

ADHERENCE FOLLOW UP GUIDE

1. “How has taking this medication been fitting into your daily schedule since your last visit?”
2. “Last time I saw you we discussed (setting a reminder alarm on your phone; using a pill box, other), how has this been working for you?”
3. “Since the last time I saw you, how many times would you say you’ve missed doses of your medications?”
 - a. If they had positive adherence outcomes, recognize (affirm) success.
 - “Congratulations!”
 - “What changes worked well for you?”
 - b. If they had some improvement with adherence, recognize (affirm) partial completion.
 - For example, if the patient had success on 2 days following the brief adherence encounter, validate the positive.
 - “You had success on those two days. Tell me more about that.”
 - c. If they had no improvement with adherence, acknowledge their effort and work with them toward developing a new, more attainable plan.
 - “That is common for people making new changes.”
4. “What changes would make it easier for you to take your medications?”
5. “What would you like to do next?”
 - a. If they want to make a new plan, follow the steps on the Solve and Involve document.
 - b. If they would like to talk about what they learned from their Medication Plan, discuss ways of adapting the plan to be more successful in the future.
 - c. If they would not like to make another Medication Plan at this time, offer to return to action planning in the future.