

Common Barriers to Medication Adherence

| What Patients Might Say | Possible Solutions |
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| My medicine makes me feel sick. | Prescribe a substitute medication; change the dose. |
| I feel fine. | Explain how the patient's disease affects the body. |
| I forget. | <i>Forget to take:</i> Suggest reminders such as a pill box or cell phone alarm. <i>Forget to refill:</i> Write a longer prescription. |
| I can't afford my medicine. | Prescribe generics when possible; offer information about prescription assistance programs. |
| There are so many pills. I can't keep them straight! | Consider switching to once-a-day or combination therapy; suggest pharmacist counseling. |
| I can't understand these instructions. | Use plain language indications on the prescription so plain language appears on the label; use teach-back. |
| I can't get to the pharmacy. | Try to determine and address the source of the access issue; suggest mail order options. |
| I travel to my home country for months. | Write a longer prescription; suggest mail order options. |