



HCP ADHERENCE TIP SHEET



Estimates show that **50 percent of the medications for chronic diseases are not taken as prescribed**. Patient nonadherence to prescribed medications is linked to a broad range of issues, including poor therapeutic outcomes and progression of disease. Adherence is a critical issue to ensure improved outcomes for patients.

With a problem this pervasive, it can feel overwhelming to address. Fortunately, one manageable element that increases adherence is the partnership between doctor and patient. So what can you do?

As you're aware, every single patient is different, so **using a patient-centered approach is necessary to assess and improve adherence**.

Here are a few **easy-to-use tips** to use in your practice during patient visits:

- **Clarify the objectives** of treatment
- Make sure that the **patient is involved** in the decision process around treatment
- Ask the patient about their **goals and preferences** of treatment
- **Screen** for missed appointments
- Ask patients **when they take their medication**
- Ask patients **if they forget to take their medication** – and ask multiple times
- **Explain the problems** associated with non-adherence
- **Offer options** and recommendations
- Check multiple times to **make sure the patient understands**

Healthcare providers are in the most optimal position to obtain the information from patients and to incorporate it into treatment decisions, which can improve adherence. **The doctor-patient relationship is one of the most crucially important elements to help address non-adherence challenges and help improve patients' treatment outcomes.** The benefits of addressing this problem are limitless.



For resources on ways to strengthen patient partnerships and anticipated patient questions at the five-year milestone visit YouDontKnowJackAboutMS.com.

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