



Medication Adherence Prescribing Strategies

For New Therapies (or therapies associated with frequent dose changes):

- Write for a 30-day supply to allow for titration, potential dose changes due to side effects, and to avoid patient stockpiling if a dose is changed.
- Provide adequate refills to last until your patient's next appointment .
- Set expectations for therapy, especially for medication classes with known side effects

For Established Maintenance Medications:

- Write for 90-day supplies when possible and provide adequate refills.

For Dose Changes:

- Write a new prescription with the updated SIG.
- Instruct the pharmacy to cancel/discontinue the old prescription.
- These steps will prevent the patient from filling an old prescription and halving the pills, which would make them appear noncompliant to their insurance.

Tips for Prescription Sigs:

- Include the intended use in the directions to help the patient keep track of what each medication is for. (ex. "Take one tablet daily for blood pressure.")
- Consider pill packs for patients on multiple medications with multiple comorbidities.

Discuss Prescription Costs:

- If a patient cannot afford a medication, they may ration the medication, skip days, delay refilling, or stop taking the medication all together resulting in a worsening condition, increased comorbid diseases, and secondary hospital stays.