

## **Working with your Patient**

Properly taking medications can be difficult for patients. Be sure to review all key points that may affect the effectiveness of the prescribed treatment plan. Including the patients' perspective and ensuring that they understand their medication regimen is important. Make sure you discuss how they can best adhere to their treatment plan. Being aware of the patient's perspective can help you create a treatment plan that works best with their lifestyle. Incorporating their medication regimen into their daily habits will help them with adherence.

**Discuss the following with your patient/caregiver using teach back techniques for each new medication and all medications in general:**

### ***Medication Instructions***

1. Name of each medicine and what it is supposed to do
2. Dose, type, and frequency of each medication
3. Time of day when patient should take medication (morning, afternoon, or evening)
4. Any food or drinks to avoid while taking prescribed medications
5. Any medications to avoid

### ***What to Expect***

6. Side effects for each medication and how to manage them
7. How the medicine will make the patient feel
8. When the medicine should start to work
9. Go over all new, existing, and discontinued medications with patients
10. What to do if the patient misses a dose
11. Benefits of taking the medications

### ***Adhering to their plan***

12. Why it is important to continue taking medication even if the patient seems to feel better or feel worse
13. Incorporate the patient's lifestyle into the medication regimen
14. Ask the patient about their daily routines, job and extracurricular activities because medications can effect ability to perform
15. Have the patient discuss the following:
  - What medication they will be taking and how to manage them
  - How they plan on obtaining their medications
  - Where they plan on getting their medications
  - Who to call if their symptoms worsen
  - Why it is important to take their prescribed medications
  - Who will help obtain medications from the pharmacy and facilitate preparation/organization into a pillbox, etc?

### ***Patient's Perspective***

16. Allow the patient to share with you the following items:
  - Thoughts, feelings, concerns about taking their medications as prescribed
  - A typical day for them (morning, afternoon, evening) to identify habits/activities that may affect treatment