

# Taking Medication Matters: Patient Questionnaires to Assess Adherence

These 2 versions of the Morisky scale help to identify opportunities to educate patients about adherence to treatment recommendations

**Self-scored Adherence Quiz:** This very simple tool, the validated Morisky scale, prompts patients to find out if they are taking medication correctly because patients do not readily divulge nonadherence<sup>1</sup>

- 4-question self-quiz can be used by health care professionals to detect and predict patient nonadherence to medication
- Can be used in the waiting room or administered by phone
  - Perfect for use by case managers who need to assess the adherence of their patients who may be on multiple medications for chronic conditions
- Facilitates addressing the problems and barriers to adherence for health care professionals

**DO YOU TAKE YOUR MEDICATIONS THE RIGHT WAY?**

Do you ever forget to take your prescription drugs?  
Yes  No

Are you careless at times about taking your drugs?  
Yes  No

Do you sometimes stop taking your drugs when you feel better?  
Yes  No

Do you sometimes stop taking your drugs if they make you feel worse?  
Yes  No

Adapted from Morisky et al.

- Validated 4-question quiz may also be used as a metric for assessing impact of an adherence intervention
  - See your Pfizer Medical Outcomes Specialist to discuss how this instrument can be incorporated into a protocol for measuring adherence



**Professional-scored Quiz:** A second quiz, using a modified Morisky Scale, assesses the patient's knowledge of the benefits of their medication and their motivation with 2 additional questions


- 3 questions assess patient motivation to stop taking medication
- 3 questions relate to patient knowledge
- Answers classify the patient's combined knowledge-motivation level for recommended adherence improvement



Name: John Q. Patient Date: 3/24/07

**DO YOU TAKE YOUR MEDICATIONS IN THE MOST EFFECTIVE WAY?** Answer each question by filling in the YES or NO box

1. Do you ever forget to take your medicine?	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	0 1
2. Are you careless at times about taking your medicine?	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	0 1
3. When you feel better do you sometimes stop taking your medicine?	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO	0 1
4. Sometimes if you feel worse when you take your medicine, do you stop taking it?	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	0 1
5. Do you know the long-term benefit of taking your medicine as told to you by your doctor or pharmacist?	<input checked="" type="checkbox"/> YES <input type="checkbox"/> NO	1 0
6. Sometimes do you forget to refill your prescription medicine on time?	<input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	0 1

 (FOR OFFICE USE ONLY) Healthcare professional, please refer to the accompanying card for interpretation of scores.

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- Useful for physicians and case managers to assess need for intervention

Available as an Adobe® Acrobat® PDF on your Adherence Engagement Platform (AEP) CD in the Medication Matters folder

### Tool Tips:

For patients who are identified as being at risk of nonadherence, other tools on the AEP CD can help you intervene:

- Use interviewing skills from the Health Behavior Change workshops to gain their agreement to adhere to their medication regimen
- Providers can verify a patient's understanding and gain their commitment using the Patient Adherence Commitment sheet. And have them use the medication calendar on the back for a daily medication check
- Use appropriate Prescriptions for Health information sheets for patient education

Reference: 1. Morisky DE, Green LW, Levine DM. Concurrent and predictive validity of a self-reported measure of medication adherence. *Med Care.* 1986;24(1):67-74.