

Adherence to Medication

My own prespective

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Early Stages of the disease

- The adherence to medication is still very good since there is a respect about the consequences of missing the medication
- After an episode you realise that medicines are essential namely to get some sleep

The expectations problem

- But then there is the problem of **expectations**
 - Individual
 - Family
 - Doctors
- Each person has it **self-expectations** about the medicines and the way there should contribute for the disease to get better

Why continue when expectations...

- there could be a **disadjustment** on the patient's expectations...
 - everybody seeks for the cure
 - there are no perfect medicines
- The **self-expectations** might look realistic at the beginning but...maybe is just not the right medicine or the right combination for that person, or the side effects are very severe

...times...

But if a big set of problems with adherence to medication can arise at the early stages, another ones can appear in the times to come.

Later Stages

Despite the psicoeducation is, generally, at higher level, the person start to do some errors as result of an self-experience and a reckless self-confidence in the management of the daily treatment

Later Stages

They realise that a few absences, whatever the cause, are not so deceive and became inaccurate managers, incorporating very significant deviations (risks) in the long term.

People start to play poker with their lives but, as any gambler, always saying that everything is under control

Is there a compromise?

- As in most of the important things in our lives, we cannot be setting objectives and skip them...on a daily basis...
- We cannot fail to the medication that stands for the normal lives we can have

We shouldn't make our life to look like a poker game

Is there a compromise?

- **As in most of the important things in our lives, we cannot be setting objectives and skip them...on a daily basis...**
- **We cannot fail to the medication that stands for our lives...**
 - **We have no right to make ours and other's lives to look like a poker game**

NO to compromise...

- There is **NO compromise** in what our medicines is concerned !!!
- We have a personal debt with ourselves and the ones that love us for this matter...
- We have to be responsible, accountable and, most of all, we should be proud to be reliable.

NO to compromise...

Like this adherence
to medication could
give us much more
than “just” the
therapeutic result



Thank you...



See you in
Lisbon
soon