



**WORLD
ADHERENCE
DAY** 27 MARCH

**THIS WORLD ADHERENCE DAY
STICK TO YOUR HEALTHCARE PLAN**



COMMUNICATION IS KEY FOR BETTER ADHERENCE

HAVING OPEN CONVERSATIONS WITH YOUR HEALTHCARE PROVIDER OR PATIENT HELPS ACHIEVE BETTER OUTCOMES AND UNDERSTANDING. HERE ARE SOME QUESTIONS TO GUIDE YOUR DISCUSSIONS:

HEALTHCARE PROFESSIONALS

- Do you ever forget to take your medication?
- When you're feeling better do you ever stop taking your medications? If so, how often?
- Does the medication ever make you feel worse? If so, do you stop taking it?
- Do you understand the reason and benefit of taking your medication?
- How do you believe the prescribed treatment plan can help improve your health?
- How do you feel about following your treatment plan?

PATIENTS:

- What is the purpose of this medication, and how does it help me?
- What specific changes should I make to my diet, activity levels, or daily habits?
- How do these changes support my treatment plan?
- How often should I schedule follow-up appointments?
- What should I do if I forget to take my medication?



DON'T MISS A MOMENT

To learn more about
Adherence visit.



WHAT IS ADHERENCE?

WORLD ADHERENCE DAY IS DEDICATED TO RAISING AWARENESS ABOUT THE IMPORTANCE OF STICKING TO YOUR ENTIRE HEALTHCARE PLAN.

Adherence is defined as medicine-taking behaviour and/or execution of lifestyle changes that correspond with agreed recommendations from a healthcare provider. This means actively following prescribed treatment plans, whether they involve medication or lifestyle modifications.



SIGNS OF NON-ADHERENCE:

- Omitting or altering medications, affecting their effectiveness.
- Failing to make recommended lifestyle changes, such as improving diet, staying physically active, smoking cessation or reducing stress.
- Missing follow-up appointments, which are critical for monitoring progress and adjusting care plans.

This can impact one or more elements of a treatment plan, diminishing its overall effectiveness.

WHY ADHERENCE MATTERS?

Adherence ensures that treatments and lifestyle changes are effective, leading to better management of chronic conditions, fewer symptoms, and reduced risk of complications. This allows you to live fuller, healthier lives with greater independence.

DID YOU KNOW?

STUDIES SHOW THAT GOOD ADHERENCE CAN LOWER LONG-TERM MORTALITY RISK BY AS MUCH AS

21%

DEMONSTRATING ITS LIFE-SAVING POTENTIAL



TIPS TO STAY ADHERENT

Here are some practical tips to stay on track:

1. Use phone alarms, calendar apps, or medication reminder apps to help keep track.
2. Pair taking medications with daily routines like brushing your teeth or having breakfast.
3. Learn about your medications and treatment plan. Understanding the “why” behind each step motivates consistency.
4. Share your healthcare goals with friends or family who can encourage you.
5. Make lifestyle changes enjoyable, such as joining a group exercise class or exploring healthy recipes.



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