SCREEN AND INTERVENE TOOL

This tool is designed to help you prepare your patient for initiating a new treatment, and set the scene for optimal treatment adherence. Through a series of 6 questions, this tool will help you to establish what, if any, challenges your patient might be facing.

Each question comes with scoring instructions, designed to help you interpret your patient’s response. Any responses in orange indicate that the patient is more likely to be at risk of nonadherence, and further discussion around these areas is encouraged. The other side of this tool provides discussion points to help you engage your patient in an effort to overcome any barriers to treatment adherence.

<table>
<thead>
<tr>
<th>Oral treatment experience</th>
<th>Has the patient ever taken an oral medication for treatment of this condition? <em>(Confirm with the patient, if unknown)</em></th>
<th>NO / Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illness coherence</td>
<td>How well do you feel you understand your condition?</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Treatment perception/efficacy beliefs</td>
<td>How much do you think your treatment can help your condition?</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Practical barriers</td>
<td>How difficult do you think it may be to take your treatment because of practical challenges, such as forgetting, being too busy, being away from home, or the cost of treatment?</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Treatment concerns</td>
<td>How concerned are you about taking this treatment?</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>Social support</td>
<td>How supported do you feel by friends, family, or others to help you manage your condition and treatment?</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>
Oral Treatment Experience

Seek the patient’s experience, and elicit any difficulties:

“Can you think of anything that may make taking an oral treatment difficult (eg, knowing how to take it, trouble swallowing it, or trouble removing the treatment from its packaging)?”

Address, as necessary, and work to identify and agree to a solution:

• Reiterate dosing and administration instructions.
• Suggest options to support administration (eg, taking treatment with water, having someone assist with opening the package).

Treatment Perception and Efficacy Beliefs

Elicit reason for answer:

“Can you tell me more about why you answered the question that way?”

Address, as necessary, and work to identify and agree to a solution:

• Describe how the treatment may work differently than other treatments.
• Emphasize the importance of taking the treatment as prescribed.

Treatment Concerns

Elicit specific concerns:

“What is it that you are concerned about?”

Acknowledge response, and address, as necessary:

• Talk through potential side effects and how these can be mitigated, if possible.
• Remind patient to discuss side effects, if they occur, with you, because this provides an opportunity to work together to find ways to minimize their impact.

Illness Coherence

Explore patient’s lack of understanding:

“What can you tell me what you are unclear on, or what you are having trouble understanding?”

Acknowledge response, and address, as necessary:

• Ensure that patient understands the importance of taking treatment as prescribed due to the nature of the condition.
• Ensure that patient understands the potential health consequences of not taking treatment as prescribed.

Practical Barriers

Elicit specific challenges:

“What is it that you think might be difficult?”

Address, as necessary, and work to identify and agree to a solution:

• Work with the patient to identify reminder strategies and to prepare for being away from home by carrying enough treatment with them.
• Acknowledge the cost of treatment, while reinforcing the importance of the treatment to the patient’s health. Refer the patient to the appropriate support resources.

Social Support

Elicit reasons why the patient feels that they require more support:

“What can you tell me a little about what type of support you feel you need?”

Address, as necessary, and work to identify and agree to a solution:

• Acknowledge that some people find asking for help difficult. Work with the patient to identify the type of support that is needed and who might be able to provide it (eg, family, friends, support group, counselor).
• Provide a list of support groups and resources, as available, and encourage patients to access them.