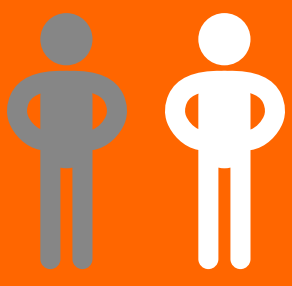
KING'S HEALTH PARTNERS

Pioneering better health for all

Why should you care about adherence?

The Centre for Adherence Research & Education (CARE) provides a hub for understanding and addressing the reasons why people don't take their medicines as prescribed (non-adherence).

Non-adherence is very common



Did you know that around 50% of people taking long-term medications do not take their medicine as prescribed?

There are many reasons for non-adherence

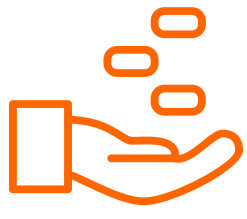
Capability

The person may have problems with their comprehension, memory, planning or dexterity.

Motivation

The person may have negative perceptions about their medication or low mood.

Opportunity



External challenges such as cost, access, drug logistics such as tablet size, and social pressures and stigma.

Non-adherence leads to poorer health outcomes

The odds of a good health outcome are

x 3

lower for patients who don't adhere to their medication.

Poor adherence contributes to

200,000

premature deaths per year in Europe.

The annual estimated cost of non-adherence to medication in Europe is

€25 bn

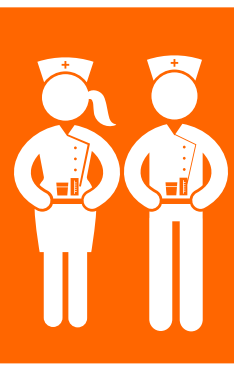
including avoidable hospitilisations, emergency care and outpatient visits.

Improving adherence benefits patients by

- Reducing symptoms
- Improving quality of life
- Increasing physical function and preventing secondary mental health problems

How can you improve adherence?

Studies show that healthcare professionals can help strengthen a person's adherence to medication by delivering interventions to address potential problems early on in their treatment.



Visit the CARE webpage to find out how you can help patients engage with their treatment: http://bit.ly/2ACv9Dj

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