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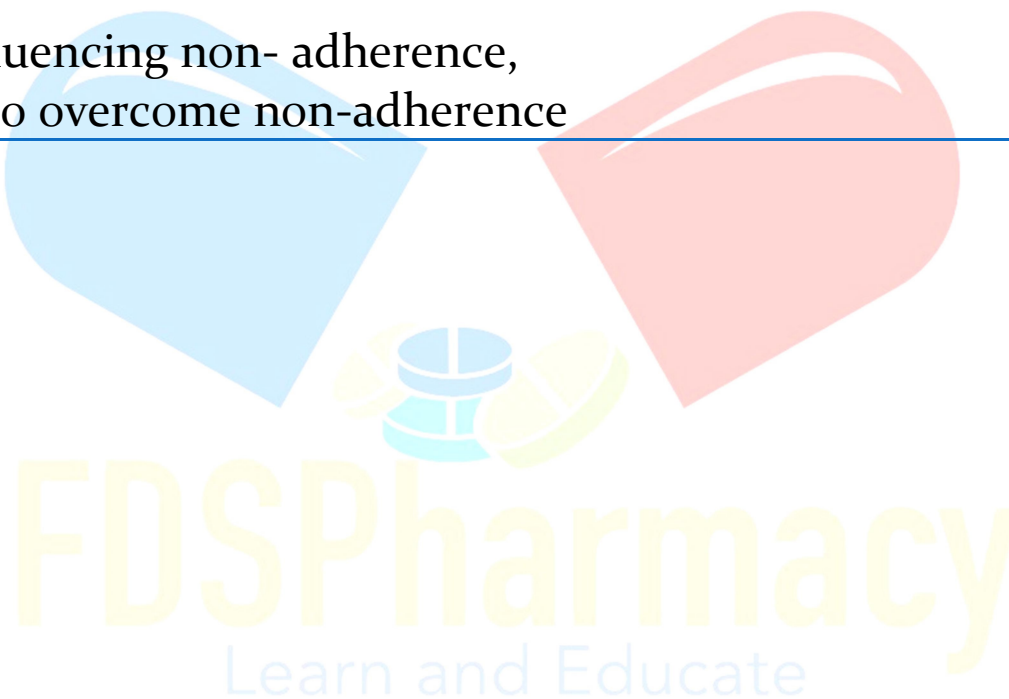
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Diploma in Pharmacy 2nd Year
Community Pharmacy & Management
Chapter 6 : Medication Adherence

Topics	Page No
Medication Adherence Definition, Factors influencing non- adherence, Strategies to overcome non-adherence	3



Chapter 6

Medication Adherence

MEDICATION ADHERENCE

→ Medication adherence or patient adherence means obeying medical instructions for administration of medicine by patient.

Non Adherence

➤ **Non adherence or Non Compliance** : If patient dose not obey the instructions for administering the medications as directed is it called non adherence .

Factors influencing Non Adherence

→ **Health care system related factors** : According to Makaryus et . al . the patient are discharged from hospital and not educated properly and Non adherence occurs .

→ **Patient related factors** :

- Younger age ,
- Patient is not taking the disease seriously,
- Lack of symptoms,
- Misunderstanding regarding medication,
- Patient forgets to take medicines,
- He has Mental problems.

→ **Drug related factors** :

- Too much adverse effects (patient fear to take medicines),
- Cost of drugs many poor patients do not afford the drugs,
- Too much medication,
- Root of administration

→ **Therapy related factors** : Exact medications are not administered or prescribed

→ **Education related factors** : Factors of medication non adherence includes lower education level and low health education level.

Strategies to overcome Non-Adherence

- Many of studies explain that most of factors of Non Adherence are patient oriented (related) although we consider following strategies to overcome the Non Adherence :
- ✚ It includes educating healthcare workers(pharmacist nurses) they should be taught communication skill and counselling points properly.
 - ✚ If staffs are not sufficient they should be increased according to the needs.
 - ✚ Cheap and best medicine should be prescribed.
 - ✚ Patients should be counselled properly.
 - ✚ Counselling should be orally and in written form also.
 - ✚ Pictograms should be used.
 - ✚ feedback questions should be asked.
 - ✚ clearing patient 's doubt .
 - ✚ listening the patient with patience.
 - ✚ Simple and easy language should be used.
 - ✚ Counsellor should avoid anger



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