

Precepting Tips & Tools to Support Medication Self-Management



Medication Management Self-Efficacy Checklist

Use this medication self-efficacy checklist to help determine an individual’s readiness to self-manage their medication. It follows the 4-step process for effective medication self-management, and assesses how confident they are about:

- **Intended Use:** Understanding why they are taking each medication
- **Effectiveness:** How to know if their medications are working
- **Safety:** Knowing if their medications are safe
- **Convenience of Use:** How to take their medications
- Managing their medications on their own.

How confident are you right now about each aspect of using your medications?

	Not Confident					Very Confident					
1. I understand why I am taking each of my medications.	0	1	2	3	4	5	6	7	8	9	10
2. I know how each of my medications is supposed to work for me.	0	1	2	3	4	5	6	7	8	9	10
3. I am certain that my medications are safe for me. (I know the possible side effects).	0	1	2	3	4	5	6	7	8	9	10
4. I have adjusted my routines and established a schedule to take my medications.	0	1	2	3	4	5	6	7	8	9	10
5. I know how to keep the costs of my medications reasonable and affordable.	0	1	2	3	4	5	6	7	8	9	10
6. I know how to work with my healthcare team when I have concerns or questions about my medications.	0	1	2	3	4	5	6	7	8	9	10
7. I am confident that I can manage my medications.	0	1	2	3	4	5	6	7	8	9	10

How to use this checklist:

One way to use this checklist is as an initial assessment of how confident an older person is in managing their medications. If a person responds with less than 5 on a checklist item, it will be helpful for providers to focus discussions on the patient’s understanding and confidence in that area. Then, at a three- to six-month follow-up after implementing the 4-step process, use this checklist again to gauge the patient’s progress toward increased confidence in managing their medications.

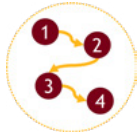
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2. Bandara A. Self-Efficacy Beliefs of Adolescents. 2006, Information Age Publishing: Charlotte, NC, pps. 307-337.
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Additional Resources for Assisting Older Persons and Their Families to Self-manage Their Medications

Interprofessional healthcare team members can apply a number of key concepts to help older persons build confidence in effective medication self-management.



- **Shared Decision-making** is a process in which clinicians and patients work together to make decisions using clinical evidence to balance risks and expected outcomes with patient preferences and values. Decision aids from the [Commonwealth Fund](#) and the [Mayo Clinic](#) can facilitate this key component of patient-centered health care.



- **Stages of Change and Motivational Interviewing.** Through the shared decision-making process, older persons will contemplate various actions to effectively manage medications and to improve their health. Meeting a person where they are and understanding the stage of change that they are experiencing is essential for establishing a therapeutic relationship. [Stages of Change](#), from pre-contemplation through to action, may require different strategies to promote and maintain an individual's confidence in self-managing their medications.



- **Motivational Interviewing.** A tool to better understand where an older patient is on the Stages of Change Model focuses on exploring and resolving mixed feelings or contradictory ideas. Members of interprofessional healthcare teams can use [Motivational Interviewing](#) to support and impel processes within the individual that will facilitate change. The five principles of motivational interviewing include:

- Express and show empathy
- Support and develop discrepancy
- Deal with resistance
- Support self-efficacy
- Develop autonomy.



- **New Research Findings and Social Media Reports.** The sheer number of medication-use publications, resources, and news stories can be a bit overwhelming for students, patients, families, and new practitioners. The most important thing to remember is that new information about medications can be placed in context for older persons by applying the systematic 4-step process specific to their use of medications

- Intended use
- Effectiveness
- Safety
- Convenience of use.