PHARM.D • YEAR 2

Community Pharmacy

CHAPTER 7

Patient Medication Adherence



PPT CHAPTER COVER

DOCTOR OF PHARMACY

MEDICATION ADHERENCE: A PARTNERSHIP

Adherence is the extent to which medicine-taking follows recommendations agreed with the healthcare professional.

INTENTIONAL DIFFICULTY

A patient may decide not to take treatment because of concerns, perceived lack of benefit or adverse effects.



UNINTENTIONAL DIFFICULTY

Forgetting, cost, poor access, complex instructions or difficulty using a device can interrupt treatment.



ASK WITHOUT BLAME

Understand the reason before choosing a solution.



The aim is a realistic, shared plan—not judging the patient as "good" or "bad".

FIVE DIMENSIONS OF ADHERENCE

SOCIAL & ECONOMIC

Cost, transport, literacy, family support and daily living demands.

HEALTHCARE TEAM & SYSTEM

Access, continuity, communication and availability of medicines.



CONDITION

Symptoms, disease severity and mental or physical health difficulties.

THERAPY

Regimen complexity, duration, adverse effects and changes in treatment.

PATIENT

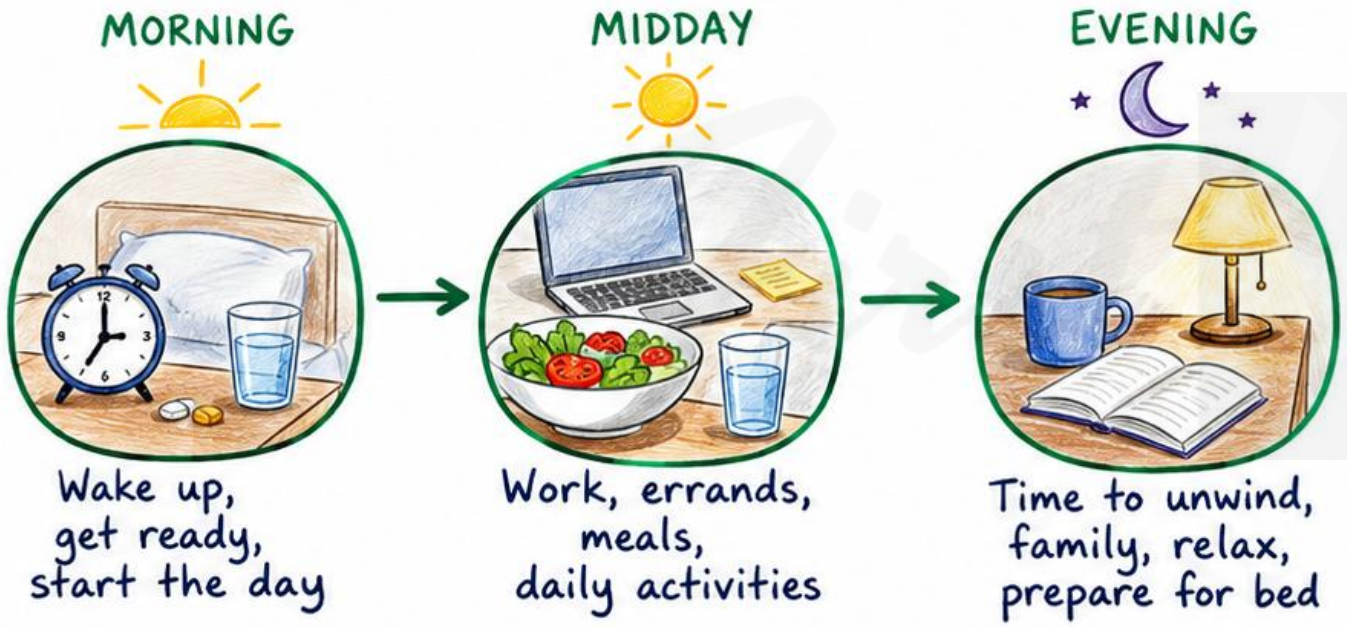
Beliefs, knowledge, motivation, memory and confidence.

Several dimensions often interact; a reminder cannot solve an unaffordable medicine supply.

EXPLORING WHY DOSES ARE MISSED

START WITH EVERYDAY EXPERIENCE

Ask how medicines fit into the patient's routine and what happens on difficult days.

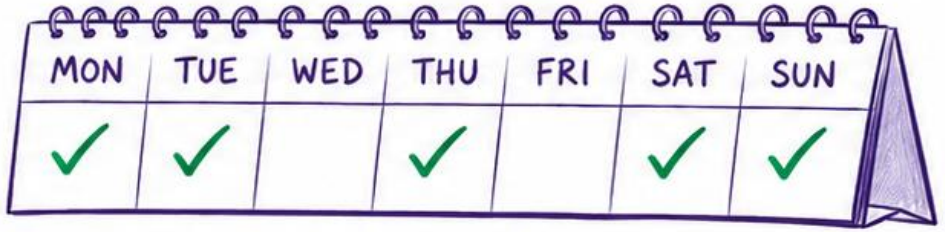


Agree on the most important barrier and choose a practical response. Reassess later rather than assuming one conversation solves it.

LOOK FOR THE REASON

- Is the purpose understood?
- Are adverse effects or long-term harm feared?
- Are instructions complicated or hard to follow?
- Is supply affordable and consistently available?
- Are memory, dexterity or device skills a problem?

FOLLOW UP AND REASSESS



Check in, adjust plan, and support progress.

MEASURING ADHERENCE: DOSE COUNT

TEACHING FORMULA

$$\text{Adherence (\%)} = \frac{\text{doses taken}}{\text{doses prescribed}} \times 100.$$

EXAMPLE

Prescribed: 2 doses daily for 30 days.

Expected doses = $2 \times 30 = 60$.

Doses reported taken = 54.

$$\text{Adherence} = \frac{54}{60} \times 100 = 90\%.$$

2 DOSES DAILY FOR 30 DAYS

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

30 DAYS
↓
2 DOSES EACH DAY
60 DOSES EXPECTED

DOSES REPORTED TAKEN = 54 OF 60



54 TAKEN

6 NOT TAKEN

60 PRESCRIBED

INTERPRET CAREFULLY

- This does not show whether doses were taken at the correct times or with the correct technique.
- There is no single percentage that proves adequate treatment for every medicine.

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