

Screening for Barriers to Antiseizure Medication Adherence

Clinician Quick Reference Guide for Identifying & Addressing Barriers

MEDICATION ADHERENCE MATTERS.

Missed doses of medications are associated with increased seizure frequency, reduced quality of life, avoidable changes in treatment, higher healthcare costs, greater healthcare utilization, and increased morbidity and mortality. Identifying and addressing barriers to medication adherence is a core component of high-quality epilepsy care.

4 KEY STEPS FOR IMPROVING CARE

1

Make it Part of Routine Care

- When: Initial visit, follow-ups with adherence concerns, every 6-12 months
- Who: Patient/caregiver before visit or in waiting room or MA/nurse during rooming
- Format: Paper-and-pencil or EHR integration (collaborate with IT)
- Time: Less than 5 minutes

2

Use a Screening Tool

- Use validated Barriers to Adherence Assessment Tool (include links)
- Adult Version or Caregiver Version available
- Document results in EHR with date

3

Individualize Interventions

- Use Barrier-to-Intervention Matching Algorithm (include link)
- See common barriers below with matching handouts
- Provider discussions needed for beliefs/concerns
- Social work referral for complex financial/insurance issues

4

Connect to Resources

- Access Epilepsy Foundation Medication Tools (links to AES website with resources)

Common Barriers & Matching Interventions

Barrier	Intervention
Trouble remembering	Remembering Handout
Bad taste	Taste Better Handout
Hard to swallow pills	Swallowing Pills Handout
Side effects (sleepiness, dizziness)	Side Effects Handout
Don't want others to know I take medicine	Medicine in Public Handout
Too many medicines or times per day	Making Medicine Easier Handout
Cannot afford the medicine	Addressing Costs Handout + Social work
Insurance problems	How Insurance Can Help Handout
Ran out / Difficulty getting to pharmacy / Gets in the way of activities	Managing Daily Activities Handout
Inconvenient / Refuse to take them	Using Motivation Handout
Don't need medicine / Doesn't control seizures / Instructions confusing / Worry about future kids	Provider discussion with patient/family