

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 to better adhere.

Discuss the following with your patient/caregiver employing teach back techniques for each new medication and ideally for all medications:

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

Adhering to their plan

13. Why it is important to continue taking medication even if the patient seems to feel better or feel worse
14. Incorporate the patient's lifestyle into the medication regimen
15. Ask the patient about their daily routines, job, extracurricular activities because medications can effect ability to perform
16. 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

Patient's Perspective

17. 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