

## **General Guidelines To Improve Patient Adherence to Antihypertensive Therapy**

Be aware of signs of patient nonadherence to antihypertensive therapy.

Establish goal of therapy: to reduce BP to nonhypertensive levels with minimal or no adverse effects.

Inform patients about the disease and involve them and their families in its treatment. Have them measure BP at home.

Maintain contact with patients, perhaps by telephone or e-mail.

Keep care inexpensive and simple.

Encourage lifestyle modifications.

Integrate pill-taking into routine activities of daily living.

Prescribe medications according to pharmacologic principles, favoring long-acting formulations.

Be willing to stop unsuccessful therapy and try a different approach.

Anticipate adverse effects, and adjust therapy to prevent, minimize, or ameliorate side effects.

Continue to add effective tolerated drugs, stepwise, in sufficient doses to achieve the goal of therapy.

Encourage a positive attitude about achieving therapeutic goals.

Consider using nurse case management.

BP = blood pressure.