

Unit 8 discussion

[Psychology](#)



DOCTOR'S PRESCRIPTIONS Forgetfulness is the leading cause non-adherence by the patients to medication. 49. 6% of non-adherence cases have been linked to forgetfulness that is not a deliberate move. This can be solved through the use of reminders or informing the care givers of the patients to be reminding them to take their medication within the prescribed time limits (Metzl, 2014).

One of the reasons why patients fail to adhere to the prescriptions of the doctors is financial constraints. This arises when the patients are not in a position to afford the drugs as well as other forms of treatment that they have been informed by the doctor to undertake. This can be improved through lowering the cost of medication.

Miscommunication between the patient and the doctor lead to non-adherence. The patients may fail to understand all the instructions given by the doctor leading to inappropriate intake of the medication. This can further e worsened by illiteracy on the side of the patients who are unable to quickly comprehend the language of the doctor hence missing out on the prescriptions (ODonnell, 2005).

In some cases the patients are too afraid to take up their medication due to their adverse side effects that may be difficult to control. The doctors need to inform as well as prepare the patients on the possible side effects that may arise after the use of certain medication (Nash, 2011).

Complexity of a drug regimen is likely to lead to non-adherence to medication. Improvement can be made on the medication regimens so as to reduce the frequency of administration of drugs as well as reduction of the number of different medication.

References

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