

Medication Adherence

Printable Materials



Activity Card #1 Medication Label

What are the parts of my medicine label?

Team 1: The name and address of the pharmacy

Team 2: The prescription number

Team 4: How and when to take your medicine

Team 3: The name of your medicine

Team 4: The number of refills

Team 1: Your name

Team 3: The amount of medicine in each pill

Team 2: The number of pills in the bottle

Medication Label Content:

Pharmacy XYZ
100 Main Street, Hometown, NY
DEA# BD123456789

RX 123456

DOE, JANE
123 Anywhere Street
Hometown, NY 10000

TAKE ONE TABLET BY MOUTH EVERY DAY

ENTERIC ASPIRIN 81 MG

REFILLS: 2

QTY: 100

CAUTION: FEDERAL LAW PROHIBITS THE TRANSFER OF THIS DRUG TO ANY PERSON OTHER THAN THE PATIENT FOR WHOM IT WAS PRESCRIBED

Date filled: 9/29/08 Date Written: 9/29/08

Each Team has 2 sections to discuss

For example, Team 1 will discuss “The name and address of the pharmacy” and “Your name.”

Medication Adherence

Activity D-Worksheet "Overcoming Barriers"



GETTING
HEALTHIER
TOGETHER
A Path To A Better Us

WORKSHEET FOR THE PARTICIPANT

Instructions: Read each of the situations listed under the "barriers" column and each of the strategies listed under the "solutions" column. After reading both columns draw a line to connect each barrier with their respective solution.

BARRIERS	SOLUTIONS
<ul style="list-style-type: none"> Some people forget to take their medication because of busy schedules or sometimes memory problems 	<ul style="list-style-type: none"> If you are afraid of becoming dependent on the medication, your health care provider or pharmacist can help you learn more about the medication.
<ul style="list-style-type: none"> Not wanting to be dependent on medicine 	<ul style="list-style-type: none"> Most medications don't cause you to be dependent on them. Talk to your health care provider if you have any questions or concerns.
<ul style="list-style-type: none"> Not having any symptoms (e.g., feeling fine) 	<ul style="list-style-type: none"> Most people do not enjoy taking medication, but they take them because they understand how the medication may help their condition.
<ul style="list-style-type: none"> Don't see the need to take it 	<ul style="list-style-type: none"> If you feel that this medication is not important, ask your health care provider or pharmacist how it will help you.
<ul style="list-style-type: none"> Fear of side effects 	<ul style="list-style-type: none"> Even if you don't feel sick, you need to continue to take your medication unless your health care provider has instructed you to stop. Learn more about your medical condition, it will help you understand why you need to keep taking your medication.
<ul style="list-style-type: none"> Do not like taking medicine 	<ul style="list-style-type: none"> Talk to your health care provider or pharmacist if you have any questions.
	<ul style="list-style-type: none"> Talk with your health care provider that prescribed the medication; they are the experts in treating your condition.
	<ul style="list-style-type: none"> If you feel the medication is not important, ask your health care provider or pharmacist how it will help you.
	<ul style="list-style-type: none"> Use pill boxes, calendars, magnets or sticky notes to help remind you.
	<ul style="list-style-type: none"> Tie your medication schedule to daily routines such as brushing your teeth, eating breakfast, or taking it at bedtime.
	<ul style="list-style-type: none"> Always contact your health care provider or pharmacist if you think you are having side effects. This may or may not be from the medication that you are taking. Your health care provider or pharmacist will help determine if it is a side effect. Your health care provider may adjust your medication or instruct you to stop taking it.

Example

Medication Adherence

Activity D-Worksheet "Overcoming Barriers"



GETTING
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A Path To A Better Us

WORKSHEET FOR THE FACILITATOR

Instructions: Read each of the situations listed under the "barriers" column and each of the strategies listed under the "solutions" column. After reading both columns draw a line to connect each barrier with their respective solution.

BARRIERS	SOLUTIONS
<ul style="list-style-type: none"> • Not wanting to be dependent on medicine 	<ul style="list-style-type: none"> • If you are afraid of becoming dependent on the medication, your health care provider or pharmacist can help you learn more about the medication. • Most medications don't cause you to be dependent on them. Talk to your health care provider if you have any questions or concerns.
<ul style="list-style-type: none"> • Do not like taking medicine 	<ul style="list-style-type: none"> • Most people do not enjoy taking medication, but they take them because they understand how the medication may help their condition. • If you feel that this medication is not important, ask your health care provider or pharmacist how it will help you.
<ul style="list-style-type: none"> • Not having any symptoms (e.g., feeling fine) 	<ul style="list-style-type: none"> • Even if you don't feel sick, you need to continue to take your medication unless your health care provider has instructed you to stop. Learn more about your medical condition, it will help you understand why you need to keep taking your medication. • Talk to your health care provider or pharmacist if you have any questions.
<ul style="list-style-type: none"> • Don't see the need to take it 	<ul style="list-style-type: none"> • Talk with your health care provider that prescribed the medication; they are the experts in treating your condition. • If you feel the medication is not important, ask your health care provider or pharmacist how it will help you.
<ul style="list-style-type: none"> • Some people forget to take their medication because of busy schedules or sometimes memory problems 	<ul style="list-style-type: none"> • Use pill boxes, calendars, magnets or sticky notes to help remind you. • Tie your medication schedule to daily routines such as brushing your teeth, eating breakfast, or taking it at bedtime.
<ul style="list-style-type: none"> • Fear of side effects 	<ul style="list-style-type: none"> • Always contact your health care provider or pharmacist if you think you are having side effects. This may or may not be from the medication that you are taking. Your health care provider or pharmacist will help determine if it is a side effect. Your health care provider may adjust your medication or instruct you to stop taking it.

Medication Adherence: What You Need to Know



Importance of Taking Your Medications as Prescribed

Your medicine is intended to help improve your health now and in the future. It may prevent future problems such as heart disease, heart attacks, and stroke. It is important to take your medicine as your health care provider has told you.

This way, your health care provider can:

- Help make sure the medicine will cause no harm.
- Watch you to see if the medicine is helping you.
- Decide to change your medicine because you may not be getting better, or you start to have problems with it.

Know Your Medication

When you receive a new medication, it is important to make sure you understand what it is and why you are taking it. These are some questions to ask your health care provider or pharmacist:

- What is the name of the medication?
- What is the medication for?
- How should I take it?
- When should I take it?
- What are the possible side effects?
- What do I do if I miss a dose?

It is also important to know the name of your pharmacy and their phone number. This will help when you need to refill your medication. This information and more can be found on the prescription label.



Things You Can Do to Help You Take Your Medications as Prescribed.

If you are having any of these problems, try some of the tips listed below:

Forgetfulness

- Use pillboxes, calendars, magnets, or sticky notes to help remind you.
- Tie your medication schedule with daily routines such as brushing your teeth, eating breakfast, or at bedtime.

Not understanding

- Talk with the health care provider who prescribed your medication; he or she is the expert in treating your condition.
- If you feel that a medication is not important, ask your health care provider or pharmacist how it will help you.

Do not like taking them

- Most people do not like taking medications, but take them because they know the medication is helping them get better.
- If you feel the medication is not working or needed, talk with your health care provider or pharmacist.

Fear of side effects

- Always contact your health care provider or pharmacist if you think you are having side effects or having problems. This may or may not be from the medication you are taking. Your health care provider or pharmacist will try to see if it is a side effect. They may adjust your medication or instruct you to stop taking it.

Not feeling sick

- Even if you don't feel sick, you need to continue to take your medication unless your health care provider has instructed you to stop. As you learn more about your medical condition, you will begin to understand why you need to keep taking your medication.
- Talk to your health care provider or pharmacist if you have any questions.

Action Plan for Medication Adherence



Check off items from the list below that you will be able to change or improve. Or you can write in your own action items.

Take your medications as prescribed.

- Learn to read and understand your prescription label.
- Try to go to one pharmacy for all your medications.
- Use a pillbox to organize your medications.
- Refill your medication before it runs out.
- Keep a list of your medications in my wallet or purse.
- Let your family or friends know what medications you're taking.

Work with your health care provider.

- At each visit, ask your health care provider:
 - Which medicine do I need to take?
 - How should I take it?
 - What is the medicine for?
 - Why is it important for me to do this?
- Don't stop taking your medications without telling your health care provider.
- Contact your health care provider or pharmacist if you think you're having side effects.



Be active each day. Always check with your health care provider before starting any new exercise program.

- Find something you like to do most days of the week for at least half an hour; try swimming, walking, dancing, or taking a fitness class.
- Take the stairs instead of the elevator.
- Park your car a few blocks away or get off the bus a few stops earlier.

Eat Healthy.

- Drink skim milk. Pick lean, broiled meats. Eat more foods with fiber. Try foods such as oatmeal, oranges, pears, carrots, kidney beans, and lentils.
- Cut back on foods high in fat and cholesterol. Eat fewer high-fat cheeses, eggs, creamy sauces, fried foods, and whole milk.

No Tobacco.

- Stop smoking or smoke less.
- Talk with your health care provider about ways to stop smoking.

Other

The good news is that:

By taking your medications as prescribed and changing your health habits, you can start to improve your health.

1. Are the items that you have chosen achievable? Yes No

2. What will you do to make these changes? _____

3. When will you make these changes? _____