



## NORTHWEST AIDS EDUCATION AND TRAINING CENTER

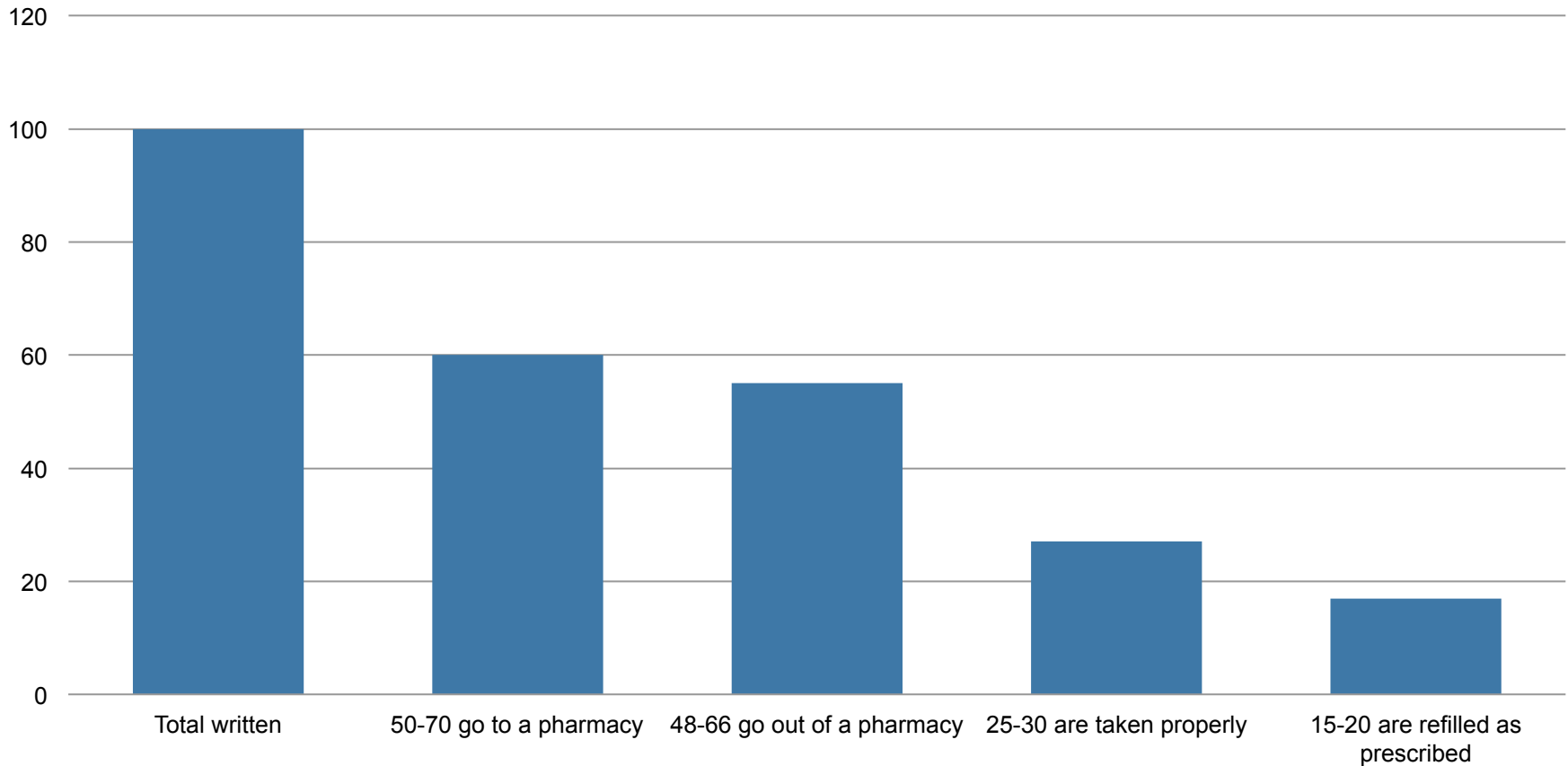
# Improving Adherence: Motivational Interviewing Part 2

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# Non-Adherence Statistics

## “Leaky bucket”



Source: National Association of Chain Drug Stores, *Pharmacies: Improving Health, Reducing Costs*, July 2010. Based on IMS Health data; as discussed in “Medication Adherence- Improving Health Outcomes”, ACPM 2011

# Non-Adherence Statistics

- 20-50% of patients are non-adherent to medication therapy (defined as delaying or not picking up meds, splitting pills, stopping tx prematurely)
- Poor communication by a physician can result in an up to 19% higher risk of non-adherence
- Satisfaction with medical care is not typically a predictor of medication adherence or non-adherence

# Setting the Stage

- **Spend time normalizing adherence issues.** Using examples can help, especially when you have a hint of the type of issue someone might have. “Some of my patients really struggle with how long they have been taking these meds, and they’re tired of taking them. What’s been your experience?”
- For clients who are starting HAART, **give permission to discuss adherence issues and alert clients that you will be checking in regularly about it**
- For established clients, it’s OK to re-address how you’ll be talking to them about adherence moving forward

# O.A.R.S

- Open-ended questions
- Affirmations
- Reflective Listening
- Summaries

# The Video

# Conversation Starters

Tell me about how it's going with taking your medication.

What's it been like trying to take all the doses as prescribed?

When you miss doses, what's been going on?

# Keeping the conversation going

Ask for pros/cons of taking meds in general or as prescribed

What happens if things continue as they are?

What would be different if you took your meds every day?

On a scale from one to 10, how interested are you in taking your meds more regularly? Why didn't you say you were a (lower number)? What would it take for you to be (a higher number?)



# Final Thoughts

It helps to know some practical suggestions to help with common problems:

- Buy a key chain pill holder for emergencies
- Store an extra dose in a location you frequent
- Set up phone alarms or sign up to have text messages sent as reminders
- If stigma/discovery is an issue, talk through where to hide meds, and/or creative repackaging
- Arrange for privacy (bathrooms) to take dose
- Keep to a set routine to help you remember

# Interested in learning more?

In person training:

<http://trainingxchange.org/our-programs/motivational-interviewing>

Online training:

[http://www.naadac.org/education/online-courses/motivational-interviewing-clinical-practice-with-pharmacotherapy?option=com\\_continued&view=frontmatter&Itemid=151&course=14](http://www.naadac.org/education/online-courses/motivational-interviewing-clinical-practice-with-pharmacotherapy?option=com_continued&view=frontmatter&Itemid=151&course=14)

Book:

Rosengren, David. **Building Motivational Interviewing Skills: A Practitioner Workbook (Applications of Motivational Interviewing)**