

# Considerations to Help You Adhere to Treatment

## Checklist

When your medication is prescribed, your health care team will talk to you about how to correctly take your oral oncology medication. To help you adhere to your treatment, this checklist provides information on how to keep track of taking your medication.

**Adherence means correctly taking medications or making lifestyle changes based on your doctor's recommendations.**

**Nonadherence means missing doses, taking doses in addition to those prescribed, or taking doses either in the wrong amount or at the wrong time.**

**Nonadherence may lead to several challenges, including:**

**Drug resistance and poor response to therapy**



**Increased associated medical expenses**



**Disease progression**



**Added risk of further illnesses and decline of overall health**



## Treatment Adherence Checklist

- Ask your doctor or nurse any questions that you may have about your oral oncology medication when your treatment is prescribed
- Tell your doctor or nurse your medical history and all other medications and combination therapies that you are currently taking, including prescribed medications, over-the-counter medications, herbal products, and supplements
- If possible, use the same pharmacy to fill all of your prescriptions to help ensure that a personal medication profile is created and maintained for your course of treatment
- Tell your doctor or nurse if you are experiencing any issues obtaining your oral oncology medication treatment from the pharmacy
- If instructed by your doctor or nurse, use a personalized treatment calendar that lists the dates and times that you should take your oral oncology medication, and take this calendar with you to your medical appointments to show to your health care team
- Have a designated, consistent, and safe area at your home to store your oral oncology medication
- Let your family members or any other caregivers who are assisting you with your treatment know about your therapy and provide them with the materials given to you by your doctor or nurse

## Resources

For more information on adherence resources, please visit the following:

**American Cancer Society**  
<http://www.cancer.org>

**Cancer Support Community**  
<http://www.cancersupportcommunity.org>

**National Cancer Institute**  
<http://www.cancer.gov>

**CancerCare**  
<http://www.cancercare.org>

**Centers for Disease Control and Prevention**  
<http://www.cdc.gov/cancer>

Reference: World Health Organization. Adherence to long-term therapies - evidence for action. World Health Organization website. <http://apps.who.int/medicinedocs/en/d/Js4883e/6.1.html>. Accessed June 25, 2018.

