

CHRONIC CARE MANAGEMENT PLAN

ADHERENCE TECHNIQUES

- Assess and address psychosocial issues (impact of care tasks, disease attitude, expectations, resources)
- Explain the purpose and outcome of therapy
- Keep the regimen simple
- Provide clear, specific instructions
- Anticipate side effects
- Ask about previous adherence
- Enlist the student's cooperation in planning
- Plan reinforcement
- Employ self-management techniques
- Address cultural beliefs
- Address financial barriers
- Involve adult supervision as appropriate
- Involve peer groups as appropriate
- Praise adherence and avoid criticism
- Focus on employability
- Establish a recall system for long-term therapy