

Discussion tips and resources to aid in medication adherence

Regardless of your specialty, having a thorough conversation with your patients about the medications they are taking, or considering taking, is essential. However, as you know, these conversations can be challenging for patients who may feel intimidated or uncomfortable if they feel they've failed to follow your treatment plan.

It may help to begin the discussion by acknowledging that it's not uncommon to encounter challenges with medication adherence. Your patients may feel more comfortable being open and honest about any problems they may have experienced.

Getting patients to open up

The following questions may encourage patients to share barriers they might face with their current medication regimen:

- Are you currently taking all of your medications? If not, let's talk about why?
- Do you need help managing your medications?
- How do you feel about taking the medication(s)?
- Are you experiencing any side effects from the medication(s)?
- Are you experiencing problems paying for your medication(s)?
- Is there another treatment option you'd like to discuss?
- Since we last met, have you started taking any additional over-the-counter or prescription medications?

Why it matters

Initiating and leading these conversations may help empower your patients to be open as you develop their treatment plans and help them accept the role they play in managing their health.

Additional resources

If you'd like additional resources to help facilitate these discussions, please reach out to your provider advocate. If you aren't sure who to contact, go to [UHCprovider.com](https://www.uhcprovider.com).