

Plan

Making a plan and keeping it **S-I-M-P-L-E**

Simplifying regimen characteristics

- Adjusting timing, frequency, amount and dosage
- Matching to patients' activities of daily living
- Using adherence aids such as medication boxes and alarms

Imparting knowledge

- Discussion with physician, nurse, or pharmacist
- Distribution of written information or pamphlets
- Accessing health-education information on the web

Modifying patient beliefs

- Assessing perceived susceptibility, severity, benefit, and barriers
- Rewarding, tailoring, and contingency contracting

Patient communication

- Active listening and providing clear, direct messages
- Including patients in decisions
- Sending reminders via email, mail or telephone
- Convenience of care, scheduled appointment
- Home visits, family support, counseling

Leaving the bias

- Tailoring the education to patients' level of understanding

Evaluation adherence

- Self- reports
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