

Chapter-06

Medications Adherence

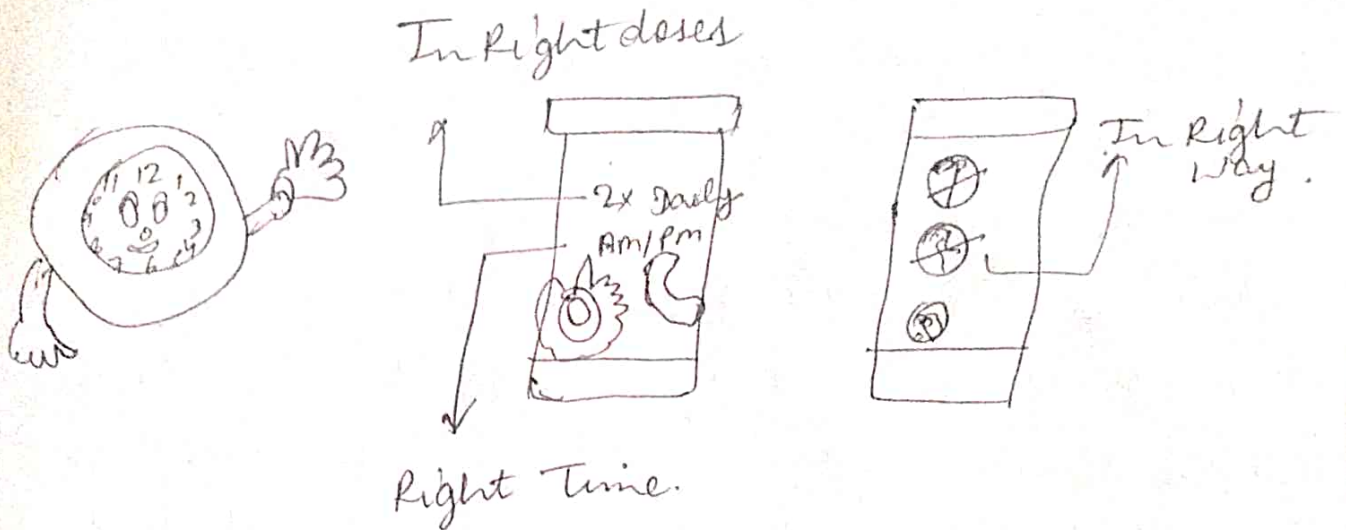
* Introduction!

- Upon diagnosis, once the appropriate drug is chosen, the prescription correctly written and the medication correctly dispensed, it is assumed that it will be taken correctly and treatment will be successful.
- When patients fail to adhere to their medications regimen by not taking their medications as prescribed, their health, wellbeing, and possibly even lives are put at risk.
- Poor medications adherence can also has risky outcomes and greatly affect overall healthcare costs.

* Definition!

- The U.S. Food and Drug Administration (FDA) defines medications adherence as
- "The extent to which patients take medications as prescribed by their doctors. This involves factors such as getting prescriptions filled, remembering to take medications on time, and

understanding the directions".



* Factors influencing non-adherence/

→ There are five factors or dimensions as defined by the World Health Organization that lead to a patient not following a recommended treatment plan.

* Social and economic factors/

→ Such as poverty or financial stress, transportation challenges, cultural beliefs, medications costs and inadequate insurance are significant drivers of medications nonadherence.

* Patient - related factors!

- Like forgetfulness, physical impairments, beliefs about medication and low health literacy so impact the ability to optimize medication therapy.
- Lack of knowledge about the disease and the reasons the medications are needed, lack of motivation and substance abuse also are associated with poor medication adherence.

* Therapy - related factors!

- Like complex therapy regime, taking different medications at different times of day, frequent changes in medications regime or long duration of treatment and side effects of medications are also major barriers to adherence.

* Condition - related factors!

- They related to the level of disability (physical, psychological, social and vocational), rate of progression and severity of disease.

Health care team and system-related factors

→ like overworked healthcare workers, lack of training on chronic disease, poor communication between the physician and patient regarding the benefits of the medication instructions for use and medication side effects can adversely affect medication adherence.

→ Conversely, developing strong provider/patient communication is an important step in obtaining optimal medication adherence.

Strategies to overcome non-adherence

(A) Types

* The International strategies can be:

(1) Provider - Targeted

→ Provider - targeted interventions include the education of healthcare workers including the treating physician, community pharmacist and nurses.

(2) Patient - Targeted

→ Patient targeted interventions include various educational strategies with oral or written instructions, or audiovisual materials.

→ Interventions which target the behaviour of patients are also useful. These include medication diaries, dosettes, verbal agreement with patients, matching the regimen to suit the patients' convenience and reminders by mail or telephone.

→ Affective strategies such as counselling patients in depth, home visits and generating family support may also improve patients' medication adherence.

→ Pharmaceutical formulations such as sustained release and long acting medication which decrease and frequency of dosing transdermal medications and depot preparations may increase patient convenience and improve medication adherence.

→ An important factor that influences patient medication adherence is the nature of the doctor-patient relationship.

→ Another important strategy aimed at improving adherence involves patient education, patient counselling and providing information.

* Patient education strategies that can help improve medication adherence: 2

S.No/

STRATEGIES

- 01 Present the most important instructions first
- 02 Add a few simple, clearly stated instructions with easy read, written instructions
- 03 Explain medication regimen to the patient's daily schedule and lifestyle.
- 04 Involve the family to assist and encourage adherence.
- 05 Schedule for according to the patient's previous adherence record.
- 06 Select medications which can be given once daily and with the least potential to cause side effects.
- 7 Patients should not only be informed of possible side effect. how to manage it
- 08 make information in four key points.
- 09 Use simple language short sentences and simple.