

Hypertension Management Program Medication Adherence Counselling Tips

Assist your patient to adhere:

- a. Tailor pill-taking to fit the patient's daily habits
- b. Simplify medication regimens to once-daily dosing, if possible:
 - i. Replace 2 anti-hypertensive agents with a fixed-dose combination (where available and appropriate), provided it is the same combination the patient is already taking
 - ii. Ask your pharmacist to set up multiple medications in "compliance packaging" (pre-packaged doses set out by day/time) for patients with complex regimens
- c. Identify other potential barriers to adherence and discuss ways to overcome them

Assist your patient in getting more involved in their treatment:

- a. Encourage greater patient responsibility/autonomy in monitoring his/her blood pressure
- b. Educate patient and his/her family about the disease/condition and treatment regimens
 - i. Use the 'What is BP/Hypertension?' patient education resource
 - ii. Talk through the 'Medication Adherence' patient discussion & education resource
 - iii. Walk through your organizations practice for renewing or changing prescriptions
- c. Refer patients to resources to support self-management, e.g.
 - i. Pharmacy packaging – pre-packaged doses with day/time
 - ii. Medication organizers (pill organizers)

Improve your team management of adherence issues:

- a. Assess adherence to pharmacological and non-pharmacological therapy at every patient visit
- b. Coordinate with other healthcare providers to improve monitoring of adherence to pharmacological and lifestyle modifications
- c. Utilize electronic medication adherence aids as needed (e.g. mini alarms, apps)
- d. Chronic disease management and adherence to prescribed medications and lifestyle changes can be improved by a multi-disciplinary team approach