

Navigating the 5 R's of Medication Adherence



The U.S. Food & Drug Administration defines medication adherence as:

"The extent to which people take medication as prescribed by their doctors. This involves factors such as getting prescriptions filled, remembering to take medication on time, and understanding the directions."

Check Out:

www.FDA.gov



Little pills,
BIG impact!



Medication adherence challenges everyone:

- **50%** of us have **missed medications**
- **33%** have **forgotten** to take medications
- **25%** of us **did not get a Rx refilled on time**
- **16%** think our medications **cost too much**

Medication non-adherence will result in:

- 50% of treatment failures
- 25% of hospitalizations
- 16-20% or **125,000 to 275,000 health-related deaths each year**

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R's for Medication Management at Thresholds

Treatment planning for the **right medication choices** should be based on a **person's medical & mental health needs**, developed in **collaboration between members & their treatment team**.

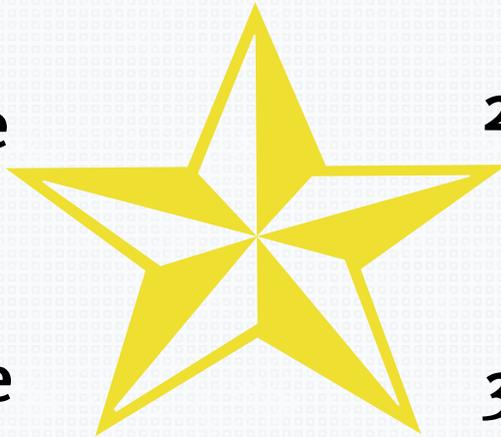
1. Right Person

2. Right Medication

5. Right Route

4. Right Dose

3. Right Timing



Consider diverse perspectives such as age, race, ethnicity, attitudes & beliefs about medication to support medication adherence & health literacy.

Coach individuals to:

- Set daily **routines** for medications.
- Use environmental **cues** to remember to take medication; keep medications where they will be noticed/seen.
- Use **daily dosing** containers, like blister packs.
- Keep medication routines as simple as possible.

Use the "Planning My Doctor Visit" Form

Thresholds Health Literacy Center



For more tools check out:
Thresholds Health Literacy Center