

Adherence Ideas and Tools

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In the office

- “Shared decision making” in prescribing treatment for hypertension
- Encourage more self directed behavior in BP monitoring and medication taking
- Have office personnel make phone periodic follow up calls when patients are undergoing therapy initiation and changes
- Find a medication reminder smart phone app that works for you and the patient
- Simplify the schedule by using combo drugs and strive for once daily administration

- Reconcile medications by communicating with the patient’s pharmacist
 - Know which pharmacy or pharmacies the patient uses and feel free to call for a record of the refills for your patients
 - If using multiple pharmacy outlets get their contact information

- For those patients who have adherence issues or who do not reach target on the optimum medication regimen and for whom refill information is not available:
 - Have them bring in bottles at each visit and do a pill count (similar to what goes on in pain clinics)
 - Have them bring pharmacy receipts or statement from pharmacy for purchases during the period between office visit

From pharmacy

- Engage the pharmacies in the community to be reaching out.
- Blister packing meds
- Dose reminder boxes
- 90 day supplies of maintenance medicines
- Set up patient on auto refill
- Some pharmacy computer systems have phone, text, or email reminder options for patients
- If the clinic wants to enroll their target patients in an adherence program, that might be something the pharmacy could facilitate.