

# Interventions to Promote Adherence: Addressing Individual Factors

- **Forgetfulness**
  - Simplified dosing regimen
  - Frequent followup
  - Maximize support network
  - Telephone counseling
- **Adverse effects**
  - Assess injection-site reactions
  - Aggressively assess and treat
  - Change treatment if interventions exhausted
  - Frequent followup
- **Treatment fatigue**
  - Discuss with patient
  - Enlist family/other support
  - Change treatment if needed
  - Motivational interviewing
- **Resources: Family support**
  - National Family Caregiver's Assistance (<http://www.nfcacares.org>)
  - National Caregiver's Library (<http://www.caregiverslibrary.org>)
- **Cost**
  - Assist with resource identification
  - Appeals to insurance