage your _____.

(If 100%, continue to next topic in the encounter; if < 100% proceed as described below)

Build on Strengths

On the days you take your medicines, what helps you stay on track? [Listen, Reflect, Affirm]

Explore Barriers & Solutions

What gets in the way of taking your medicines on some days? [Listen, Reflect]

What are your ideas for taking your medicines in those situations? [Listen, Reflect, Affirm]

Explore Ambivalence

Encourage patient to verbalize pros and cons of adherence related to personal concerns and goals

Provide Education & Check Understanding (Teach Back)

We've discussed some strategies for taking your medication regularly. To help me know whether I've explained things thoroughly, please tell me how you plan to take your medications.

Summarize

Summarize patient's perspective and affirm ideas for success. Reinforce / clarify education prn.

If adherence is very low or erratic, see "Tips for Improving Patient Adherence to Medications" for more detailed guidelines.

Strong, Positive Close

I strongly encourage you to take your medications regularly. This is one of the best ways to manage your _____ and prevent health problems in the future. Of course, the decision is entirely yours. I am confident that should you decide to carry out the plan we developed today, you can find a way to make it work for you.

Transition to next topic in the encounter or arrange for follow up as appropriate.