



Quality Considerations: Improving Medication Adherence

Adherence to medications for chronic conditions is an important factor for keeping your patients healthy and to optimize health outcomes. This is especially important for patients who take medications for hypertension, hyperlipidemia, and diabetes.

What can you do for your patients who are non-adherent?

The table below summarizes the common barriers for medication adherence and potential solutions.

Common Barriers	Solutions
Side effects	<ul style="list-style-type: none"> Adjust the patient’s dose or prescribe an alternative medication. Suggest ways to help manage or reduce side effects. Tell patients to call you about side effects before stopping medications on their own.
Late to refill	<ul style="list-style-type: none"> Write 90-day prescriptions when appropriate. Encourage patients to enroll in automatic refills at their pharmacy. Suggest home delivery if the patient is having difficulty getting to a pharmacy.
Lack of understanding	<ul style="list-style-type: none"> Counsel patient on the importance of taking their medications as prescribed to control their disease state and prevent future complications, even if they can’t feel it working. Advise patients to call the office if they have clinical questions.
Forgetting doses	<ul style="list-style-type: none"> Encourage the use of a pill box or daily reminder on their phone. Have patients place medications in an area where they will see them often.
Social determinants of health concern	<ul style="list-style-type: none"> For patients with concerns like transit, housing, food, and literacy, share these free resources at findhelp.org.

Please call our clinical pharmacist **718-938-2174** if you need additional information.