



Medication Compliance Strategies

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Presentation Outline

- Introduction
- Reasons Why Youth Resist Treatment
- Strategies to Increase Compliance
- Case Studies





Financial Disclosure

- I have no financial disclosures to attest and this presentation is to be used for educational purposes only.





Introduction

Professional Experience

- School Psychologist
- Professor
 - Practicum Supervisor
 - Clinic Director
 - Assessment Coordinator
- Pediatric Psychology

Clinical Experience

- Outpatient
- Inpatient
- Hospital
 - UF Youth Gender Program
 - Ochsner Children's
- Treatment Modalities
 - CBT, ERP, FFT, & Affirmative Psychotherapy



WHY NOT?

- Reasons Why Youth Resist Treatment





1. Developmental Stage

- Desire for Independence
- Risk-Taking Behavior
- Forgetfulness or Lack of Routine





2. Psychosocial Factors

- Co-Morbid Mental Health Issues
- Stigma
- Denial or Lack of Insight





3. Lack of Health Literacy

- Complex Medical Information
- Confusing Instructions





4. Environmental Barriers

- Family Dynamics
- Peer Influences
- Access Issues





5. Treatment-Related Issues

- Side Effects
- Complex Regimens
- Lack of Perceived Benefit





6. Errors in Communication

- Lack of Rapport
- Lack of Child Involvement in Care




TRY THIS

- Strategies to Increase Compliance



1. Developmental Education Strategies

- Visual aids
- Apps
- Interactive Tools
- Instructions

Tips for mom: 

- Set a timer or alarm to cath every 3 hours. It is best to keep a consistent daily routine.
- Ignore unwanted behaviors (e.g., crying, arguing), as long as it is safe.
- Stay firm! The behaviors listed are non-negotiable. Provide choices to Makayla for how to achieve goals.

Jane's Reward Chart for Cathing

What I need to do	My choices	Stickers and Rewards 	
(1) Lay down and keep hands to myself. 	<ul style="list-style-type: none">- On a bed- On the couch- Using pillows		
 (2) Butterfly legs out and stay still.	<ul style="list-style-type: none">- Hold a comfort item (stuffed animal or blanket)- Watch video on tablet- Listen to music		
(3) Use tissue to wipe area 	<ul style="list-style-type: none">- Wipe myself- Ask mom to wipe		





2. Address Psychosocial Barriers

- Screenings
- PHQ-9, PHQ-2, GAD-7, SCARED, Home Situations Questionnaire, Children's Florida Obsessive Compulsive Inventory (C-FOCI), Child and Adolescent Trauma Screening (CATS-2)
- Collaboration
 - School personnel
 - Family members
 - Religious leaders
- Refer to Psychologist





3. Simplify Treatment Regimens

- Attach treatment to daily routine
 - Grooming
 - Kitchen
- Minimize steps if feasible





4. Address Environmental Factors

- Train caregivers in medication administration
- Track metrics
- Schedule check-ins
- Use follow-ups to assess adherence
- Support caregiver's capacity to follow-through
- Refer to Social Worker





5. Motivate

- Explore level of resistance
- Praise
- Rewards
- Empower



- Case Studies





Case Study 1: Sasha

- Sasha is a 6-yr old girl with cerebral palsy who struggles with diarrhea, wears a diaper, and frequently soils herself. At school, she has a bathroom schedule to try every two hours and she comes home mad everyday because she feels different from other kids. She often comes home from school mad.
 - Assessment?
 - Intervention?





Case Study 2: Alex

- Alex is a 12-year-old boy recently diagnosed with Type 1 diabetes. He had dreams of joining the military and has come to the realization that he will be unable to enlist upon graduation. Since his diagnosis, he stopped playing sports, distanced himself from his friends, is rude towards his parents, and is not properly taking his insulin.
 - Assessment?
 - Intervention?





Resources

- [Center for Adherence and Self-Management](#)
- [Home | Patient Centered Care and Trauma Informed Care for Pediatric Patients - HEALTHCARE TOOLBOX](#)
- [HOME - Coping Space](#)
- [HealthyChildren.org - From the American Academy of Pediatrics](#)





Thank You for Attending

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