

**MEDICATION MANAGEMENT**

**CHECKLIST #3**

**PROMOTING ADHERENCE TO A MEDICATION REGIMEN**

Patient nonadherence to a prescribed medication regimen is a common problem that physicians in all specialties encounter. Some factors that may influence medication adherence include the complexity of the regimen, the age of the patient, and the cost of medications. Patients and/or caregivers should be advised of the importance of taking medications exactly as directed. Educating patients regarding the use of medications should include information about potential drug interactions, side effects, and other related problems that may warrant medical intervention.

	YES	NO
1. Prescribing providers educate patients about each medication, including its name, appearance, purpose, and effect. This education includes any potential side effects and/or interactions associated with the medication regimen. The importance of contacting a healthcare provider should any reactions, questions or concerns arise is also stressed.	<input type="checkbox"/>	<input type="checkbox"/>
2. Patients are queried regarding any underlying issues with medication selection in order to resolve any concerns.	<input type="checkbox"/>	<input type="checkbox"/>
3. The importance of using only one pharmacy to obtain all medications is emphasized to patients or their representatives.	<input type="checkbox"/>	<input type="checkbox"/>
4. Patients are advised to: <ul style="list-style-type: none"> <li>• Keep an accurate list of all medications including generic and brand names, over-the-counter medications, and herbal supplements, which includes dosages, dosing frequency, and the reasons for taking the medication</li> <li>• Maintain a complete list of medical providers and their contact information</li> <li>• Post the name and telephone number of their local pharmacy in a prominent location along with the name and phone number of their physician</li> <li>• Establish a daily routine when taking their medications and bring a list of all medications that they are taking to each and every appointment</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
5. Patients are made aware of the various medication adherence aids and devices available, such as dosing reminders, pill boxes, and refill reminder programs.	<input type="checkbox"/>	<input type="checkbox"/>
6. Useful written information, in plain language, is provided that clearly explains how patients can correctly manage their medications.	<input type="checkbox"/>	<input type="checkbox"/>



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<b>PROMOTING ADHERENCE TO A MEDICATION REGIMEN (continued)</b>	<b>YES</b>	<b>NO</b>
7. The “teach back method” is used when explaining medications to patients. First teach the information, then ask patients to repeat it back in their own words.	<input type="checkbox"/>	<input type="checkbox"/>
8. Providers help patients manage their medications, caution them to not share medications, and advise them to follow storage recommendations and dispose of old medications properly.	<input type="checkbox"/>	<input type="checkbox"/>