

6 SIMPLE strategies to help increase medication adherence

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Did you know the cost Impact of medication non-adherence is \$528 billion from non-optimized medication therapy?¹ That's equivalent to 16% of U.S. total health expenditures and contributes to 275,689 deaths per year.²

As a healthcare provider, you can motivate your patients to adhere to their medication regimens, which can contribute to improved outcomes and increased STARS performance.

We developed [this video](#) to offer best practices in boosting medication adherence among your patient population.

Use the 6 SIMPLE strategies below to help improve medication adherence among your patient population.

S - Simplify the regimen

- Limit the # of doses and frequency
- Encourage adherence aids such as a pill box
- Utilize generic prescriptions if clinically appropriate
- Implement real-time pharmacy benefit to understand patient cost-share at the point of care

I - Impart knowledge

- Assess patient's knowledge of medication regimen
- Provide clear medication instructions (written and verbal)
- Patient-provider shared decision-making

M - Modify patient beliefs and behavior

- Ask open ended questions about impact of not taking medications
- Empower patients to self-manage their condition

P - Provide communication and trust

- Provide emotional support
- Allow adequate time for the patient to ask question

L - Leave the bias

- Understand patient's health literacy and how it affects outcomes
- Develop a patient-centered communication styles

E - Evaluate Adherence

- Utilize motivational interviewing to confirm adherence
- Review pharmacy refill records, Rx bottles, lab testing
- Identify barriers to adherence
- Determine interventions and follow-up
- When appropriate, prescribe 90 day fills for chronic conditions

Watch [this video](#) to learn more best practices on helping improve medication adherence and your organization's overall quality and STARS performance.

References:

- 1 Lloyd J et al. How much does medication nonadherence cost the Medicare fee-for-service program? *Med Care.* 2019;00:1-7.
- 2 Watannabe JE et al. Cost of prescription drug-related morbidity and mortality. *Ann Pharmacother.* 2018;52(9):829-837. DOI: 10.1177/1060028018765159

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