

August 16, 2024

Supporting Better Patient Outcomes Through Medication Adherence

Dear providers,

To support better patient outcomes and reduce healthcare costs, we encourage you to incorporate medication adherence strategies into your patient care practices.

When a patient does not take a medication as prescribed, it can lead to worsening disease, increased hospitalization and even death. Unfortunately, medication non-adherence is common, due to instances such as poor provider-patient communication and lack of understanding of the importance of patients' medication.

Key actions for providers:

1. Review HPSM's Guidelines to explore effective strategies for increasing medication adherence: <https://www.hpsm.org/provider/resources/guidelines/improving-medication-adherence-for-better-outcomes>
2. Use the SIMPLE medication adherence method: **S**implify the regimen, **I**mpart knowledge, **M**odify patient beliefs and behavior, **P**rovide communication and trust, **L**eave the bias, and **E**valuate adherence
3. Equip the patient for successful treatment by ensuring they understand the importance of their medication and providing a clear, updated medication list after each visit that highlights any changes to their treatment plan

When providers do not incorporate medication adherence into chronic disease management, it can potentially harm patients. It can also prevent providers from seeing patients with more urgent health needs and increase overall costs to providers.

Please review the resources listed above and direct any questions to HPSM Provider Services at PSInquiries@hpsm.org.

Thank you for your attention to this matter,

The Health Plan of San Mateo