

# Tips presented for encouraging treatment adherence

February 3 2016

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(HealthDay)—Tips for increasing patient adherence to treatment plans

include patient engagement and addressing barriers to adherence, according to an article published in *Medical Economics*.

According to recent legislation, beginning in 2019, in order to receive reimbursement from Medicare, practices will have to adopt an alternative payment model or participate in the new Merit-based Incentive Payment System. It seems likely that under either option, reimbursements will be affected by patient outcomes, which are influenced by patients' [adherence](#) to treatment plans. This challenge is complicated by the continuing growth in the incidence of chronic disease.

According to the report, barriers to adherence include financial barriers, misinformation, lack of support, and depression. A broad approach is recommended for addressing nonadherence, with physicians encouraged to engage patients and share decision-making. Use of possible financial consequences can strengthen physicians' relationships with their patients, explaining the issues of reimbursement from insurance companies. Trying to find what is important to a patient is helpful for engaging the patient in their treatment plan. Other resources can be called in to help address any barriers that a patient might bring up.

"Physicians with experience in overcoming nonadherence recommend a broad approach to the problem that encompasses education, understanding the patient's situation and any barriers to adherence he or she might face, and getting patients to see how adhering to a plan can improve their lives," according to the article.

**More information:** [More Information](#)

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Citation: Tips presented for encouraging treatment adherence (2016, February 3) retrieved 20 November 2023 from <https://medicalxpress.com/news/2016-02-treatment-adherence.html>

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