<table>
<thead>
<tr>
<th>Compliance</th>
<th>Vs.</th>
<th>Adherence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Follow the doctor’s order</td>
<td>Stick to the plan</td>
<td></td>
</tr>
<tr>
<td>Paternalistic</td>
<td>Partnership</td>
<td></td>
</tr>
<tr>
<td>Passive Patient role</td>
<td>Active Participant</td>
<td></td>
</tr>
</tbody>
</table>
Definition of Adherence

An active, responsible, and flexible process of self care and self management in which the patient strives to achieve good health by working in close collaboration with health care staff, instead of simply following rigidly prescribed rules.

“Collaborative diabetes management”
“Patient Empowerment”
“Self care behavior management”
Treatment Adherence

- A major challenge in care
- The rate is about 50%
- An area that is being extensively researched
Diabetes Management Adherence

- Glucose monitoring
- Administration of medication/insulin
- Dietary intake/Carb counting
- Physical activity
- F/u visits
Factors impacting Diabetes Adherence
(World Health Organization Resource Guide)

- Treatment and Disease Characteristics
- Intra-personal Factors
- Inter-personal Factors
- Environmental Factors
Treatment and Disease

- Complexity of treatment:
  - complex regimen = lower adherence

- Duration of disease
  - chronic illness = lower adherence

- Delivery of care
  - perceived barriers = lower adherence
  - specialized team care = higher adherence
Intra-personal Factors

- Age
- Self-esteem
- Self-efficacy
- Stress
- Comorbid conditions:
  - Depression
  - Alcohol Abuse
  - Eating Disorders
Inter-personal Factors

- Quality of relationship between providers and patient
  - better communication = better adherence

- Social support
  - parental involvement = better adherence
Environmental Factors

- Stressors
- Conflicts
- Life style factors
- Socio-economic status
The Team

The Patient

The Parents

The Physician

The Environment
Enhance Adherence - Patient

- Be informed and understand the illness
- Identify your strengths and future goals
- “Stress proofing”
  - Sleep
  - Nutrition
  - Exercise
  - Hobbies
  - Mind body exercise (yoga, meditation, etc.)
  - Healthy coping strategies
  - Support
    - family, peers, school, religion, support groups
Enhance Adherence - Parents

- Understand the developmental needs
  - Cognitive
  - Motor
  - Social-Emotional
  - Physical Development
- Be informed
- Stay involved
- Balance “take control” and “letting go”
Enhance Adherence - Parents

- Create a supportive home environment
  - Model self care
  - Invest in your relationship with your child!

- Parental involvement in care
  - Fostering a positive attitude about the illness
  - Help your child be informed and involved
  - Help educate the school or any caretaker
  - Avoid judgment words: “good” or “bad” sugar/A1C
    - use “in or out of range”
  - Focus on incentives, *not threats/fear tactics*

- Don’t be shy about asking for professional help!
Enhance Adherence - Physician

Simplify
Impart knowledge
Modify belief
Patient communication
Leave the bias
Evaluate
Environmental Modification

Enhance access to health care

Diabetes awareness/education

School support

Use of technology to enhance adherence
Mental Health Clinicians Can Help
Supporting the patient and the family
Acceptance and coping
Emotional factors- anger, fear, guilt, shame, sadness, stress
Improve communication and conflict resolution
Identify emotional disorders
  - depression, anxiety, eating disorder, substance abuse
provide treatment
  - Stress management and coping skills
  - Cognitive Behavioral Therapy
  - Motivational Interviewing
  - Therapy focused on family systems, communication, & problem solving
  - Behavior modification plan