

Questions to Help Uncover Nonadherence

If you suspect a patient is nonadherent, it is essential to probe in a non-judgmental, non-threatening way in an environment that is free of shame and blame. Here are some questions to ask to help you uncover nonadherence.

For more information on medication adherence and nonadherence, review the [STEPSForward Medication Adherence](#) module.

Example questions:

1. Many people have trouble taking their medications on a regular basis. Do you find that this is the case for any of your medicines?
2. Is it ever hard to stick to your treatment plan? Is there a particular hassle that we can work on together?
3. Could you tell me in your own words what your medicines are meant to help with?
4. How often do you have difficulty remembering to take your medicine?
5. Can you tell me any tips or tricks you use to help yourself remember to take your medicines?
6. When you feel better, do you sometimes stop taking your medicine?
7. People often worry about side effects with their medications. Do you have concerns about side effects with your medicines? Can you describe any symptoms that you believe your medicines may be causing?
8. Paying for medicine can be challenging. Are you having difficulty paying for your medicine and if so, can you describe it so I can help?

Source: AMA. *Practice transformation series: medication management*. 2019.