

# Talk Tips to Motivate Patient Adherence to Medicine

## When you talk to a patient:

- Be understanding
- Clarify their problem
- Get their perspective
- Repeat your understanding of the patient's concern

## Health care Professional to Patient Dialogue

### Opening:

#### Ask about concerns

- Find out what their main problem is
- Tell them what they need to do
  - Take medication as directed
  - Keep taking medication until directed to stop
- Tell them why it is so important
  - Medication can help improve their condition

#### Provide important information

- Make sure dosing information is clear
- Clarify specific times patient should take medication
- Advise they contact their doctor if they have side effects



## Talk Tips continued

### Health care Professional to Patient Dialogue

#### Closing:

##### Recheck for new concerns

- “Does this answer your questions?”
- “Is there anything else that bothers you?”
- “Do you anticipate any problems or need any help?”

This sheet is available as an Adobe® Acrobat® PDF on the Adherence Engagement Platform (AEP) CD.

Adapted from strategies and principles of Health Behavior Change (HBC) workshops.

#### Tool Tips:

Ask about the interactive HBC workshop for administrative staff, Prescription for Health information sheets for patients, and the Patient Commitment Pad – all available on the AEP CD.