

# Increasing Medication Compliance

## Objective

To increase the likelihood of compliance with taking your medication.

## What to Know

Medication compliance, often referred to as medication adherence, is crucial because it directly impacts the effectiveness of treatment, symptom management, and overall health outcomes. When healthcare professionals prescribe medication, they expect it to be taken as directed to achieve the best possible results. Here are reasons why medication compliance is so important.

- Medications are tested and prescribed in specific dosages and schedules to maximize their effectiveness. Taking your medication as directed ensures you receive the full benefit, helping to control symptoms or cure the condition.
- For chronic conditions, such as hypertension or diabetes, medication helps manage symptoms and prevent the condition from worsening. Skipping doses or not taking medication as prescribed can lead to complications, making the condition harder to manage.
- Non-compliance can lead to hospitalizations, additional treatments, or the need for more potent medications with possibly more side effects. Sticking to your prescribed medication plan helps avoid these complications.
- Taking medications as prescribed allows your healthcare provider to monitor their effectiveness and any side effects. If a medication is not working as intended or if you are experiencing adverse effects, your provider can adjust your treatment plan if they know you have been taking them as prescribed.
- By managing your condition effectively through medication compliance, you can avoid additional medical costs associated with uncontrolled symptoms or consequences of non-adherence.
- Medication compliance can significantly improve your quality of life. By managing your condition, you can enjoy more activities, experience fewer symptoms, and have a more positive outlook on your health journey.

There may be barriers to taking your medication as prescribed, such as forgetting doses, experiencing side effects, or concerns about cost. Communicating openly with your healthcare provider about any challenges you face is essential. Together, you can find practical solutions to ensure you get the best possible care.

This worksheet is designed to help you reflect on your medication regimen and its role in your treatment plan.

## What to Do

The questions below explore your thoughts, feelings, and behaviors around medication compliance. Please answer them as honestly as possible. In the following chart, list your medications. Include the dosage for each medication and how frequently you take each one. Finally, describe why you are taking each medication.

Name of Medication	Dosage	Frequency	Purpose (What symptoms or conditions is it treating?)

What is your understanding of how each medication works?

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Do you believe your medication is necessary for your treatment? Why or why not?

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Where do you get information about your medications? (Doctor, pharmacist, online, etc.).

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Do you have enough information to make informed decisions about your medication? If not, what information do you feel is missing?

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Have you experienced any side effects from your medication? If so, please describe.

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How do these side effects impact your willingness to take the medication as prescribed?

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How do you feel about taking medication for your condition(s)?

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Are there any particular concerns or fears you have about your medication?

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How often do you miss doses of your medication? What are the common reasons?

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What strategies have you tried to remember to take your medication? What has worked? What has not worked very well?

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Do you have a support system (family, friends, care team) that helps you with your medication regimen? List people who can help you.

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How can these people better support you in taking your medication as prescribed?

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What are the main barriers to taking your medication as prescribed?

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How can you address these barriers?

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Set two goals related to improving your medication compliance. Consider using specific, measurable, achievable, relevant, and time-bound (SMART) criteria. In the following chart, write down two specific goals. In the second column, write down how you will measure whether you are achieving the goal. In the third column, note whether you believe this goal is achievable. If you believe a goal is NOT achievable, consider choosing another goal. In the fourth column, write down how this goal is relevant to increasing your medication compliance. Finally, give yourself a deadline for achieving each goal.

<b>Goal</b>	<b>How will you measure this goal?</b>	<b>Achievable? (Yes/No)</b>	<b>How is this goal relevant?</b>	<b>Deadline (goal is timebound)</b>
#1				
#2				

What steps will you take to achieve these goals?

Goal #1

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Goal #2

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What have you learned about your relationship with your medication?

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### **Reflections on This Exercise**

Did anything surprise you about this activity? If so, describe.

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How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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