

# BLOOD PRESSURE CONTROL: WHAT MATTERS? MEDICATION ADHERENCE

## WHY?

Poor medication adherence is associated with increased risks of poor cardiovascular outcomes and higher healthcare costs

## WHAT?

Commencing use: was the prescription filled?  
Consistent use: are there ways to decrease the "pill burden" for the patient?  
Continuing use: does the patient understand the need for long-term use?

## HOW?

- Use the teach back method to reinforce understanding
- Look for medications with lower costs for the patient
- Simplify dosing for the patient - one pill is better than two!

"I want to make sure I explained things clearly. Can you tell me the importance of the medicine and how you'll take it?"

