

PHARMACY INCENTIVE PROGRAM

Three Frogs on a Log

Have you heard the old story about the three frogs sitting on a log? It goes like this:

There were three frogs on a log and one decides to jump. How many frogs are on the log?

The answer is three!

Perhaps you are thinking: “But one decided to jump!” and that is where the lesson is at.



Deciding to jump is not the same as jumping.

Think about it, people decide to do things all the time. As an example, many decide to join the gym and lose weight as part of their New Year's Resolution. That doesn't guarantee that they will lose weight. It may not even guarantee that they go to the gym.

This same principle can apply to patients and their adherence. They may decide to take their medication as prescribed, but that doesn't necessarily mean that they will. They need to commit and take their medications as prescribed.

So how do you get your patients to commit to taking their medications as prescribed?

Let's envision a counseling session where you discussed the medication with the patient from A to Z. They can tell you about storage, markings on the tablet, and the side effects. They even know that they are to take the tablet every day in the morning.

What do you say to assess what they are going to do?

One option may be to say: “How are YOU going to take this medication?” Get them to describe what the scenario will look like for them to take their medication as prescribed. When they say this out loud, it reinforces the behavior they are going to participate in.

You are confident that your patient now has a strong likelihood of taking their medication as prescribed. But how can you be sure? You should inspect what you expect.

Set a reminder to follow up with the patient in a few days to see how they are doing with the new system. Especially if we are dealing with a patient with a history of non-adherence.

If they are on track, great! If they are off track, help them to reset.

Until next time –

Jesse McCullough, PharmD
Director, Quality Programs at PQS

Submit your questions through the link below. We look forward to hearing from you!

[Submit your Questions/Suggestions](#)

